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Butts, Mr. & Mrs. Robert–Sep 70-71, 110-111 (Yorkhaven house)
Cashin, Bonnie–May 125 (quote)
Castelbarco Albani, Count Briano–Mar 126 (loggia)
de Cicco, Marie-Pierre–Mar 119 (kitchen)
Clark, Sheldon–May 117 (apartment)
Copper, Mr. & Mrs. Arnold–Nov 175, 178-179, 190 (vegetarian buffet)
Corsini, Marchese–Mar 126, 128 (Montepaldi vineyard)
Cowles, Fleur–May 120-121, 161 (London drawing room, china tablesettings), 158 (recipes)
Crawford, Jay–Jun 62-63 (round deck over water)
Crispo, Andrew–Oct 14 (art gallery)
Cupit, Mr. & Mrs. Bert–Feb 92-95 (antiques, stone house)
Curran, Mr. & Mrs. John–Aug 62-63 (pied-à-terre/office)
Cutler, Mr. & Mrs. B. J. (Carol)–Aug 58-61, 95, 104-105 (house, menu, recipes, wine choices)
Daigre, Jean-François–Feb 100-105 (Paris house)
Deutsch, Mr. & Mrs. Armand–Oct 102-103 (mediaroom)
Dibble, Earl & Eloise–Dec 98 (Christmas tree)
Dotch, Mr. & Mrs. Tom–Jan 14 (sundial)
Duke, Diane–Mar 89 (kitchen)
Dumont, Paul–Oct 124-125 (mediaroom)
Eastman, Mr. & Mrs. Lee V.–Jul cover, 4 (veranda)
Egerstrom, Mr. & Mrs. Folke–Sep 86-87, 135 (Mexico house)
Elliott, Mr. & Mrs. Osborn (Inger McCabe)–Aug 48-53 (apartment, China Seas)
Ephron, Nora–Feb 96, 98 (apartment)
Famularo, Joe–Feb 123 (kitchen)
Ferguson, Barry–Dec 98 (Christmas tree)
Forquet, Federico–May 136 (Rome dining room, bedroom)
Frankenheimer, Mr. & Mrs. John–Mar 92-95 (kitchen, patio, tablesettings), 50, 52, 64, 66 (menu, recipes)
Frelinghuysen, Mr. & Mrs. H. O. H.–Mar 89 (library)
Fuller, Mrs. Charles F.–Feb cover, 4, 80-83 (new wing)
Gittes, Lenore–Mar 88 (living room)
Gray, Mr. & Mrs. Paul–Mar 96-99, 190-191 (house)
Green, Dr. & Mrs. Bernard–May 14 (apartment)
Green, Robert L.–Jun 94-97 (Tollgate Farm garden party), 123 (recipes)
Guest, Mr. & Mrs. Winston F.C.–Mar 100-103 (glimpses of house, garden, tablesettings, flowers, containers); Dec 107 (Christmas decorations, party tables)
Haders, Mr. & Mrs. Richard (Phyllis)–Dec 108-111 (remodeled wash house)
Hammerstein, Mr. & Mrs. William–Apr 131, 134-135 (kitchen), 147-150 (recipes); May 153 (drink recipes)
Haupt, Enid–Feb 134 (quote); Nov 152 (quote)
Heimann, Richard–May 108-113 (remodeled barn)
Hillerman, John–Oct 124 (mediaroom)
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Ibel, Manfred–Mar 88 (sitting room/study)
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Jenkins, Calvin–Dec 98 (Christmas tree)
Kaiserman, Mr. & Mrs. Bill–Sep 103 (living room)
Kander, John–Mar 16 (composing cabin)
Kempner, Mr. & Mrs. Thomas (Nan)–Feb 90-91 (living room, sitting room)
Kennedy, Mr. & Mrs. Eugene, Jr.–Dec cover, 4 (Christmas tree)
Knowles, Mr. & Mrs. J. C.–Aug 77 (Society Hill house)
Landey, Martin & Toby–Dec 98 (Christmas tree)
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Lannen, J. Patrick–Sep 76-77 (interior with paintings)
Larsen, Jack Lenor–Nov 132-133, 175, 188-189 (glimpses of apartment with desktop feast)
Lasker, Mrs. Albert D.–Nov 155 (quote)
Lautman, Mr. & Mrs. Bob–Dec 98 (Christmas tree)
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Air Conditioning–Feb 79, 116 (Clean Air at Home), 130-131 (electronic & mechanical air cleaners); Mar 111 (humidifier); Jun 107 (automatic timer); Sep 52 (room air conditioner timer); Nov 94 (Fuel Sentry)
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Architecture & Urban Studies, Institute for–Sep 10
Barns, Remodeled–Apr 12 (young architect's "giant playhouse"); May 10 (Hopkins Forest Farm rebuilt), 108-113 (A Talent For); Aug 92-93 (2-story carriage house); Dec 112-113 (Country Comforts)
Bars–Feb 103 (red vinyl); Jul 70 (steel & acrylic)
Bathroom Equipment–Feb 42 (portable whirlpool spa), 70-77 (Kohler in 2 environments of the future), 206 (Jacuzzi whirlpool, Sherle Wagner "Domus" faucet set, Pollenex 3-in-1 showerhead, Alsons hand-held adjustable showerhead, clear acrylic towel bars, Teledyne WaterPik shower-massage, Kohler "Farmington" basin with Paul Assoc's. "Edwardian" faucets); Mar 32 (molded marble tub), 111 (Am. Standard blue oval basin, Fearless Faucets "Colore" faucet set); Apr 128 (Crayonne plastic hooks & towel ring); Aug 32 (Moen hand shower, Jacuzzi foot bath, Arch. Supplements molded plastic hook plaque); Dec 60, 64 (Moen "Pulsation" showerhead, clear acrylic shower caddy), 90 ("Glide-A-Matic" tub/shower enclosure)
Bathrooms–Feb 70-77 (2 Exciting & Prophetic), 88 (deep/long & conventional tubs side-by-side), 89 (boys'), 104 (leather paneled skylighted octagon with tub in mirrored niche); Apr 100 (big tile tub from 2 showers); May 62, 66 (New Ideas), 132 (mirrored); Jun 105 ("changing rooms"); Jul 61 (grotto with fieldstone tub, waterfall shower), 63 (with 9' square marble tub), 73 (travertine with fieldstone wall)
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Created World–Apr 96-101 (Kenneth's Weekend Garden House), 102-105 (New "18th c." Maryland Farmhouse)
Doors–Jan 32 (Andersen sliding glass in color); Feb 102 (gilded 18th c. French); Oct 139 (hospital swinging with one-way mirror window)
Fireplaces–Jan cover, 4 (Monticello), 72 (4-sided corbeled brick); Feb 80 (Franklin stove), 92, 94-95 (Jacobean style cut-outs, ogee arches), 95 (18th c. with cooking crane), 100 (18th c. marble); Mar 32 ("Aquappliances"), 96-98 (divided chimney); Apr 86 (white porcelain stove), 103 (Georgian), 105 (18th c. paneled), 116 (18th c. painted); May 108-109, 111 (huge freestanding concrete), 113, 114 (Franklin stoves); Jul 59, 62 (open with "hearing aid" hood), 70 (stone); Aug 57, 86, 90 (raised); Sep 84 (niche with dropped ceiling, skylighted coves), 98-99 (glass fire screen), 103 (marble), 110-111 (window wall); Oct 107, 108, 111 (Chippendale mantel), 117 (carpeted platform, surrounds mirrored), 136, 139 (patterned aluminum, metal corner guards); 152 (unusual brick with enormous bellows); Nov 168-169 (freestanding with Richard Meier bas relief)
Flooring–Jan 55 (painted wood), 64 (How to Lay Vinyl, Mannington "Yorktowne Slate"), 65 (GAF "Victoria Garden", Congoleum "Sunburst" quilt patterned, Armstrong "Charlemagne" like wood burl, Bruce "Village Plank", Interpace "Cobble Tile", Am. Olean "Primitive", Amtico vinyl brick, Country Floors "Astral", 65, 82-87 (Kentile "Terresque"), 70-73 (Mexican terra-cotta tile); Feb 92-95 (18th c. plank), 95 (brick), 98 (bleached wood), 103 (steel); Mar 84-85 (terra cotta), 86-87 (oak), 98-99 (1" square "Domino" wood parquet), 120 (Agency white ceramic hexagons), 121 (French terra cotta tile with Spanish inserts); Apr 86-87 (stenciled), 98-101 (painted geometrics), 118, 121 (Domino parquet, waxed brick), 134-135 (Structural Stoneware); May cover, 4 (Goodyear "White Slate" vinyl), 54 (Interpace "Serpentine" tiles), 96-97, 100-103 (glazed American quarry tile hexagons); Jun 77 (Mexican tile), 80-81 (knotty pine), 82-85 (6 coats white deck enamel), 87 (bleached oak), 102-103 (brick pavers); Jul 54-57 (Structural Stoneware), 58-61 (mirror), 67, 69-70 (Mexican sun-dried tile), 92-93 (random oak); Aug 52 (polyurethaned wood), 84, 86, 89 (Italian white ceramic tile), 90-91 (bleached & lacquered redwood), 92 (terra cotta hexagons), 92-93 (bleached oak); Sep 84-85 (bluestone tile), 111 (bleached oak);

Oct 109 (herringbone, taped for staining), 116-118, 123 (carpet planks channeled with rows of miniature lights), 136-137 (Pirelli rubber), 141 (painted); Nov 136 (old pegged), 146 (terra cotta tile)
enerator, Kohler Emergency–Oct 82
ardware–Feb 206 (Kirsch drawer pulls, knobs, towel ring); Oct 139 (Inryco metal corner guards, floor-to ceiling lolly columns)
ouse Fixer–Jan 32-33; Feb 42; Mar 32; Apr 56, 59; May 54; Jun 50; Jul 30; Aug 32; Sep 52; Oct 82; Nov 94; Dec 90
ouse Plans–Jan 72 (shed roof, bridge connecting 2 wings); Feb 85 (glass walled U surrounds court); Mar 96-97 (model), 99 (varied spaces & intricate passageways); Apr 121 (courtyard with no outside windows), 122, 124 (computer designed 2-unit organic form); Jul 57 (modular with observatory), 66 (one-level, center hall); Aug 47 (screen house, plans available), 89 (overlapping triangles "divide & conquer"); Sep 82-83 (1-floor with double curved walls); Dec 131 (weekend with indoor pool)
ouses–Jan 70-73, 104 (New, Built of Recycled Materials); Feb 84-89, 207 (indoor/outdoor glass with exposed structural & mechanical systems); Mar 96-99, 190-191 (Spaces for Living, Forms that Function for a Family of 6); Apr 118-121 (Design for Private Living), 122-125, 155 (Computer Architecture: House in the Earth); Jul 52-57, 141 (Computer Wizardry Adapted for Living), 66-73 (Well Planned for Today); Aug 44-47, 156 (Summer Screen House), 84-89, 156 (Pool House Planned for Easy Weekends); Sep 70-71, 110-113 (Yorkhaven Development, Ready-made for Color), 80-85, 135 (Color Emphasizes Form, Defines Space, Adds Spirit), 86-87, 135 (Mexican stucco-covered brick painted); Nov 170-171 (Sculpture in the Woods Above Lake Michigan)
nsulation, Alcoa's "Alply" Urethane Sandwich–Jul 54
its–Jan 57 (prefab "Shelter-Kit"), 63 (Geocom House Planner)
ight–May 76, 78 (Electrifying News About Your Bill), 78 (How to Light a Room & Save Energy)
ighting & Electrical Equipment–Jan 32 (Inlite energy-saving portable lights), 82-87 (Progress track in Unistrut ceiling), 87 (NuTone intercom); Feb 72-73 (Westinghouse ceiling lights), 76-77 (Signalite night lights, Westinghouse "Lumiline" tubular lamps); Jun 8 (prototype shifting steel street light); Oct 14 (Paul Rudolph's "Modulightor" shop), 116-123 (unique, from the floor & in "light strings" hung from suction cups)
Living Machine" dining-sleeping-storage structure–Mar 14
Materials, Building–Jan 32 (Alcan metal roof shingles), 64-65 (New, for Makeovers & How to Use Them), 65 (Summitville wall tiles look hand-made), 70-73 (tongue-and-groove redwood seconds, old barn beams), 82-87 (industrial ceiling grid, Dupont Corian); Feb 70-77 (copper sheathing, Consoweld "Dura Beauty" plastic laminate, Wiremold flexible aluminum ducts & lighting outlet strips), 76 (Cadillac Plastic bronze Plexiglas), 84-89, 207 (industrial in a house of glass, steel, plastic, aluminum), 86-89 (Formica); Apr 122-125 (Gunite), 134 (Country Floors "Garden Flower" Portuguese tile); Jul 52-57, 141 (industrial), 66-73 (stone, natural wood, tiles); 92, 94 (Portuguese tile); Aug cover, 4, 80-81 ("Checkerboard" ceramic tile); Oct 116-123 (mirror, lights, carpeted plywood platforms, Plexiglas panels), 139 (patterned aluminum sheeting); Dec 130-131 (Naturalite acrylic plastic) *See, also, Flooring, Paneling*
Paint the Trim, Not the Pane–Apr 56, 59
Painter, House Portrait–Mar 16
Paneling–Jan 32 (Bangkok Industries butcher block), 64 (How to Put up New, Marlite "Red Barnside Plank"), 65 (Ga. Pacific "Maplebrook", Masonite "Pecky Cypress")
Pool House, Elaborate Get-away–Jun 100-105, 126
Porches & Decks–Feb cover, 4, 83 (latticed Charleston-style porch topped with sun deck); Apr 103 (double hanging with Chippendale railing), 104 (sunporch/greenhouse/dining room); Jun 62-63 (round weathered cypress deck cantilevered over water), 82-84 (wooded dowel trellis-covered deck), 101 (2-story screened porch)
Remodeled Houses–Jan 74-77 (Modern Ideas Recycled Tiny Cottage); Feb cover, 4, 83 (Old House Sees the Light with addition of high-up trellised porch); Apr 102-105 (tenant cottage made into 18th c. Maryland farmhouse); May 96-103 (That Keeps on Growing), 114-115 (5 Case Histories); Jun 8 (Bauhaus into Moorish "palace"), 78-81 (Garage-studio), 82-85 (Builder's House), 86-87 (Bungalow); Aug 54-57 (expanded cottage), 62-63 (one-room office/living/bedroom); Oct 150-153 (18th c. forge); Nov 134-139 (Country, for a Family to Grow on); Dec 108-111 (wash house)
Remodeling Ideas for Kitchen, Bath, Storage–May 62, 66
Safety–Jan 87 (Nutone intruder/fire alarm system); Jun 50 (ADT Home Security); Jul 30 (Rohm & Haas Vandal Panel Kit); Nov 153 ("Home Sentry" Smoke Alarm); Dec 90 (Christmas tree fire alarm)
Sculptures for Living, Richard Meiser's–Nov 168-171
Sewing Room–Apr 105
Simmons Headquarters–Mar 14
Skylights–Feb 73, 77 (Wasco translucent domes), 86-87 (plastic with linen skyshades), 104 (double with lighting in between); Jun 100-105, 126 (polished "pinstripe" glass)
Solar Energy–Jan 14 (*Solar Age* magazine); Aug 6 (greenhouse), 46 (water distiller), 156 (plans available)
Staircases–Apr 103 (Georgian); May 115, 117 (open); Jul 60-61, 63 (gilded sculpture)
Storage–Feb 42 (revolving clothes rack), 71-72, 75, 76-77 (lazy-susan bins), 86-87 (wall with sliding doors for bar, music, movie & camera equipment, china, glass, linen), 88-89 (block with 2 banks of cabinets & drawers, large closet); Apr 105 (present & gift wrapping closet); May 66 (Tricks), 117 (book); Jun 75 (music, bar), 102 (stereo, record, movie, bar); Jul 70 (wine), 72 (man's clothing); Aug 64-67 (Invisible, with free-standing book stacks, etc.): Oct 116-123 (open & hidden in a Spectacular Apartment), 136-137 (Able Steel 18-drawer unit), 137 (Lyon Metal Products cabinet), 139 (Able Steel shelf & drawer units, Dexion free-standing metal panel with movable plastic drawers)
Swimming Pools–Mar 10 (10' square concrete water cistern), 99 (dark); Apr 120-121 (7' wide); May 107, 116; Jun 87, 100-101; Jul 55, 57 (indoor), 66, 68-69 (indoor designed for living); Aug 85; Sep 83; Oct 104-105 (indoor); Dec 130-133, 203 (indoor)
Tools–Jan 32 (stud finder, electric stapler), 63 (tape-measure), 69 (hammer holds 5 screwdrivers); Feb 42 (Rangematic distance finder, Turner "One Arm Screwdriver"); Nov 102, 104 (Wagner electric spray gun), 153 (Hoffritz tool kit, Weller-Xcelite electronic tool kit, T. Anthony tape measure/spirit level/compass & "Pocket Mechanic")
Water Filters & Distillers–Feb 208-209
Weekend Houses–Jan 74-77 (tiny fisherman's cottage); Mar 16 (1-room "composing cabin"); Apr 96-101 (Kenneth's beach & garden), 131, 136 (beach near San Francisco); Aug 44-47, 156 (Jantzen screen house), 84-89, 156 (Well-organized Pool House), 90-91 (Consider a Condominium), 92-93 (Renovate a Stable); Dec 130-133, 203 (with indoor pool)
Windows–Jan 58 (house planned around standard), 73 (bow); Sep 80-81 (curved glass walls), 103 (Palladian), 112 (tinted acrylic); Oct 82 (How to Reglaze)

Decorating
African Room, Kennedy Center–May 14
Antiques, How to Find Affordable–Feb 92-95
Apartments–Feb 96-99 (Identical Furniture in 2 Different), 112-113 (studio); May 14 (multileveled carpeted environment), 117 (penthouse), 118-119 (Truex); Jul 58-63 (It's an Experience); Aug 62-63 (one-room), 64-67 (movable storage units); Sep 78-79 (small, conventional, enlivened with paint); Oct 116-123 (Paul Rudolph's Spectacular): Nov 140-143 (Rooms That Live Bigger Than They Are), 146-147 (in a house)
Art Deco–Dec 12
Bargello–Apr 63, 95; Oct 133 (pillow)
Basketry, Backyard–Apr 60, 63, 90-91
Baskets–Jan 55 (various), 69 (Chinese "Apple"), 82-85 (many & various); Feb 97 (5 Columbian cane); Mar 110 (blue lacquered hat); May cover, 4 (rattan temple jar); Jun 106 (Burpee oak)
Batik, Easy Step-by-step–Jan 54, 56
Bed & Bath Linens–Jan 54, 56 (Wamsutta Supercale), 68 (Lamston vinyl shower curtain, Indian cotton bedspreads), 69 (J.C. Penney queen-sized quilts); Feb 70-77 (Fieldcrest "Royal Velvet" towels), 110-111 (Angelo Donghia "Ultra Stripe" for Stevens), 112-113 (Marimekko with envelope cases & "puff"); Mar 85 (Springmaid "Peignoir Pastels"), 108-109 (Utica Fine Arts "Ultra Plaid" & "Ultra Stripe", Counte York comforters), 110 (Léron monogrammed appliquéd sheets, Martex "Great Iris"), 111 (Sea "Country Check" acrylic blanket & comfort Nettlecreek blue/white bedspread, Porthault a cotton "Daisy" & "Toursade"); Apr 126-127 (Misso "Mixed Emotions" for Fieldcrest), 128 (Kirs "Blocks" pillow sham, Croscill "Jardin" pillo shams, bedspread, etc.), 129 Wamsutta "Drop Cloth spread, etc.); Jun 97 (Stevens "Vera Cruz"); Jul 7 (Gloria Vanderbilt "Seaside" & "Boardwalk"); S 96-97 (Martex "Summer Wheat", "Streamers "Boardwalk", "Seaside" & "Sleeper"), 104 (Canno "Oriental Blossoms"), 105 (Wamsutta "Mollie Fancy"); Oct 134 (Pratesi sheets, shams, coverle 136-137 (Northern Feather comforter, horse bla kets, moving van covers), 140 (Bill Blass "Clas Square" & "Classic Plaid"); Nov 102, 104 (1 Sanders Dacron-filled comforter), 151 (Peruvi alpaca blanket), 154 (Porthault zebra bath she Pratesi satin-stitched bath sheets)
Bedrooms–Feb 88 (good storage & work area), 92, (Early American), 104 (elaborate guest), 111 (C lanese House); Mar 85, 88, 99, 107 (18th c.); A 86-87 (crewel), 100 (guest), 101 (white), 103, 1 (18th c.), 120 (blue); May 113 (skylighted), 132-1 (paisley & taffeta), 137 (Abraham-Zumsteg fabric Jun 71-73 (Dream, with oversize furniture), (sloped ceiling, custom sleigh bed), 87 (fresh whit Jul 72 (bleached oak grilles); Aug 64-66 (stud library with movable storage units), 87 (built-furniture); Oct 120-121 (Cascades of Mirrored Ligh Storage Everywhere), 134 (with free-standing cano bed), 140 (Bill Blass Oriental feeling); Nov 138 (ros & ribbons chintz), 142-143 (man's), 147 (2 "Mansion in May" showhouse)
Beds–Feb 88 (headboard built into storage wall), 1 (faux canopy suspended from ceiling, curtains bre on floor); Apr 101 (iron canopy), 103 (18th hangings), 105 (fishnet canopy); Jun 87 (bamb stalk 4-poster); Oct 134 (Drexel "Woodbriar" ca py), 140 (free-standing serpentine headboard quilt sheet covered); Nov 138 (canopied), 142-143 (c tom wood canopy), 147 (day, in niche, curtai hung from ceiling over freestanding); Dec 111 (qui covered brass), 113 (twin, with small canopies ov portraits)
Birdcage–Nov 146
Celanese House–Feb 110-111
Chair to Make Without Tools, Plywood–Jan 57; M 191 (correction)
Change a Room With Color, Seven Ways to–Sep cov 4, 98-101
Children–Jan 14 (Charles Moore castle); Feb 89 (bo cut-out double decker bed, playroom, bath); Apr 3 156 (West Virginia Heritage Trunk, *Pyramid* biog phy, Interalp, *People who Work* film, Atelier Vitre dishes, *Child Health Encyclopedia);* May 12 (Acco toys), 82 ("Mr. Goodbody", Boston Museum *If Were a Kid Back Then* exhibit, Anton Lignell Roc ing Horse Kits, *Am. Colonial Paper House to Cut O & Color),* Jun 36, 56 (Pediatrician Plus, Pet T Shir Jul 6 (bacon & egg rug & quilt), 22, 25 (Camp D covery, Bellerophon Am. Revolution books & po ers, *Some Swell Pup or Are You Sure You Want Dog?*, Aspects of Adoption, "This is the letter promised to write" stationery); Sep 54, 56 (Displ Case for Miniatures, *Why Am I So Miserable If The Are The Best Years* etc., Keds "Liberty" sneake Oct 66, 68, 79 (Why Children Must Build); Nov 1 (Craft Books), 154-155 (Creative Playthings mi kitchen); Dec 80, 82 (Christmas Presents, Calenda Books)
Clocks–Jun 107 (Peter Pepper 24-hour electric); N 150-151 (white-on-white electric wall, digital "Tim on-the-ceiling" alarm), 153 (transistor pocket alar
Color–Mar cover, 4, 82-89 (Pulls a Room Togeth 34, 36 (The New Prescription for Health), 106-1 (Revolutionary, from America's Past); Sep cover, 98-101 (7 Ways to Change a Room with), 67 (Ed. 68-69, 114, 191 (Shock: The excitement of Col You've Never Seen Before), 70-85 (Letting Go Wit in Plants, Fabrics, Art, Paint, Architecture), 86-(Originals: Jennifer Bartlett, Luis Barragan), 88-(World of Mary McFadden), 102-103 (What it C do for a Room), 110-113 (A House Ready-made fo
Colors, H&G–Feb 110-111 (Creamy Apricot); Mar 6 62, 189 (Headquarters), 84-85 (Blue Flower, Po peiian Red, Sun Yellow), 85 (Oyster White), 88-(in 12 rooms), 110-111 (Fresh Country Blues), 1

Sun Yellow); Sep 38 (Chips), 58, 60, 62 (Headquarters), 84 (soothing & active), 98-99 (Oyster White, Mercury), 100 (Pink Pink, Lavender), 101 Lacquer Green, Seafoam Green), 102 (1977 Palette –new Sienna, Heavenly Blue, Fresh Catch of Corals), 104-105 (Color it Coral–Zest)
ondominium Decorated by Michael Taylor–Aug 90-91
omforts in a Made-over Barn, Country–Dec 112-113
ountry Furniture, American–Feb 92-95
aft, You and Your–Apr 84-95
afts–Feb 8 (*Hamada, Potter* by Bernard Leach); Apr 38, 43 (The Latest Books on) 54 (Designing your own Crewel), 54, 60, 63 (Honeysuckle Basket Step by Step), 63 (Planning Free-form Bargello), 155, 202 Making up Needlepoint Geometry); Sep 8 (Grove House artists' cooperative); Nov 14 (wax rubbings), 118, 163 (Pillows-in-bloom)
ewel–Apr 54, 86-87 (Handstitched Brilliance), 128 kits match carpet motif)
ecorators' (Designers') Showcases–Jan 8; Apr 87 Neas for Kips Bay); May 12 (Pink Palace, Minneapolis); Jun 68-69 ("Under the Lindens" Monmouth County floating gazebo); Nov 145-147, 190-192 Morristown Hospital "Mansion in May" at Giralda)
esigner Designs Show for Cooper-Hewitt, *The*–Jun 10
ning Rooms–Feb 95 (Early Am.), 103 *(avant garde* French); Mar 85, 89, 98; May 112 (Country), 131 red lacquer, Chinese porcelains), 134 ("straw-lined" Paris with Abraham-Zumsteg floral), 136 (terra cotta paisley, Rome); Jul 70 (granite-topped extendible table); Aug 57 (glass table, Cesca chairs), 75 (traditional); Oct 141 (library/sitting/dining); Nov 136 country)
ream Rooms in Typical Suburban Houses–Jun 70-76
rexel Heritage House: Charm & Comfort–Oct 98-99, 132-135
ye-to-Eye Decorating–Feb 90-91 (Rooms That Last), 92-95 (Affordable Antiques Now), 96-99 (Identical Furniture in His & Her Apartments), 100-105 (2 Decorators Bring Charm of Country to Paris)
abrics–Jan 10 (Marignan Versailles); Feb 72-77 (Naugahyde) 110-111 (New Designs You Can Afford: Celanese Fibers); Mar cover, 4, 82-83, 85 (Clarence House in many shades of violet), 74-75 (Far Eastern batik), 78 (Brunschwig blue custom quilted), 79 Quadrille "Quincy", "Senegal" & "Ric Rac", Marignan floral & stylized bouquet, Cohama "Kent", Schumacher "Bertrix"), 84-85 (Brunschwig "Gaspard Stripe"), 86-87 (Clarence House "Yashima" goldfish print), 108-109 (Hexter watery blue "Fantastique"), 111 (Hexter blue Jacquard rayon, Schumacher "Rees Phoenix"); Apr cover, 4, 112-115 (Billy Baldwin shell patterned), 98-99 (Julian Tomchin for Kenneth), 129 (Hexter green/white); May cover, 4 (Lee/Jofa Am. China Trade Collection "Willow"), 130-131 blue/white Barcelona cloth, batik), 132-133 (cotton paisley), 134-137 (Abraham-Zumsteg Cottons with International Cachet); Jun cover, 4 (white linen/cotton with fringed braid), 10 (Multifarious Maya environments), 62-63 (Quadrille "Seascape" & "Blow-up"), 68 (Far Eastern), 76-77 (Clarence House spongeable suede), 80-81 (black/white striped canvas), 97 (& Vice Versa), 106 (Old World Weavers "Jardin Flottant", Schumacher "Parish Magnolia", Cohama "Rose Ribbon", Brunschwig "Palais Royal"); Aug cover, 4, 80-81 (Lehman-Connor stripe), 48-53 China Seas), 84, 86 (Fortuny), 92-93 (& Vice Versa "Faces", check, & taxi yellow); Sep cover, 4, 100-101 (Brunschwig plain cottons), 74-75 (Brunschwig "Chinese Blossoms" & Cenci small geometric), 98 hand-made mudcloth), 104 (Connaissance "Big Mack", P. Kaufman & Key West canvas), 105 Schumacher "Weskit Diamond"), 110-113 (many Marignan); Oct cover, 4, 98-99, 132-133 (Alan Campbell "Albany"), 102-103 (Jay Steffy), 106-108, 111 Rose Cumming "Jaffrey Room"), 133 (Étalage quilted "Channel II", Quadrille "Moroc"), 134 Cohama sheer white-on-white "Jardin", S. Harris canvas), 141 (Bloomcraft "Tosca"); Nov cover, 4 Schumacher "Peach Orchard"), 132-133 (Larsen "Pastorale on Broadside" 100" wide & "Kansu" handwoven silk), 141 (Albrizzi "Palermo"), 142-143 Albrizzi "Torino"), 146 (WestPoint Pepperell canvas), 147 (Carleton V. multicolored random square print, Sybil Connolly); Dec 120-127 (Abraham-Zumsteg Agnelli designs)
oor Coverings–Jan 68 (handmade Indian rug); Feb 72-77 (Ozite "Colony Point"), 91 (sisal), 110-111 Trend Celanese nylon); Mar 74, 80 (Stark sisal), 77 (gray area rug), 78-79, 81 (Stark area), 82-83 (Nand Gopal sisal), 85 (antique Tibetan dhurrie), 88 (Harmony carpet, Rosecore stripe), 110 (Portuguese needlepoint, Cado acrylic rug or hanging, Fields "Pisces"); Apr cover, 4, 112-113 (Nantucket Looms handwoven wool/linen), 128 (Wellco Heirloom Collection carpet with matching crewel kits, World "Universe" rug), 129 (Regal random-toned "Yoruba" & World "Scandia" nylon rugs); May 128-131 (dhurries), 135 (sisal); Jun 77 (antique Korean), 80-81 (Moroccan), 81 (sisal over plywood, cement); Aug 84, 86 (Iranian Baluchi kilim), 92-93 (rag); Sep 74-75 (geometric print), 76 (Finnish wall hanging), 88 (dhurrie, Nigerian rug), 90 (Nigerian raffia mat), 101 (Tibetan dhurrie), 104 (Karastan orange/red, Stark Portuguese needlepoint), 105 (Bigelow "Aria" sculpted carpet, Couristan Chinese-inspired), 112-113 (World red carpet); Oct cover, 4, 132-133 (Harmony "Architecta" Berber), 82 ("Carpet Shock Free"), 102-103 (verdigris carpet), 106-107, 111 (brown calfskin), 133 (handpainted canvas floorcloth), 136-137 (Colonnade acrylic carpet), 110 (athletic felt); Nov cover, 4 (Stark dhurrie), 132-133 (Larsen "Tahiti Tile" coir squares), 140-141 (Coury kilim, striped & starred dhurrie), 146 (Larsen straw, Harmony dhurrie), 147 (Harmony dhurrie, Stark carpet), 151 (Ponderosa pine doormat); Dec 124-127 (raffia rugs)
French House with New City Sparkle, Country Charm, 18th c.–Feb 100-105
Furniture–Jan 10 ("La Barca" live-in bed, "Misura" wall system with bed in drawer), 54-55 (Workbench table, files, chair, Walters wicker), 68-69 (More for Your Money), 82-87 (Claud Bunyard ash Windsor-type chairs); Feb 86-87 (Mies chairs, Swiss leather sofa), 91 (Italian wicker), 97-99 (Flair "In Group" armless sofa & ottoman, Herman Miller high easy chair, Intrex "Coolskin" drum coffee table), 110-111 (Kroehler come-apart banquette, Hibriten slipper chairs, Thayer-Coggin Art Deco cube & inverted pyramid table), 133 (Kartell stacking units); Mar cover, 4 (Henredon button-back sofa with nailhead trim & "Artifacts" cocktail table), 75 (Take a Table: 7 very different), 76 (Choose a Sofa: Habitat IDS, 6 others), 82-85 (Henredon throughout House Pulled Together with Color), 86-87 (O'Asian wicker Parsons table, London-Marquis tree-stump table, Michael Taylor slightly Victorian sofa, bleached oak & black granite coffee table & various wicker), 88 (Robert Webb tray tables, Baker Parsons sofa, Limited Editions bamboo armchair), 110-111 (Charlton "Chair & ½", DIA wicker love seat, Baker Korean design armchair & more in Country Blues), 120 (white Formica Parsons table, Plexiglas chairs), 121 (PA Dutch meeting-house chairs); Apr cover 4, 112-115 (Billy Bladwin for LCS, Paul M. Jones black lazquer coffee table), 8 (London-Marquis cedar stump), 128-129 (Ready to Buy in the Stores Right Now); May cover, 4 (Lord & Taylor Hong Kong Imports, upholstered chair & cedar end-grain table), 96-97, 100 (Mies leather sofas & chairs, David Easton Ultrasuede chairs, Michael la Rocca linen table), 100 (Breuer chairs), 108-109, 111 (Wassily & strapped leather chairs), 128-131 (Oscar de la Renta rattan); Jun cover, 4 (Michael Taylor wicker, oak stump tables), 74-75 (Mies bent steel armchairs), 76-77 (Wicker Works armchairs with suede cushions), 83-85 (Barcelona chairs & table), 86 (London-Marquis sofa, Italian wicker chair), 102-103 (Italian modular seating & white vinyl chairs), 106-107 (Finds for Summer Pleasure), 107 (Roe Kasian tables laminated with Chinese writing); Aug cover, 4, 80-81 ("Balluff" K-D seating system, "Sol" folding chair, checkerboard tile cocktail table), 80-83 (K-D Instant Furniture), 84 ("Cesca" chairs), 84, 86 (Italian modular seating), 90-91 (Michael Taylor for Wicker-Wicker-Wicker), 92-93 (maple dining chairs from old ocean liner); Sep cover, 4, 98-101 (Guild sectional sofa & ottoman, Italian deck chair, "1-2-3" glass table on acrylic base, Karl Springer open cube table), 74-75 (brass/glass coffee tables), 76-77 (Swiss sofas, chairs), 88-89 (Carl de Suvero table), 104-105 (Carter corduroy pouf chair & other Coral), 110-112 (Founders in a House Ready-made for Color), 112 (Roe Kasian table), 113 Brown Jordan outdoor); Oct cover, 4, 132-135 (Drexel Heritage with Traditional Charm & New Comfort), 135 (Meadowcraft aluminum chairs), 136-139 (Industrial), 141 (Philippine rattan armchairs), 142 (9 New Chairs), 142-143 (6 New Tables), 143 (7 Sofas: Parts of a System); Nov cover, 4 (Guild sofa with roller arms, Hong Kong rosewood cocktail table, Walters Wicker chairs), 102, 104 (Parzinger I–beam console), 140-141 (Billy Baldwin chairs with woven straw shells, bleached oak & smoked glass tables, AI "La Barca" sectional), 142 (AI "Bindo" 3-position sofa, Billy Baldwin ottoman, Albrizzi mirror tables & glass cocktail table), 146-147 (in Decorators Showhouse), 154 (Kenneth Lynch teak garden seat, Lane Wells Fargo footlocker), 154-155 (Thonet nesting chairs, Italian folding rattan table), 171 (Le Corbusier Cube & chrome & ponyskin sling chairs); Dec 60, 64 (Lucite stool, Carolina Tables Queen Anne Style silver chest, Decorian "Old Shoe" beanbag chair, Hickory Chair fire screen, Hickory Mfg. Queen Anne side chair, Lane cedar chest), 134-135 (Invisible: Lucite, Plexiglas, Acrylite)
Furniture Arrangement (Plans)–Jan 58 (1 Room 3 Ways); Feb 98, 99 (same furniture 2 ways), 113 (studio apt.); Oct 110 (Sister Parish living room)
Furniture, What to do About Damaged–Jan 8
Galleries, Home Art–May 102, 116-117
Garden Rooms–Mar 84-85; Nov 139; Dec 124, 126 127
Glazed Wall, What Goes on Under a–Oct 163
Graphics, Make Your Own Wall–Dec 14
Hammocks–Oct 139 (handwoven cotton twill); Nov 147 (Pawley's Island)
Hardware, How to Clean Furniture–Dec 12
Industrial Revolution, The–Oct 98-99, 136-139, 231
Invisible Presents: Lucite, Plexiglas, Acrylite–Dec 134-135
Italian Country House Romantically Decorated, Restored–Dec 120-127
K-D Instant Furniture–Aug cover, 4, 80-83
Lamps & Lighting Fixtures–Jan 54 (Kovacs "Crazy Legs"), 68 (inexpensive clamp-on), 69 (plastic 60-watt lamp); Feb 74-77 (Tensor surrounding make-up & shaving mirrors), 91 (Japanese fan), 97 (custom wall), 113 (Luxo); Mar 110 (Luxo "Crownlite 2" extension lamp); Apr cover, 4, 113 (Boyd brass standing), 128 (Crayonne ABS plastic), 129 (Architectural Supplements clamp-on reflector, Luxo pressure-mount "Headlight", Kovacs "Umbrella"); May 54 (Robert Long cord-hung); Jun cover, 4 (ricepaper lanterns), 74-75 (Hansen swing-arm), 104 (Artemide chandelier); Aug cover, 4, 80-81 (Tsao pharmacy), 91 (paper lanterns); Sep cover, 4 ("Ambassador HiLo" swivel-head standing), 104 (Luxo translucent), 110, 113 (Kovacs standing); Oct 137 (standing Lux-O-Lamp), 138 (Phoenix docklight), 142 (Hansen table with movable arm, Luxo "Headlight", Galleria Mobili dome and hood), 143 (Koch & Lowy standing triangle), 152 (Chinese basket shades); Nov 142-143 (Hansen swing-arm), 146 (Nesle lantern, Keramos barleycane standing), 150 (Museum of Modern Art "Sintesi"); Dec 134-135 ("Invisible")
Machine for Living–Oct 98-99, 136-139, 231
Mediarooms–Oct 102-103, 124-127, 163
Mirrors–Feb 74-77 (makeup center), 76-77 (big circular surrounded by Tensor lamps), 100-103 (walls with chromed acrylic molding, plastic mirror suspended ceiling), 100 (Régence gilt); Jun 74 (wall); Oct 113 (mirror on mirror & in panels), 116-123 (fireplace, hearth, curtains, walls, ceiling), 137 (West Coast truck), 139 (Bell Detection convex); Nov cover, 4 (whalebone quill)
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Topiary–Jul 6 (animals); Dec 14 (Ladew Gardens)
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Cabinets–Jan 82-87, 167 (Mutschler flush oak with "Almondwood" finish); Mar 98 (St. Charles), 119 (Formica), 121 (custom pine with stained glass inserts); Oct 123 (white plastic lazy susans)
Carts–Jan 68 (Sears plastic serving), 86 (Mutschler serving slides into cabinet); Oct 99, 137 (Shure "Tool Toter"), 138 (platform truck with deck); Nov 102, 104 (J & D Brauner pantry table)
Cleaning Equipment–Jan 58 (soap saver), 87 (Vacuflor built-in cleaning system), 69 (Murphy's Oil Soap)
Convection Cooking–Mar 44
Cooking Equipment–Jan 68-69 (inexpensive), 82-87 (numerous and various); Mar 93 ("Magnabar" holder with Sabatier knives), 110-111 (blue), 122-123 (New, A Cook's Best Friend); Jul 98 (pickling & preserving); Sep 14 (cherry pitter), 104-105 (Coral); Nov 102, 104 (House Gifts), 152-154, 156 (Presents That Work for Their Keep); Dec 60, 64 (Working Vinegar Barrel & other House Gifts)
Hoods–Jan 84-85 (PM Range Hood cylindrical venting system); Mar 121 (Wilton Forge hammered sheet metal)
Housekeeper, Notes of a Happy–Jan 40
Kitchen Equipment (Major)–Jan 63 (chest freezer), 82-87 (in H&G Super Kitchen); Mar 44, 46 (new energy-saving), 122-123 (energy-saving microwave oven, food dehydrator), 123 ("Design Your Own Model" refrigerator/freezer, range with 2 ovens & smooth cooktop, combination range with microwave/conventional oven & smooth cooktop, grill/range with conventional or convected baking); Apr 134 (Garland 6-burner, 2-oven restaurant range); Jul 92-95 (restaurant-style cook wall & restaurant units)
Kitchen, Notes on the New–May 62
Kitchen Planners, Strategy from Some of the Best–Mar 122
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Kitchens Solve Storage, Space, Light & Dining Problems–Mar 118-121
Laundries & Equipment–Jan 87 ("Stowaways" stacked washer & dryer, Iron-A-Way built-in ironing center); Mar 111 (travel iron), 122-123 (washer with new agitator), 123 (stacked washer & dryer); Sep 104 (red laundry center)
Picnic Gear–Jun 106 (cooler & drink dispenser, "Mr. Meat Smoker", gallon glass barrel, Thermos & "Thermojars"), 107 (6-camper cookware set, portabl gas barbecue, 11-quart steamer); Sep 104-105 (Coral, beach picnic)
Storage, Specialized–Jan 84 (knives), 85 (trays, pull-out shelves for appliances, etc., pantry), 167 (pantry, linen cabinet with flatware drawers); Mar 118 (open wine & soda racks, mirror-backed shelves for cans)
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Automobiles–Feb 8 (directory of diesel fuel stations); Apr 10 (Checker taxi); Jul 6 (taxi prototypes at MOMA); Oct 78, 80 (Car Buyer's Check List); Nov 102, 104 (air camper); Dec 52, 58 (Buying a Second-hand Car, Antitheft I.D., Space Saver Spare, CB tips, Garage Door Openers)
Beaubourg, Parisian Arts Palace–May 12
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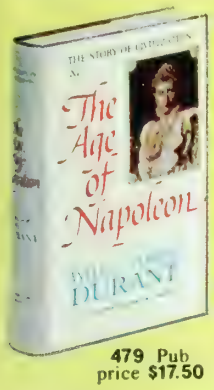
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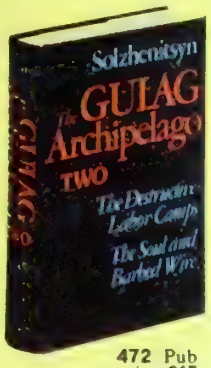
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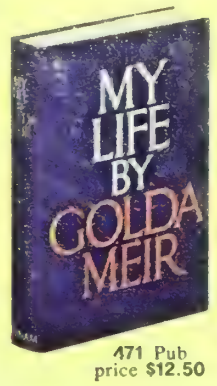
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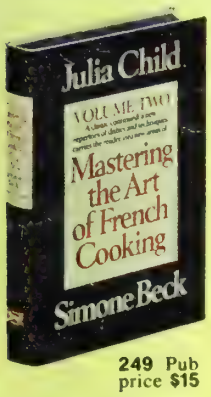
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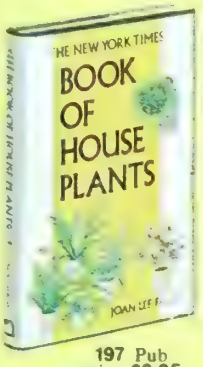
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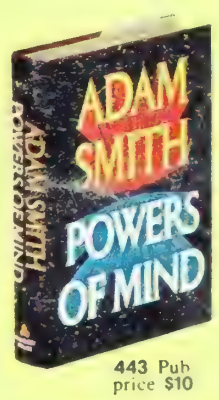
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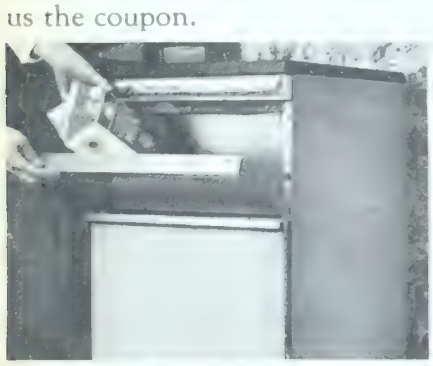
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Vol. 148 No. 1



READER

ON THE COVER: In 1808 the President of the United States computed a few measurements, drew a sketch, and sent everything off to be made into "draperies for the tops of four windows, of crimson damask silk, lined with green and a yellow fringe." The President was a designer named Thomas Jefferson, described by a friend, the Marquis de Chastelux, as "the first American who has consulted the fine arts to know how he should shelter himself from the weather." For his own suite at Monticello, which proudly we hail to celebrate the opening of the Bicentennial year, he designed windows-to-the-floor, a skylight, a good deal of the furniture, and a see-through bed alcove. A closet is hidden in the depth of the wall above the bed and reached by narrow stairs. Mr. Jefferson wouldn't give floor space anywhere in the house to great flights of stairs, "which are expensive and occupy space which would make a good room in every story."

Mr. Jefferson designed outdoors as well and was so involved in botany and horticulture that he even had a plant, *Jeffersonia*, named for him. Here, the Virginia spiderwort or *tradescantia virginiana*, bred from its native wildness for its clear blue flowers, blooms seasonally along the winding path Mr. Jefferson designed for the western lawn of Monticello, where all-of-a-kind flowerbeds bloom in succession. Monticello is open daily, Mar. to Oct., 8 AM to 5 PM; Nov. to Feb., 9 AM to 4:30 PM. Nearest airport, Charlottesville, Va., direct from New York and Washington, D.C., on Piedmont Airlines. For more ideas from this remarkably contemporary man, please turn to page 48.

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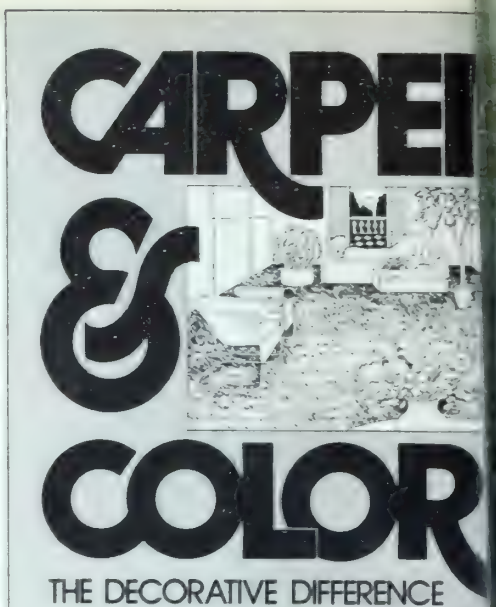
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Dr. Emmel on a field research expedition in Florida

Butterfly farming

After World War II, Sir Winston Churchill planned a butterfly garden where butterflies and their food plants would be stocked in quantities to make it self-perpetuating. There was even a butterfly house for growing caterpillars. If you want to follow up this butterfly garden idea today, there is no better book to have on hand than *Butterflies* by Thomas C. Emmel (Knopf $35). From 317 extraordinary dazzling photographs, you can decide which beauties appeal to you most, learn more about their behavior, how they can be propagated, how to make a collection, and how they may be harmed by pesticides. Dr. Emmel, zoology professor at the University of Florida, is an international expert. In pursuit of butterflies, he has climbed slopes of 19,000-foot peaks in the Andes.

HELP!

DAMAGED FURNITURE?

A new sofa is delivered damaged. You call the store's service department. If you're lucky, someone shows up in 48 hours to make a report. But then—silence. Here's what to do. 1. Go to see the salesperson who dealt with you. Face to face contact has better results than phone calls. 2. Write to the manufacturer. Explain what's wrong. Give details, dates, and names of people you've spoken to at the store. 3. If you still have no satisfaction, write Furniture Industry Consumer Advisory Panel, P.O. Box 951 High Point, N.C. 27261. Executive Director, Margaret Ward. It can bring pressure on manufacturers. Strictly speaking, it's the store's responsibility to handle damages. Reduced staff in repair shops are causing holdups today.

Money-making showcases

Decorators' Showcases are becoming most successful and attractive ways of making money for good causes right across the country. In Palm Beach, Mrs Walter Gubelmann's house will be open to benefit the Red Cross between January 12 and 21st. Ten decorators are taking part. "We hope to raise $7000," she says. In New York, Mrs. Charles Hollerith is organizing a Showcase at 973 Fifth Avenue, in an old Stanford White house, which now belongs to the Mormon church. Target for the

973 Fifth Avenue, New York set for a Showcase in April



Kips Bay Boy's Club is $100,000. The house will be open between April 23 and May 16. The Junior League of Boston plans its Showcase for April 25 to May 15. The Women's Committee of the Birmingham Symphony plans one, too, in Birmingham, Ala., from April 25 to May 16.

Gardening on shelves

Natural colored fluorescent lights (full-color-spectrum-Verilux TruBloom) enable Mrs. John H. Allan to grow bright-light flowers and propagate shrub cuttings in her apartment, see page 78. She has tube lighting fixed behind louvers and valances in the cabinet. Shelf heights vary, so she can move pots around from shelf to shelf as plants grow. "Light in the tubes tapers at the ends," she says, "so I put African violets where intensity is less, episcias and sinningias in the bright center spots they prefer." Automatic timers turn on lights at 6 A.M., off at 11 P.M. "17 hours of artificial sun call for plenty of water. I use the touch-the-dirt system." Watering is easy—pots sit on plastic eggcrate in metal trays. She uses plastic pots because they don't dry out as fast as clay under lights. For more root space, instead of shards, she lines a pot with a piece of newspaper to keep the earth from watering out until the roots can firm up and hold the soil in place. She starts most cuttings in moist vermiculite, then mixes it with garden soil for mature plants, always sterilizing the garden soil in the oven. She prefers 3M slow-release pellets that last 3 to 4 months and don't need diluting, "great for lazy people like me."

Penny Allan with begonias, impatiens, and other flowering plants



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It's perfect because it has everything you've ever wanted in a blanket.

That's because it's made of Super Vellux.™

Millions of soft, long-length nylon fibers are electronically positioned onto layers of insulating foam.

It's this revolutionary process that creates the fabric that makes the blanket that answers every problem you've ever had with a blanket.

We call it The Answer Blanket. And here are the problems it covers.



1. WASHABILITY

The Answer Blanket washes beautifully.

It can be machine-washed at any temperature or cycle setting. And machine-dried at any temperature or time setting.

2. PILLING

We washed The Answer Blanket 50 times.

That's much more than the average blanket goes through in its lifetime.

The Answer Blanket showed no evidence of matting, pilling, shedding or fading.

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Touch it. The Answer Blanket has a soft, luscious feeling. Almost like velvet. Or cashmere. (It's all those soft nylon fibers.)

But it's more than soft. It's also deliciously warm.

4. FIRE RESISTANCE

We found a way to make Super Vellux flame resistant.

After testing The Answer Blanket with Nationwide Consumer Testing Institute, they certified that, "The Martex Answer Blanket, when tested against other commercially available blankets according to accepted flammability test procedures, was found to be the most flame resistant."

5. BINDING

There is no binding to fray or wear out.

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This handsome tailored border adds an elegant touch to The Answer Blanket.

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The Answer Blanket is not only the most practical blanket you can own (with a full ten year warranty to back it up), it's also the most beautiful.

It comes in a variety of colors that range from soft and warm to dark and rich. It can transform your bed.

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OF SUPER VELLUX BY MARTEX.

West Point Pepperell

LIVING

Live-in bed

The latest Milan Furniture Fair reflects a concern for value, durability, versatility, ease, and comfort. Perhaps the ultimate in furniture versatility is "La Barca" (The Boat) designed by Piero de Martini for Cassina, shown here, which incorporates a double bed, desk, tabletops, counterspace, and seating. It's almost a complete bed-living room. Its wooden platform, when covered with cushions, makes seating. A foam mattress turns it into a bed. Wings that



flank the perimeter raise and lower —up for dining down for a night table. In the U.S. at Atelier International, N.Y. Another ingenious design is the "Misura" wall system with a bed in a drawer. Electrically operated, the bed slides out of a bottom drawer, on rollers. Mattress is an inner spring, which accordions and rests on wooden slats that roll up as the drawer is closed. Designed by Richard Sapper for Molteni, at Stendig Showrooms, N.Y. "Baia" components by Antonio Citterio and Paolo Nava for B & B Italia have a quilted leather look. At Atelier International.

PUERTO RICO INFORMATION SER.



Phosphorescent Bay, Puerto Rico, where the sea lights u

Shooting stars at sea

If you're stopping overnight in Puerto Rico and want a change from the resort atmosphere of San Juan, consider a drive across the interior to the famous Phosphorescent Bay on the southern coast. Take Route 1 to Ponce (stop and visit the small, charming art museum here, and drive by the old red-and-black striped firehouse), and then Routes 2, 116, and 324 to Parguera, a tiny town by the bay (total time: three hours). You can stay for the night at Hotel de la Parguera, and, for a couple of dollars, book a seat on the launch that leaves just after sun-down for the pitch-black bay that lights up whenever the heavily concentrated phosphorescent algae in the water are disturbed. You can see shooting-star streaks as silent fish flash past the boat, and when the engin is shut down, grownups and chi dren alike hang fascinated over th gunwales, splashing in the wate making pinwheels and sparkler You can actually hold the liqui light in your hand. Nobody want to leave, so the boatsman obliging ly hauls a bucket of water aboard to play in on the return trip.

—CORALEE LEO

Fabrics from Versailles

The satins, chintzes, and other marvelous fabrics that decorate the walls and windows of the Napoleon rooms at Versailles in France have come to America. They are part of a new collection called here Marignan. Some of these and other designs have been chosen for many notable places, including the Governor's Mansion, in Texas, the summer palace of the King of Morocco, and embassies across the world. They are super luxurious, but with them comes a very complete range of cotton fabrics, from geometric patterns to romantic prints; some sell as reasonably as $9 a yard. They are woven and printed in France, with three weeks delivery to New York by air. Everything can be seen (by decorators and designers) in some of the lightest and brightest showrooms in New York, designed by John Rieck, with creamy apricot carpet and pale birch furniture.



Fabric-covered walls at Versailles







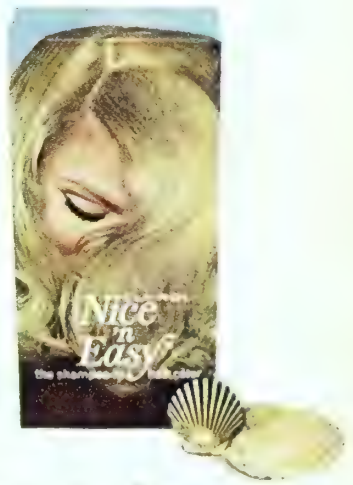
Kenneth—and Sandy O

Make-overs by mail

For $20 you either get world-famous hair and beauty adviser Kenneth to do a 40-page Beauty Make-over Program designed exclusively for you, or Sandy O, former cover girl and professional cosmetician, to give you an exciting new personal face-color pattern. Both experts send you a detailed questionnaire about skin type, hair, coloring, and features, so they know how to advise you. Sandy O asks for a photograph, which she sends back with an overlay showing new make-up. Imagine how much such a consultation would cost in person—and this way you don't have to move from your dressing table! Write to Kenneth, Box 7000, Madison Heights, Va. 24572, or Sandy O's Faces, 123 Main Street, Cold Spring Harbor, N.Y. 11724.



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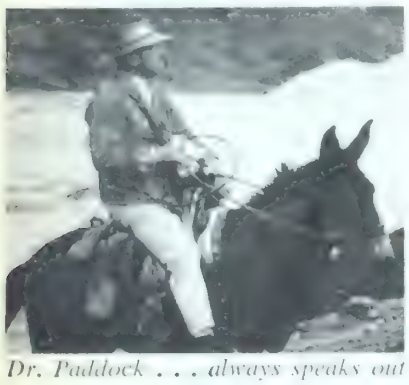
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iving

Do you speak out enough?

How often do you replay conversation and realize you didn't say what you really meant to say? Dr. Franklin Paddock, internist and world explorer, thinks that to enjoy good health we should try more often to bring those inner voices out loud. "We'd be much more tranquil and relaxed and far less anxious. These second-level responses involve our real self, our true emotions. These are the genuine reactions, which we carefully guard from outside viewing." Why do they stay hid-



Dr. Paddock . . . always speaks out

den? "Because we use language as a shield," he says, "to protect our egos." Maturity helps us drop this verbal defense. "As we grow older we don't worry so much how we appear to others. Alcohol and anger can also release inner thoughts to the surface. So curiously can contact with a complete stranger. You relax because you may never see him or her again. Of course, outspokenness has to be edited. There's no point in saying something hurtful. Concentrate on constructive dialogue, says Dr. Paddock. "You can get down to more direct talking if you stop worrying about the effect on *you*."

EDWIN TETLOW



Observation car at the back of train

Railroad adventure

Canadian Pacific Rail has one transcontinental train per day leaving in each direction between Vancouver and Montreal. It takes 71 hours and travels through entrancing scenery—the lakes and virgin woodlands of Toronto; rich prairies; oilfields and ranches; the grand Canadian Rockies. You see it all from your compartment, the lounge, the bar, or the observation car in which you sit as if in an airborne glider.

Forget your prejudices about train beds being uncomfortable and coaches rocking and swaying. We slept as soundly as at home. Beds were cozy, we didn't hear any clicking over the rails, and the engineer considerately took the train along slowly by night. The elegant dining car holds forty-eight people at a time and has quiet cubicles at each end, divided from the main area with etchings on glass of such Canadian birds as the sandpiper, chickadee, kingfisher, and magpie. The food is wholesome, even if it does not have the distinction and variety of the prosperous days of old. There are usually three main dishes, ham steak ($3.95), omelette with bacon ($3.40), and fillets of fish ($3.75), plus specialties like rib steak with many trimmings ($8.50) and breaded pork chops ($4.15). The dining car conductor and his staff of waiters still have that old-established eagerness to serve, and the sleeping car attendants respond instantly to the summons from your bedside buzzer. There are accommodations to suit all tastes and purses. Basic fare between Montreal and Vancouver is $121. A roomette $130, bedroom $279. The train population constantly changes. One of the big surprises is the number



Stealing into the Rockies

of Japanese holidaymakers aboard sometimes making the dining car look like the refreshment car of a Tokyo express. You are not compelled to make the whole transcontinental trip all at once. You are encouraged to break your journey for 24 hours or more anywhere you choose, at fascinating places like Thunder Bay, Winnipeg, Calgary, or perhaps Medicine Hat. But the finest diversion of all is to get off at Banff or any of the other delightful stopovers high in the Rockies and enjoy the excursion, views, and splendid local foods.

—EDWIN TETLOW

A-plus for a school decorator



Mary Clare Bergin

What happens when you give students an attractive place to work, bright colors, comfortable furniture, carpets in the classrooms and halls, a library with wing chairs to curl up in, plants and trees, soft spotlights instead of overhead fluorescent strips? An experiment by Mary Clare Bergin, at Marymount Manhattan College in New York City has proved it works. "Set a certain atmosphere," says Miss Bergin, "and people rise to it. No

Classroom with a new look



one puts her feet up on the chairs." Specially designed carpet ordered in bulk cost $15 a yard—"hardly more than indoor-outdoor carpeting." White walls are scrubbable vinyl with a Tedlar finish "utterly practical. Everybody in the city needs a lift today, even students. I wanted them to be happy, feel good about the place." They do.

GOOD NEWS



OUTLOOK BRIGHT
HERMAN KAHN

Director of the Hudson Institute, which studies the future, Herman Kahn, author of many books, says the ecology movement should culminate in a clean environment in ten years. *Food shortages will be met by advanced techniques, conversion of petroleum wastes, extensive plant growth in scientifically controlled environments. The current* energy crisis should be resolved in a decade or two *(with small changes in lifestyles, developments in solar, nuclear, ocean gradient and geothermal energy). We are* not going to run out of minerals. *Iron, aluminum, magnesium, titanium and silicon are virtually inexhaustible; copper, cobalt, manganese, and nickel can probably be supplied from ocean nodules. His upbeat, optimistic point of view was delivered at the Hammond Museum, North Salem, N.Y., where director Natalie Hays Hammond plans an ongoing program of lectures. "People are turning to museums for such help."*



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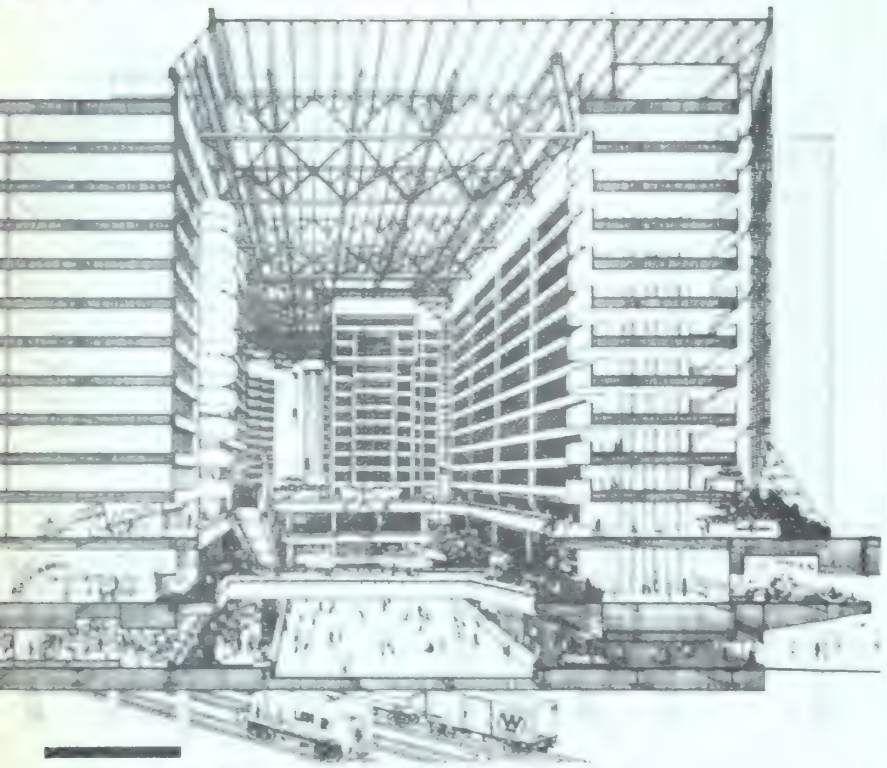
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LIVING



Atlanta's new downtown all under glass

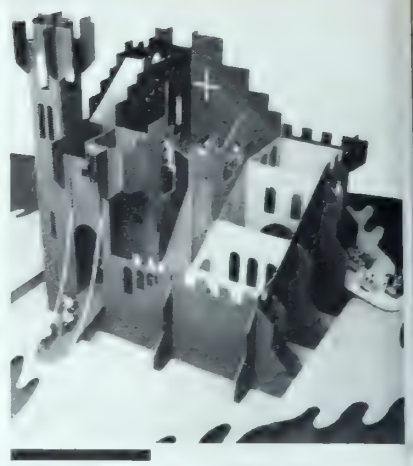
One way of revitalizing downtown is to build super special attractions there, so it becomes irresistible. This has happened in Atlanta, Ga., with the opening of the Omni International complex. In one incredible structure, all under one enormous glass roof, there are offices, a hotel, nine restaurants, six movie houses, an amusement park, over 100 shops, tree-lined walkways, all centered around an Olympic-sized skating rink. Linked to Atlanta's new sports coliseum, and the towering World Congress Center, this urban development will help generate prosperity. An important textile convention is scheduled for September '76, which will draw 30,000 visitors from all over the world. Says the architect Tom Ventullet: "When we designed Omni International, we were creating more than an attractive new building, we were responding to social change. Building for people. It's been a satisfying experience."



Omni complex, cluster of buildings, with skating rink inside

PEOPLE

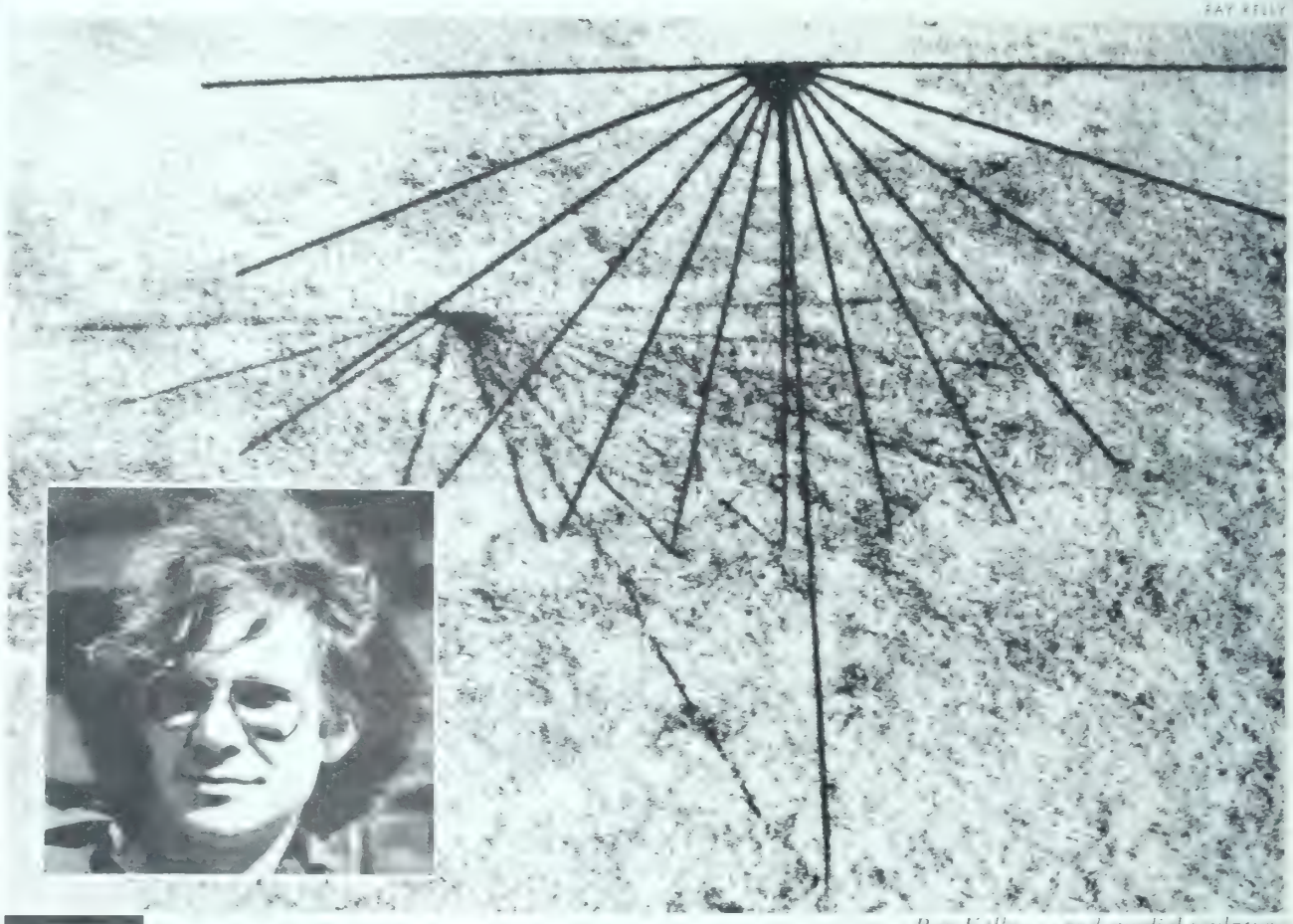
*Richard Olney, Julie Dannenbaum, Julia Child, and Anne Willan are giving cooking classes at the Gritti Palace, Venice next June and July. ****Bruce Anderson, President of Total Environmental Action is starting* Solar Age, *a magazine of the sun. The first solar energy publication for the consumer. ****Mark Hampton is starting his own decorating firm in New York. **** Joseph Braswell, Albert Hadley, and John Saladino are among decorators taking part in* A Designer Designs, *an exhibition in New York in April to benefit the Cooper-Hewitt Museum of Decorative Arts & Design. Through drawings they show how rooms are put together.*



Castle building

A present from architect Charles Moore to his godson Sebastian Hardy, son of another architect Hugh Hardy, just had to be architectural—a splendid build-it-yourself castle. This marvelous toy, which was designed by Robert Yudell with Charles Moore and Christina Beebe, is a boy's equivalent of a girl's doll house. And the designers say it turns out to be "as much of a grown-up plaything as a child's." In Masonite, to last a lifetime, it can be set up in minutes. Box serves as a moat. General Eclectic, 3436 Yale Station, New Haven, Conn.

RAY KELLY



Ray Kelly . . . and sundial sculpture

Sun timing

When watches and clocks were a novelty, the sundial served as a checkpoint for accuracy. Today with electronic digital time pieces, the sundial may not be vital, but it still has its place. In the garden, as an ornamental object, says sculptor Ray Kelly, "it makes us aware of the movement of the earth, brings us back to the reality of our environment." His metal sundial was made for Mr. and Mrs. Tom Dotch, art collectors in Amarillo, Tex. More of his sundial sculptures will be shown in an exhibition in Miami in February. If you want to explore sundials further, mathematician Winthrop W. Doland has written *A Choice of Sundials* (Stephen Greene Press, $10). He sees the sundial as "an island of calm" something to investigate if you feel "nostalgia for the simple life."



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Any chef worth his sauce knows the best way to cook a steak is on oth sides at once.

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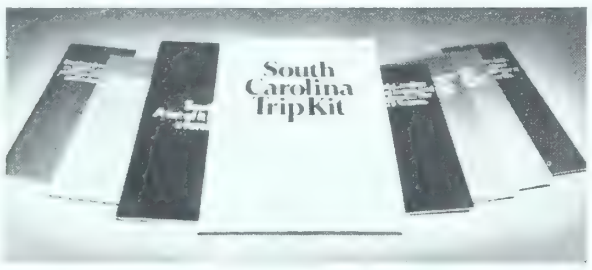
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YESTERDAY TODAY and TOMORROW

Boston, New York, Atlanta, Buffalo, Chicago, Dallas, Seattle, San Francisco, Los Angeles

GOOD LOOKS AND GOOD HEALTH

By Caroline Seebohm

A new life-saving technique you should know

Dr. Henry J. Heimlich tells you what to do when someone chokes on food

"Something's gone down the wrong way." Most people have said that at one time or other during a meal. A cough and a splutter, and usually all is well. But there is a much more serious kind of choking on food—so serious that everybody should know instantly how to deal with it. If you learn today how to do the *Heimlich Maneuver*, you may save a life tomorrow.

Here are the instructions for the Heimlich Maneuver, which has just been officially endorsed by the AMA as a lifesaving rescue device—but you should learn it through your Board of Health or First Aid Instruction Class and practice it only under approved medical supervision.

Dr. Henry J. Heimlich founded and heads the Esophagus Center at the Jewish Hospital in Cincinnati—the only esophagus center in the U.S. It was his specialization in esophagus surgery that led him to the problem of food choking. "Food choking had always seemed to be an isolated incident," Dr. Heimlich explains. "One would read about it in the papers. Then about two years ago, the National Safety Council came out with figures showing that some 4,000 Americans die each year in this way. They also said that this was the sixth largest cause of accidental death in the country.

"This startled me, and made me look at the problem more seriously. I now believe that it is more common even than those figures suggest, because many of the deaths have been signed out as cardiac deaths." And as his specialty has been the esophagus, it seemed right for Dr. Heimlich to try to work out a form of treatment.

"The esophagus is the tube that carries food from your throat to the stomach. Its function is not related to breathing or talking. When the esophagus is blocked, patients cannot eat food and must be fed through a tube, but they

Continued on page 20

RESCUER STANDING



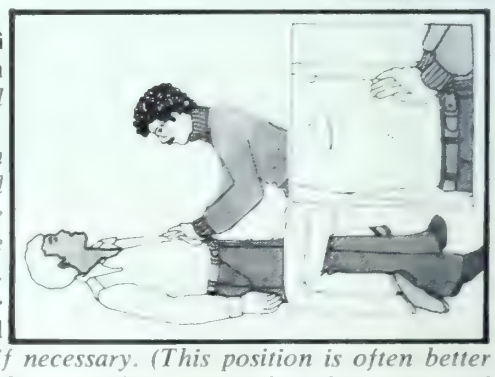
1. Stand behind the victim *and wrap your arms around his waist. (If he is sitting down, get behind his chair to do this.)*

2. Place your fist *with the thumb side against the victim's abdomen slightly above the navel and below the rib cage. Grasp your fist with your other hand.*

3. Press your fist into the victim's abdomen *with a* quick upward thrust. *Repeat this movement several times if necessary.*

DURELL GODFREY

RESCUER KNEELING



1. With the victim lying on his back, *face him and kneel astride his hips.*

2. With one of your hands *on top of the other, place the heel of your bottom hand on the abdomen slightly above the navel and below the rib cage.*

3. Press into the victim's abdomen *with a* quick upward thrust. *Repeat several times if necessary. (This position is often better if the rescuer is a smaller, weaker, or lighter person than the victim, and must therefore use his or her weight rather than strength.)*

Note: If you get a chicken, turkey, or fish bone stuck in your throat, do not use this maneuver. Go to a hospital or doctor at once.

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When Did You Last Think About How Old You Look?



Months ago? Maybe even years? You wash your face in the morning, put on your makeup and rush off to do the dozens of things that fill your day. And probably never even stop to think that the passing years are showing on your face. Perhaps more than they ought to.

But time hasn't stood still. Look at your children. Not babies anymore, are they? Look at your husband. He's no longer the fresh-faced youth of your wedding pictures. Then take a close look at yourself. Do you really want to look that old this soon?

If it would please you to look as young as you can, discover a remarkable beauty fluid whose secret benefits are known to enlightened women in many parts of the world. These women look their very youngest, no matter how old they really are. This unique fluid, discovered by beauty researchers, can be found in drugstores in the United States, where it is known as Oil of Olay beauty lotion.

Soothe Oil of Olay onto your face and throat. Watch as your skin virtually drinks in the precious fluid. You'll be wonderfully surprised how quickly and completely the beauty fluid penetrates to work on dryness, that unwelcome dryness that accents the little lines and wrinkles that too easily can cause you to look older than you are. A profusion of pure moisture, along with tropical oils and other emollients, lets your skin feel noticeably softer and smoother within moments. You'll actually see the renewed lustre and radiance of your skin... a look you once had and probably never dared hope for again. Oil of Olay gives your complexion a fresh glow, even without make-up. And it never, ever, leaves a greasy afterfeel.

Working with nature itself in a mysterious way, Oil of Olay helps maintain the oil-moisture balance of your skin, necessary if you're to look as young as possible. The precious fluid acts remarkably like your skin's own natural moisture in easing away the dryness that can make you look unnecessarily old.

Devoted users of Oil of Olay wouldn't let a day go by without using the beauty fluid at least twice. Faithfully every single morning... as a superb makeup base that lets cosmetics glide on easily and remain fresh looking for unexpected hours... or to let skin thrive in its own moist climate. Faithfully every single night, knowing that Oil of Olay continues its beautiful work through hours and hours of silent sleep. You may decide to use Oil of Olay even more often, any time you feel dryness needs easing and the moisture content of your skin should be increased.

Now that you've taken a moment to think about how old you look, it shouldn't take more than a second to think about Oil of Olay.® The unique beauty fluid may be exactly the thing you didn't even realize, till now, you were looking for.

(ADVERTISEMENT)

The pressure of air will literally blow the object back out through the mouth

New life-saving technique *continued from page 16*

can breathe and speak perfectly well.

"Food choking comes about like this: You have a small valve in the back of the throat called the epiglottis, which covers the windpipe —and when you swallow, this small valve closes down. If the valve doesn't close down, then food "goes the wrong way" into your windpipe, and you cough. If, however, a piece of meat, or other object, gets caught in the back of the throat in such a way that it

WHAT TO LOOK FOR

1. The victim of food choking cannot breathe, because the airway is blocked.
2. He turns blue because no air is getting to his lungs.
3. He falls unconscious.

holds the epiglottis down, or gets under it and blocks the airway, then it cuts off all exchange of oxygen—and, for the victim, being totally unable to breathe, *death occurs in four minutes.*

"The most common thing that used to be recommended for food choking was hitting the person on the back, or reaching into the mouth—but these methods are only occasionally of value, as the figures show. The only other way is to use the air in the lungs—if you can compress the lungs, the pressure of air that develops will literally blow the object back out through the mouth, working like a bellows. The process has to be easy to do, as there is no time to wait for the doctor or outside help."

HOW TO EAT RIGHT

1. Do not eat running or standing up. (This applies particularly to children.)
2. Cut your food in smaller pieces and eat slowly. This should be particularly watched at holiday time, when people have had a few drinks and tend to forget to cut their food as small as they should, and don't sense it in the back of the throat.
3. Chew very carefully, particularly if you wear dentures.

If you would like an illustrated brochure or wallet-card of the Heimlich Maneuver, please send $1 and a stamped, self-addressed envelope to Edumed, Inc., Box 52, Cincinnati, Ohio 45201. ■

BEAUTY AND HEALTH PRODUCTS NEW THIS MONTH IN THE STORES

New Year's resolutions to keep Get trim, stay fit, and take bette care of mind and body. Th "body" part will be that muc easier with all the help tha abounds every January—the reall great values you can find and th great buys . . . A rich, all-ove **Herbal Body Lotion** in a generou 16-ounce bottle for only $6 is grea for starters from *Francis Denney* And there's a delicious **Hone Butter Hand Cream** in a larg 8-ounce jar that smells and acts a soothing as it sounds, also $6 . . More help for dry skin fron *Ultima II*. Fifty percent savings o **Translucent Wrinkle Cream** in 1 and 2-ounce sizes. It's rich whil very light and it's great around th eyes and throat where winds ca dry out these relatively natural oil free skin areas. Works in about 1 minutes, too, because it's a concer trate. One ounce, $7.50; 2 ounces $12.50 . . . If you're heading Sout for a winter holiday, there's a nev product from the *Bain de Sole* people who know a great dea about tanning. **New Super Filte Suntan Lotion** is for skin that sun-sensitive, fair, and rarel tans. It's a non-oily formula tha contains plenty of sunscreen tha really blocks out damaging, burn ing rays. It's $2.40 for 4 ounce . . . Winter skins benefit from bath oils, and one in a new fragrance i a special treat. *Yves Saint Lau rent's* **"Rive Gauche" Moisturizin Bath Oil** comes in a 4-ounce plasti bottle for $5.50.

Eye-Makeup Remover Stick, b *Max Factor,* doubles as a lubricat ing treatment in the delicate are around the eye that has no natura oil source of its own. Only $1.6 . . . There's a new queen-size mascara around from *Maybellin* called **Ultra-Big Ultra-Lash.** It's double helping of lash-lengthenin mascara in three shades. Velve Black, Sable Brown, and Midnigh Blue. It's swimproof, smear an tearproof, too. Only $1.50. Bran new is a whopping 28-ounce plasti bottle of *Johnson & Johnson'* **Baby Shampoo** for about $3.8 that could easily supply one perso with a year's worth of clean hair (It also makes a terrific shampo for pets, wriggly little puppie especially, because it won't stin their eyes or dry out their delicat new fur.) ■

fine arts by J.P. Stevens

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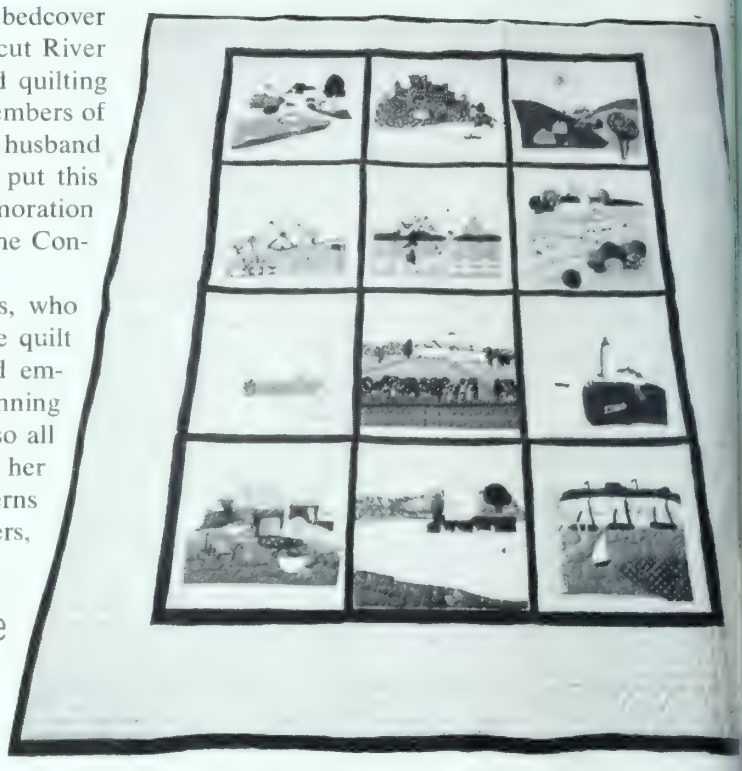
By Kenneth Bates

The Connecticut River quilt

A bedcover that puts its hometown on the map in a singular and splendid way

A Bicentennial labor of love that turned a bedcover into an illustrated guide book, the Connecticut River quilt is the result of a marathon sewing and quilting bee held last year in Lyme, Conn., by the members of the town's Craft Guild. Ten ladies (and any husband who wanted to and could handle a needle) put this extraordinary coverlet together as a commemoration of major landmarks around the mouth of the Connecticut River.

The idea was Winifred Taylor Laubach's, who also, as she says, "flogged the girls on." The quilt itself is composed of twelve appliquéd and embroidered squares—one to a landmark. Beginning with identical squares of blue cotton (blue, so all the skies would match), each quilter chose her own "scenery" fabrics, searching for patterns that might suggest stone walls, trees, flowers, a spotted cow—whatever she needed.



The quilt in all its glory. Each scene, worked possible in its natural colors, is as true to t original as its portraitist-quilter could make

Quilted vignettes run from the county fair to an opera house

If she couldn't find it, she was free to fantasize. (There is a tree with a red and white checked gingham trunk that is very fetching.) Anything that couldn't be cut out and appliquéd was embroidered, and most inventively, in the kind of intricate stitching seen in old samplers. The scenes themselves run quite a gamut: two handsome farms, the local Hamburg Fair, the Lyme Congregational Church, the Essex Boathouse, the Baldwin Bridge, the Lyme Public Library, The Saybrook Light (one does not say lighthouse), a landscape, a marine scene, and, most famous of all, the Goodspeed Opera House and Gillette Castle—the fantastic house that actor William Gillette built after his triumphant and profitable tours in *Sherlock Holmes*. As he was both star and author, he doubled his take and the size of his house.

When the squares were finished, a visiting mother-in-law (and champion quilter) put them together with bands and a border of tobacco brown, a quilting frame was brought down from an attic, the quilt was backed and filled, and the Guild ladies (and occasional gentlemen callers) fell to. Eventually, the beautiful thi was finished, and there it was, an orphan. It didn really belong to anyone—except, in a way, to Lym So it's going to be presented to either the local Histo cal Society or the town library to be displayed, Mr Laubach hopes, on an equally beautiful old bed. Sh also hopes that the quilt will inspire other towns an guilds to dust off *their* quilting frames. "A landma quilt is so much more exciting than the old familia like Star of Bethlehem and Wedding Ring, pretty t they are. And because it's really a civic quilt, it cou even be a communal effort, with the quilt kept in son easily accessible place, and anyone who wanted could stop by and take a stitch or two whenever h or she had the time." She hastens to add, "unde proper supervision, of course."

KEITH TRUMBO



Harding Farm—stone walls, picket fences, checkered tree trunk, fat bossy cow



Goodspeed Opera house, a beautiful old gingerbread theatre, still going strong



Gillette Castle, a Gothic delight, now a museum full of theatrical memorabilia



When the "stain squad" challenged Tru-Test E-Z Kare latex flat enamel...*they got wiped out.*



Even messiest food stains wash clean from the enamel-hard E-Z Kare finish...without "shining" or need of re-painting.

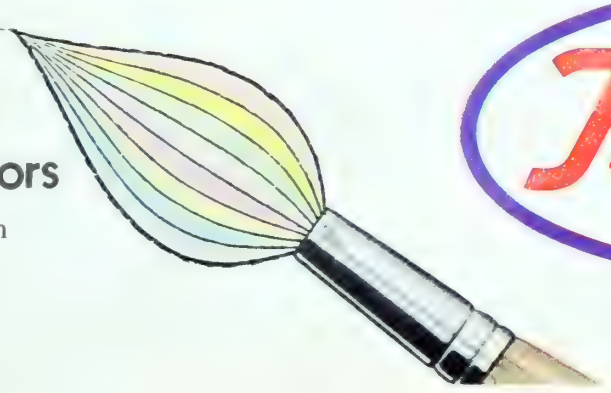
It was hardly a contest for Tru-Test E-Z Kare latex flat enamel. Because stains, grease and grime can't readily penetrate the E-Z Kare surface, most soil washes away. Tough stains can be scrubbed off with no damage to the flat latex finish. The soft look and easy application of latex plus the rugged durability of enamel make Tru-Test E-Z Kare the one paint perfect for both walls and woodwork, one finish that can outlast ordinary latex paint in every room. In white or custom colors, including House & Garden American Watercolors.

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en Press, Dept. BC-453, 175 Community Drive, Lake Success Pk., Great Neck, N.Y. 11025

y Louise Ade Boger

Antiques





American cathedral caster

rom the picture and the mark, can you tell me something about this anque piece we bought some time ago? No one seems to know what it is r by whom and when it was made. *A.K.F.—Frankfort, Ky.*

'ou have a cathedral type caster in which the bottles are enclosed. The aster bears the trademark of R. Gleason & Sons of Dorchester, Mass., nd was patented by Edward Gleason (Pat. No. 18,740) on December , 1857. Called a "magic caster," its revolving doors open to show six ondiment bottles.



Pennsylvania clock

Our clock has the name "Christian Eby Manheim" on it. Can you dentify it and possibly date it?
P.W.—Kingston, Pa.

Your tall case clock was made by Christian Eby, who was working t Manheim, Pa. 1799 to 1837. His wo sons, George and Christian, vere also clockmakers, working at Manheim about 1830 to 1860. The Eby family enjoyed a fine reputaion as clock makers.

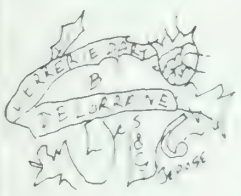


Dressing stand

What can you tell me about the style of this old dressing stand? Do you have any idea when it was made? *M.C.—Troy, Ohio*

Your dressing stand of marked rectangular simplicity combined with large scale scrolls, square in section, illustrates a style of Empire furniture that was popular in our country in the 1830s.

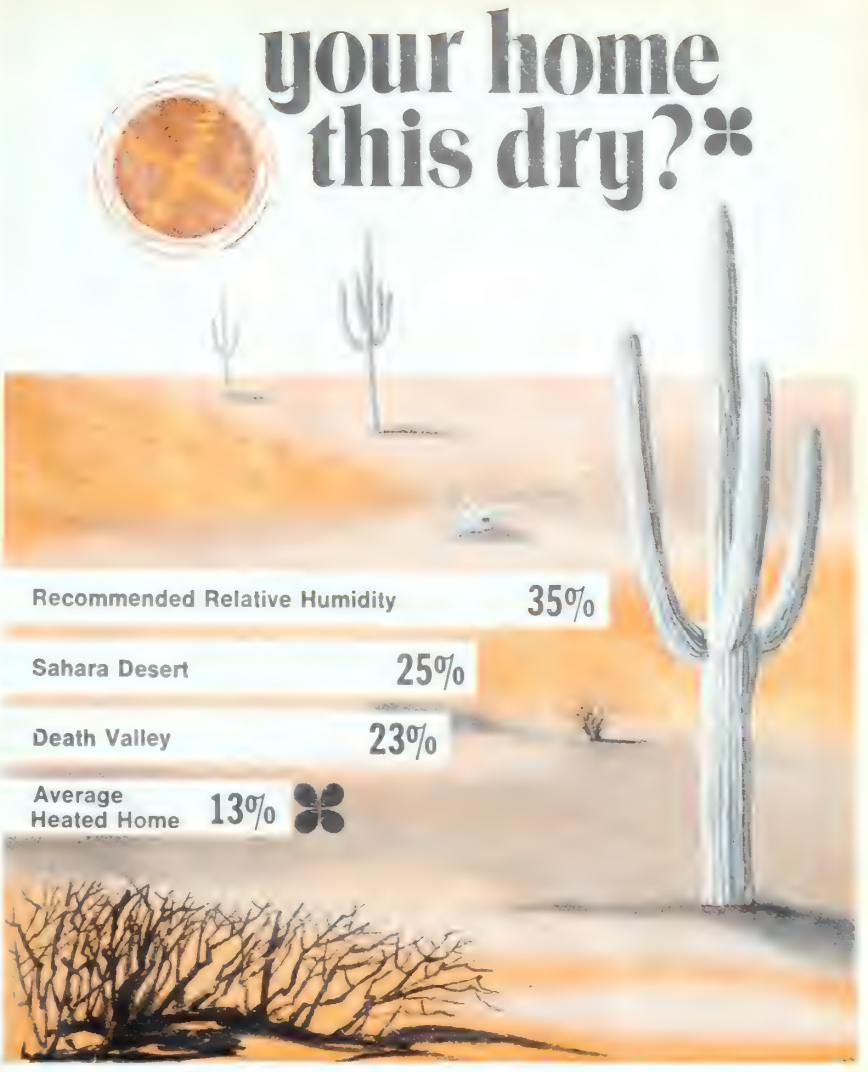




Cameo glass vase

When I was given this vase, I was told it was made by the man who taught Lalique. I've sketched the mark on it and would be very interested to know what its background is. *J.M.S.—Salinas, Cal.*

Your cameo glass vase, dating about 1890, was made at the Burgun and Schverer Glassworks, founded in 1711 at Meisenthal, in the French department of Moselle. This factory is regarded as a precursor to French cameo glass, because many young glass artists learned to master difficult glass techniques here. *(Continued on next page)*



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Heating a home (regardless of the type heating system) often reduces indoor relative humidity to lower than recommended levels. This can be damaging and uncomfortable. So—moisture should be added. FOR HEALTH—to help repel respiratory ailments aggravated by too dry air. FOR COMFORT—to feel warmer at lower temperatures. FOR PROTECTION—of furnishings from damaging dryness. The ideal solution—an Aprilaire Humidifier. Accurate control. High capacity. And, minimum maintenance because of an exclusive 3-way method of reducing mineral deposit problems. Put more comfort in your life, with a humidifier that gives you more—Aprilaire.

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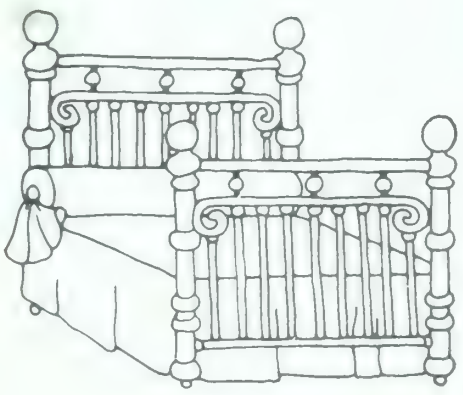
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The Red Lion Inn

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Magician bank

We have had this magician bank for many years, but know nothing about its origin. What can you tell us about it? K.B.—Cleveland, Ohio

The Magician Bank was patented on January 16, 1882 and was manufactured by J & E Stevens of Cromwell, Conn. Children have always loved magic and they found it great fun to press a lever and watch the magician lower his high hat over a coin that is placed on the table. He nods his head; when he raises his hat, coin is gone.



Connecticut mark

From the mark that I've sketched can you tell me anything about my silver pitcher and goblets? When made them? And where? When

C.T.G.—Hacienda Heights, Ca.

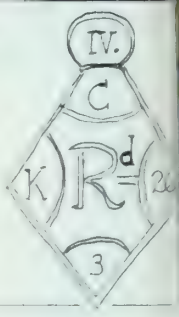
Your plated silver pitcher and goblets were made sometime after 1898 by the Wilcox Silver Plate Company of Meriden, Conn. 1898 was the year it became one of the original companies to form the International Silver Company.



English teapot

Can you identify the maker of my teapot from this mark? Is it old?

D.B.B.—New Canaan, Conn.



The mark that you have sent is the British registration mark and does not include the name of the maker. You must have the manufacturer's mark—a separate mark —for that. However, your English teapot appears to be of fine quality porcelain, perhaps Chelsea or Rockingham. The popular sprig pattern on your teapot has extra significance because it is accompanied by the registration date of November 26, 1844, so you know when your pattern was first used.



Pierced sugar basket

We know from the mark that our silver basket was made in Amsterdam. It also bears the English import mark of 1892. Have you any additional information about these silver pieces? R.D.B.—Dallas, Tex.

Your pierced sugar basket with glass liner was made about 1765. In the latter part of the 18th century, pierced sugar baskets were similar to the pierced cake baskets of the same period, when the technique of enhancing the beauty of wrought silver by piercing enjoyed considerable popularity.



American Windsor settee

This 18th-century Windsor settee is part of the loan exhibition of American furniture from the Metropolitan Museum of Art that will be a feature of the Twenty-second Annual Winter Antiques Show in New York City. This settee is an extremely rare form, with a sack-back style with comb extension. It is painted black. The Winter Antiques Show will take place from January 24 through February 1 at the Seventh Regiment Armory, Sixty-seventh Street and Park Avenue.

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Only the Jenn-Air Grill-Range



The Jenn-Air *Standing Rib Roast!*

A triumph of the big Jenn-Air Power Oven, it's cooked a new way to carve wine-red and fork-tender, bursting with hot, pink, luscious juices percolating inside a caramel-brown meat crust.

And it's only one of a whole triumphant rangefull of foods Jenn-Air cooks in a stream of power-driven air. Jenn-Air's *five* Cooktop convertible units with surface ventilation let you grill, spit roast, griddle, shish-kebab, and deep-fry all on top of the range. On the rangetop or in the oven, Jenn-Air's airstream cookery cooks cooler, cleaner, better . . . whisks away smoke and odors . . . exhausts direct to outdoors to keep your kitchen cleaner, sweeter.

And the latest advance in Jenn-Air airstream cookery is an entirely new kind of oven.

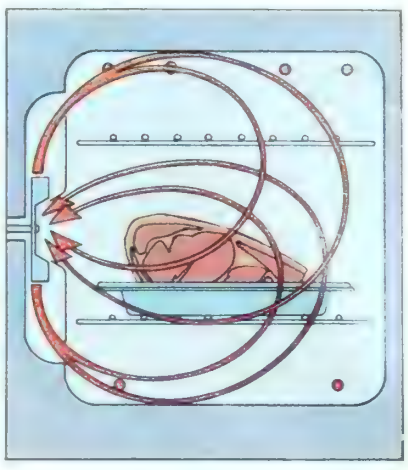
The Jenn-Air Power Oven. It's two ovens in one!

First, it's a conventional electric oven and broiler that lets you cook all your present recipes without change. But then, just by flicking a switch, it becomes an entirely new kind of oven that lets you cook foods the way Continental chefs do—in a stream of power-driven air that's whirled about the oven chamber up to 20 times a minute!

As a result, the Jenn-Air Power Oven cooks cooler and faster (roasts, turkeys, hams *cook at a 50° cooler temperature in up to one-third less time*)! It cooks evenly, because the heat is spread evenly throughout the oven. And it cooks cleaner, because there's less spattering at lower temperatures, and smoke and steam are exhausted directly to the outdoors.

Two oven cleaning controls!

Jenn-Air's Power Oven cleans itself continuously during use. If deposits accumulate during heavy use, you just switch over to "accelerated cleaning" and the job is done in half the time. But best of all are the results! Great crusty bread loaves rising, mammoth turkeys with golden skins rippling in the heat, juicy clove-studded hams running with



honey and mustard—you'll see it all happening through the black-glass window of your Jenn-Air Power Oven.

Jenn-Air *homemade-fresh Apple Fritters!*

They're popover-light with a crunchy crust, the way apple fritters used to be. And they'll become a family tradition at your house with the Cooktop Deep-fryer that "drops in" to replace Jenn-Air rangetop surface units in seconds. Jenn-Air's unique surface ventilation pulls away smoke, spatters, oil odors, as batch after batch of fresh, golden fritters emerge piping hot from the fryer. How long has it been since you sunk your teeth into a fritter that burned your mouth a little?

Apple Fritters

Flour, 1 cup.
Salt, ¼ teaspoon
Sugar, 3 tablespoons
Baking Powder, 1 teaspoon
Eggs, 2
Milk, ½ cup
Butter, melted, 1 tablespoon
Apples, 4-6
Cinnamon, 1 teaspoon.

Mix first 4 ingredients in bowl. Beat eggs with milk and butter, and stir into dry ingredients. Pare, core and slice apples in ¼-inch to ½-inch thick slices. Sprinkle with cinnamon, dip in batter and deep fry in 375° oil until golden.



The Jenn-Air *Dark Chocolate Soufflé*

It reaches its peak of puffery wrapped in the even heat and double-thick insulation of the Jenn-Air Power Oven. And try this delightful way to serve Punch a hole in the center and pour in a cup of dark, rich, sweet, melted chocolate. Finis filling the soufflé and make a mound on top with gobs of sweetened, fresh-whipped cre



AMERICAN TABLE

s you enjoy them all.



Jenn-Air *Sausagefest!*

urst, Polish kielbasi, spicy
sausage and good old
can hot dogs – they
er and crackle exuberantly
Jenn-Air Cooktop Grill.
rick them with a fork to let
cess fat run out. What
ns to the fat? It
nto the grill where it
antly vaporized into
. What happens to the
? Along with spatters
lors it's whisked away
outdoors by Jenn-Air's
ful rangetop ventilation.
happens to the sausages?
hey get *smoked* while the
is on its way outdoors.
and meaty, with crisp
ning skins charred and
by the grill, and a
tful, throat-catching,
y-smoked taste – this is
happens to sausage on the
Jenn-Air Grill-Range that lets you grill what you used to broil. It happens to your steaks, chops, and hamburgers, too!

The Jenn-Air *Shrimp-Kebab!*

The nutty sweetness of zucchini. The rich meatiness of mushroom. And the sweet, spurting juiciness of plump, pink shrimp.
Slather with hot chive butter and you've got the Jenn-Air Shrimp-Kebab. The skewers rotate slowly on the Jenn-Air Cooktop Shish-Kebabber. The skewered foods are bathed in a shimmer of radiant heat. Rangetop ventilation exhausts smoke and odors, draws steam away so foods cook crisper, with a richer, fuller taste. And there are dozens of kebab recipes – whole meals-on-a-skewer without pot or pan.



The Jenn-Air Grill-Range is available with ceramic-glass or conventional surface heating elements. Heating elements slip out in seconds, to be replaced by any of the five Cooktop Convertible accessories – grill, open-spit rotisserie, griddle, shish-kebabber, and deep-fryer – "drop-in" units that fit right into the range to bring you all the triumphs of the American table. Also note Jenn-Air's digital clock and brushed stainless steel top.

For the Jenn-Air dealer nearest you, see the Yellow Pages, call toll-free 800-428-1825, or write Jenn-Air Corporation, 3035 Shadeland Ave., Indianapolis, Indiana 46226.

THE JENN-AIR GRILL-RANGE

A magnificent cooking instrument

NuTone! The security system that protects your home, without cramping your lifestyle.

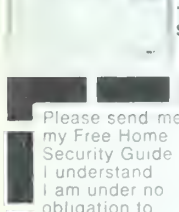


This is an action photo of the most advanced security system on the market . . . NuTone. Where is it? Everywhere! All around the perimeter of the house on duty all the time. Backed up by a second line of defense against intruders inside. Early warning of smoke and fire. Panic buttons for the unpredictable. Time delay exit/entry release features, automatic phone dialing and much more . . . all custom-designed to fit your needs, your home and your lifestyle.

Security should be felt, not seen. The all-new NuTone Security Systems never intrude on your life. They're easy to live with . . . safely.

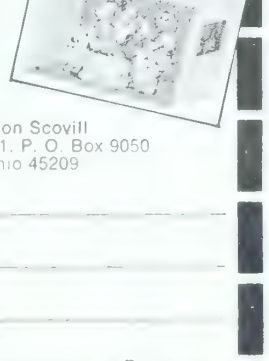
We've prepared a 36 page booklet full of facts and ideas to help make your home a lot safer. It contains many informative tips on things you can do yourself to make your family more secure.

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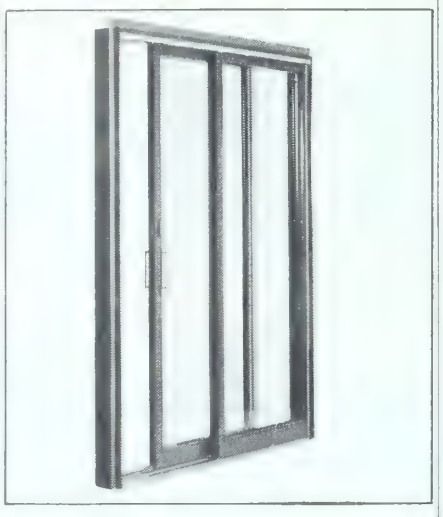
NuTone Housing Products
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Printed in U.S.A.

By Will Morris

For the house fixer

Sliding glass door in color



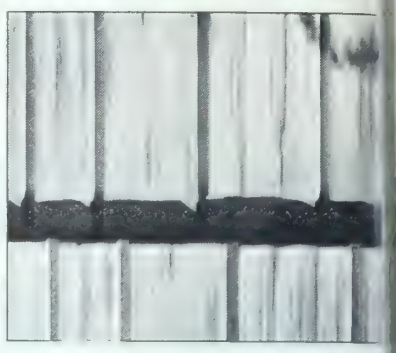
Prefinished in Terratone, an earth color, this new sliding glass door is factory engineered to conserve heat in the house. The preservative-treated wood frame and panels are natural insulators, double pane safety insulating glass, weatherstripping, and flashing are integral parts of the door package. The sill incorporates a grooved thermal barrier to deter heat loss and check condensation indoors. Included is an aluminum screen, framed in matching Terratone finish. Available in left- or right-hand opening, double panel units 6 or 8 feet wide or triple panel units 9 or 12 feet wide. Andersen Corp., Bayport, Minn. 55003.

Butcher block wall paneling

In teak and Brazilian rosewood, widely popular butcher block is now available as wall paneling. Standard size 4-by-8-foot panels, about ¼-inch thick, can be installed vertically or horizontally. The teak hardwood has a standard brick pattern; the rosewood, a miniature or a standard brick pattern. Especially resistant to dry rot or decay, the teak has a golden, honey-brown tone, which needs little maintenance. Both hardwood panelings are prefinished with a protective vinyl coating. Teak, approximately $40-$42 per panel; rosewood, $45. Bangkok Industries, Inc., 1900 S. 20th St., Philadelphia, Pa. 19145.



Metal roof shingle



Aluminum shingles in 2-foot-lo strips, with a polyvinyl finish, con in white, gold, slate, red, ceda or brown. Formed to simulate t texture and grains of wood shake the metal strips won't chip, war rot, blister. The aluminum reflec the sun's rays to help keep a hou cooler in summer. Installation the strips creates dead air spac insulation that deters heat loss winter. Approximate price $2 p square foot installed. Alcan Buil ing Products Div., Alcan Alum num Corp., P. O. Box 511, Dep R, Warren, Ohio 44482.

Energy saver lights

Recently introduced are portable light fixtures that claim to produce the illumination of 100-watt bulbs with frosted white 60-watt bulbs. The result is a considerable saving in energy used in lighting. The fixture incorporates an aluminum reflector to concentrate light intensely and the lamp fixtures direct light specifically where needed rather than diffusing it. Wall and ceiling fixtures include one to clamp on shelf or headboard; single, double, or triple fixtures for wall mounting; a three-light ceiling or wall unit. The portable lights can be turned



358 degrees in one direction, 18 in another. In white, chrome, o brass finishes. The clamp fixtur is $19.95 to $24.95. Inlite Corp 600 Bancroft Way, Berkeley, Ca 94710.

Shower massage

Four different spray heads are the feature of the new Pollenex dial shower head. Turn the dial for pulsating water; it expands and contracts from the pulsator spray for a massage-like bath. Or dial a fine or coarse spray shower, or the wide pulsating massage from the slit-mouth nozzle. The head (DM-100, $24.95) can be installed on standard shower arms, is an egg-shell color, of unbreakable plastic with chrome bodies. A hand model (DM-200, $39.95) fits onto shower arm for overhead use. It has a 59-inch-long hose for hand use. Associated Mills, Inc., 209 S. Jefferson, Chicago, Ill. 60606.

Hanger helper

To locate wood framework behind the walls of a room—the studs on which it is safe to hang heavy pictures, mirrors, shelves, cabinets, or other heavy objects—use a Magnicator Stud Finder. The finder, held in hand and moved along baseboard, reacts to metal in walls, and dial oscillates to indicate presence of nails. Where there are nails there are wood studs, the vertical wood posts that rise from floor to ceiling and into which picture or other heavy-duty hangers can be safely driven. The Stud Finder by Red Devil, Inc., of Union, N.J. is $1.09 at hardware, paint, department stores, building supply centers.

Electric stapler

A stapler or tacker that staple quickly and securely by pushing button, operates electrically. Usin 110-volt AC current, it will driv 30,000 staples for 20¢-worth o electricity. Weighing about pounds, it is easily handled, les tiring than hand-pushed staplers For installing fabric on walls, up holstering, fastening packages, in stalling carpeting, it works with choice of five sizes of staples—¼-5/16-, ⅜-, ½-, 9/16-inch. ⅜-incl staples tack into hard wood, 9/16 inch into soft materials. Availabl at Sears stores, made by Duo-Fas Corp., 3702 River Road, Franklin Park, Ill. 60131.

Help for e home owner

ıch helpful information is ilable today from authori- ive sources for maintaining d improving your home. A e booklet, *Do-It-Yourself psum Wallboard Applica- n*, has instructions, with dia- ams, for enclosing rooms th gypsum board panels. om planning the job, esti- ting materials and tools, to tailed installation proce- res, the 4-page booklet is a eful instructor. Georgia- cific Corp., 900 S.W. 5th ve., Portland, Ore. 97204.

A Home Guide to Fire fety is a 55-page booklet vering all home hazard eas from basement to roof. ach area has a check list of ssible hazards and how to pe with them. Chapters ex- laining fire extinguishers, de- ctors, alarms, and their roper selection. There are ggestions for safeguarding gainst intruders, instructions n preplanning for fire emer- encies. By a firm specializing fire and property protection search, the book is $1. Fac- ory Mutual Systems, Box 550, New York, N.Y. 10001.

How to Button Up and ave Energy is a 16-page ooklet on home insulation. It egins with a chart listing in- ulating materials and eval- ating their characteristics nd explains types of insula- on for walls, roofs, floors, eilings, covers storm windows nd doors, caulking, weather- tripping, draperies, pipe and uct insulation. Swingline, Inc. who makes nail and staple uns for installing insulation), 5¢, Box 1484, New York, N.Y. 10010.

For basic information on roducts and services in the ome field and how and here to get it: *The Consum- rs Buying Guide* (How to Get Your Money's Worth), 1.50, a Better Business Bu- eau book, has 205 pages of dvice on buying or building house, home improvement, uying appliances, furniture, ood, clothing.

Where to Find Out, 75¢, is directory of over 125 publi- ations on appliances, furnish- ngs, equipment, food, by the U.S. Government trade asso- iations, product manufactur- rs. Title, source, address, and rice (if any) of each publica- on are given for follow-up. Consumer Information Ser- ices, Brand Names Founda- on. Dept. C-6, Box 678, Maple Plain, Minn. 55359.



Pella • Lots of elbow room

Others • Very little elbow room

Easiest to wash Only Pella makes a residential wood window that opens like this for easier washing. A unique hinging system allows the sash to crank out a full 90° *to the center of the frame.* You get lots of elbow room to clean outside glass — even reach the farthest corners — quickly and easily from inside your home. As a matter of fact, every ventilating window Pella makes — casement, double-hung, and awning — is engineered to be the easiest window you ever washed.



Pella Double Glass Insulation

Ordinary insulating glass

More insulation for less money Only Pella makes a double glas window with a full 13/16" space between panes. And th greater the space, the better the insulation. As a result, a Pel Double Glass window outperforms ordinary welded insulatin glass *and costs you less per windo*

Only FROM Pella

Features you can't get in any other wood window, made anywhere, at any price



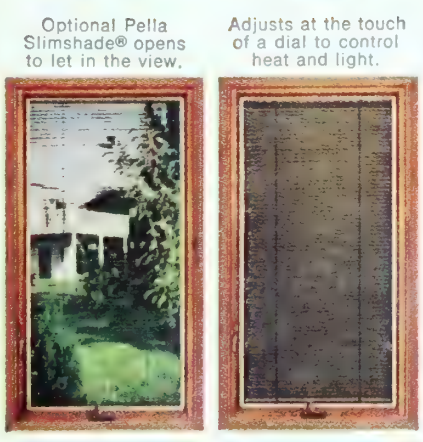
The disappearing screen Only Pella makes the Rolscreen® — a screen that works like a window shade. It rolls up and out of sight to give you a crystal clear view and let in 20% more light. Then, when you need it, the screen pulls down and latches firmly into position. An interesting option to the standard inside screen on our Clad Casement.



Pella Clad Windows won't chip — won't peel.

Unprotected windows require regular maintenance

Aluminum exterior needs no painting Pella is the only major wood window manufacturer offering aluminum cladding in attractive colors outside, and all-wood construction inside. The few competitive wood windows that offer clad ding, wrap the *exterior* finish around the sash so it shows on the *inside,* whic can cause decorating problems. But with Pella, all you see inside is rich, war wood. Don't settle for anything less.



Instant privacy or shade Only Pella makes the Slimshade®. It fits in the 13/16" dust-free, dead air space between the panes of our Pella Double Glass Insulation System and provides privacy at the touch of a dial. But even more important, the Slimshade®, when completely closed, can reduce heat loss by as much as 62% and solar heat gain by up to 82% when compared with a single pane, unshaded window. A real energy saving option.

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By Sandra Oddo

$35-a-week food budget year round

Ideas for you from a family that's worked it out

Plants grow. Crops mature and meat animals get big enough to bring to market—on a yearly basis. Food, then, is an annual cycle of ripening rather than a weekly cycle of shopping. And I deal with it that way.

My system is somewhat eccentric, not to everybody's taste. The rationale is economic—it costs a lot less that way—but the real reason has turned out to be esthetic. We eat simply and exquisitely, the best of everything, when it is best. We do not eat anything out of season. Tomatoes in July, melons in September, stored squashes in January, watercress in May, each food has its season and its time, giving our year shape and pattern and change, something to anticipate, to finish with regret.

You begin an annual approach to food by splitting all groceries into three categories and handling each separately. The categories are these: supermarket items (once every three weeks), all meat (purchased perhaps twice a year), all seasonal food (bought in bulk as it becomes available).

A lot can be done to save at the supermarket, and it's easiest to start there. A change in habit and attitude is all that's really necessary. You approach the supermarket the way a guerrilla fighter approaches a jungle encounter: Know the terrain, hit and run, never for an instant forget you are on enemy territory. (The general principles are on page 36. They work.)

But savings in the supermarket are the least impressive ones possible. I spend about $20 of my weekly money there and can't seem to do better than that. It provides perhaps half our food.

Meat is where it's possible to save most. We buy it in bulk. Bulk means frequently, half a cow at a time. When you buy beef by the half, you also pay for those bulking bones that get thrown away when the meat is cut up. But at bulk prices, you can afford it. When I last checked a couple of months ago, USDA Top Choice, a grade too good for many supermarkets, was high—$1.09 a pound for hip rounds (fewer bones, proportionately more steaks than a half or a hindquarter). I have yet to pay more than 90¢ a pound. And half a cow, for about $400, will last us more than a year. It's cut the way we specify: steaks for family celebrations, company-sized roasts, extra thin slices for quick defrosting and cooking, the brisket whole, some pot roasts, lots of stew meat, and everything else ground into hamburger (oh, yes, and save the suet for the birds and for deep-frying fat—and a few soup bones, please). It's wrapped, frozen, and delivered to us. We make our own corned beef (it's quite simple: that's what the brisket is for).

If the price is right, usually in the spring, we buy veal. In the fall we may buy pork. Once a year we go deep-sea fishing. We used to buy 20 to 30 chickens when the price was lowest, in late summer, but now we raise our own, Cornish Crosses bred to be 2 pounds or better at 8 weeks, 8 pounds for roasting by the time they are 16 weeks old. It's work, and because of feed costs they cost about the same as store chickens—but oh, the difference in taste. Total weekly meat costs: perhaps $10.

In order to buy meat in bulk, you should know what you're doing—which probably means that you should avoid meat prepackaged for the freezer. I like to look at my half-cow first, and turn it down if it doesn't strike me right (check the marbling, the muscle, the layer of outside fat, the color). It's wise to establish friendly relations with a good butcher, who'll probably be delighted to help educate you. And the U.S. Government puts out helpful booklets. From the Agricultural Marketing Service, a series of fourteen "How-to Buy..." booklets includes fruits, vegetables, eggs, poultry, cheese, dairy products, more. The whole package available from the U.S. Government Printing Office (stock number 0116-00090) for $4.45.

Seasonal food

Working with seasonal produce is the most fun. It involves making annual pilgrimages to pear trees, talking with neighbors, stopping by farms and roadside stands, doing a little bargaining, digging in the garden dirt, and standing over a hot canning stove. Total cost for seasonal produce, spread over 52 weeks, is $3-$4 a week—but I spend most of it in the summer.

Because there *is* work involved, here's a little pep talk. Do-it-yourself food production has these advantages: It's unusual. No other family will eat exactly as you do. You will find family specialties that nobody else can duplicate. You'll achieve a distinctive cuisine.

You will eat better. Mass-produced food cannot begin to match the quality and flavor you can get on your own. You may also, if you choose, eat richer—steak on the stew-meat budget.

You will eat healthier, pay more attention to nutrition, have balanced meals, and so on.

You will be able to entertain more easily, on less notice, more often. Surprise guests will pose no problem—there's food in the freezer—and even canned peaches are special, because they're home-made.

If you are a putterer, it's more fun than knitting a sweater or patching a quilt, and it takes less all-at-once time. If you're a kitchen-putterer—well, you're probably doing a lot of it already.

You'll get a lot of compliments.

That over, here's an approximate calendar of my food year. It's highly individual because it depends on my time, my whims, the resources of the neighborhood, the weather, and the family's eating habits. It starts in March, when the sun comes back. Until then I bask in front of the fire, living on the fruits of last year's labor.

March: Make one (and only one) furtive trip to the garden store for seeds, wearing dark glasses (so I can't see the tempting displays for things I shouldn't grow). Start the tomatoes in flats, sometimes using seeds saved from last year's non-hybrids. Start the red and green peppers.

April: Work the garden when you can, water the seedlings, simmer with impatience. Order day-old chicks for meat.

May: Plant things. Gather watercress and have lots of salads. Make elderflower wine. Gather rhubarb (can some, make some wine, use what's left of last year's frozen strawberries to disguise rhubarb jam, thereby avoiding the children's curled-lip "rhubarb!").

June: Pick-it-yourself strawberries at the farm across the river, taking children as field hands. Get enough to freeze for winter. Eat lettuce salads. Begin killing and freezing chickens.

July: Pick peas. Eat them every day and freeze what's left. Make pickles (kosher dills, bread and butter) out of cucumbers. Gather and dry herbs just before the

ver. Eat green tomatoes
d with cornmeal, and the
t red ones. Send children
pick blackberries, and for-
e them when they eat more
n they pick.

August: Spaghetti sauce
ne bushel of tomatoes
kes about 20 quarts) from
al farmer's "seconds." Can
nato juice and whole toma-
es from our extra "firsts."
ck what beans the children
ve left on the vines (they
e them raw); eat or freeze.
derberries for wine (a
easant morning hike with a
iend). A bushel of peaches
r canning if the price gets
w enough ($8 last year).
From the garden: zucchini
r table, freezer, pickling,
aking; peppers raw and
ffed and frozen; cauli-
ower and broccoli. (If I had
o garden, I'd buy some:
hey're least expensive now.)

September: Finish making
paghetti sauce, 100 quarts of
. Pick corn at local farm,
rip, freeze. Last summer a
rigade of helpful neighbor-
ood children did all the strip-
ing in return for all they
ould eat. Five children—56
ars of corn! Try to beat the
irds and raccoons to the
rapes. Finish up what's in the
arden (pickle small green to-
natoes, wrap big ones indi-
idually in newspaper to ripen
t their leisure). Visit neigh-
or's pear tree—we have
leaning rights in return for
various homemade things—
or canning, wine.

October: Pilgrimage to the
cider mill: 15 gallons to can
for apple juice, 4 gallons for
vinegar, 5 gallons for hard
cider, 2 to boil down for mo-
lasses, 3 to drink instantly.
(Total last year was $18.)
Trips to the pick-it-yourself
apple orchard and pumpkin
patch. Buy potatoes (150
pounds for $12 last year;
they'll keep till May or June
in the basement) and onions
(50 pounds for $5, ditto).
Check farm stands for prices
on cabbage.

November: Do Thanksgiv-
ing and Christmas baking.

December: Rest.

One warning: If you har-
bor any trace of a Puritan
conscience, the demands set
up by the inexorable turning
of the year can drive you a
little crazy—"the herbs *flow-
ered* before I got to them, the
pears *fell*." There's only one
way to deal with that: Be-
come one with the earth. Na-
ture is profligate and the
cycle will come again next
year. Let it go gladly.

Continued on next page

L'EGGS KNEE HIGHS
PUT YOU UP TO YOUR KNEES IN COMFORT.
OUR EXTRA-WIDE COMFORT BAND DOES IT.



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2 pairs to an egg. $1.49 at your L'eggs Boutique. Also available in Canada



A child like Josi needs your love...

Little Josi in far away Brazil really likes the idea of going to school. When she was only four years old a letter from her mother to Josi's sponsor said:

"*She spends her time with a school bag and books under her arms and she goes around saying that she is going to school . . .*"

But without help, Josi's happy dreams for school might never come true.

You see, Josi lives in a crowded slum called a "favela"—along with many people who came from rural areas in hope of finding work to support their families. But jobs are scarce, especially for the unskilled. For example, Josi's father works hulling fruit and vegetables and so he earns only a meager income.

Houses in Josi's neighborhood are made with mud walls, sticks or palm leaves and floors of dirt or cement. There are no paved streets.

Josi's home has no windows and the water they use must be carried from a public pump some distance away. There is hardly enough money for food or clothes and a "favela" child might never have the opportunity to go to school.

But Josi has a chance. She is one of the lucky ones who has a CCF sponsor and so she is enrolled in a Family Helper Project. She receives help with more nutritious food, clothing, medical care and when she is ready for school, she will receive assistance with school fees, uniforms, and classroom supplies.

There are many needy children in the "favela" where Josi lives—and in other places, too. These youngsters may never have a chance for a better life, unless someone cares enough to help.

Through the Christian Children's Fund, you can sponsor a deserving child for only $15 a month. Just fill out the coupon and send it with your first monthly check. You will receive the child's name, address and photograph, plus a description of the project.

You are encouraged to write to the child and your letters and cards will be answered. (Children unable to write are assisted by family members or staff workers.)

Won't you help a needy little child through this warm, person-to-person way of sharing?

Sponsors urgently needed in Brazil, India, Guatemala, Indonesia, Kenya and Thailand.

We will be glad to send you a Statement of Income and Expense upon request.

Write today:
Dr. Verent J. Mills

CHRISTIAN CHILDREN'S FUND, Inc.
Box 26511, Richmond, Va. 23261

I want to sponsor a ☐ boy ☐ girl in (Country)_____
☐ Choose any child who needs my help. I will pay $15 a month. I enclose first payment of $_____. Please send me child's name, mailing address and photograph.
I can't sponsor a child now but I do want to give $_____.
☐ Please send me more information.

Name_____
Address_____
City_____
State_____Zip_____

Member of International Union for Child Welfare, Geneva. Gifts are tax deductible. Canadians: Write 1407 Yonge, Toronto 7.

HG2913

Do-it-yourself food production has these advantages . . . it's unusual and you'll get a lot of compliments

Year round food budget *continued from preceding page*

General principles for dealing with the supermarket

Shop no more than twice a month. Cut it to every three weeks, if you possibly can. This method puts a serious dent in impulse buying and forces you to keep up to date on the state-of-the-house as far as supplies go. It saves time and hassle. Only milk, bread (unless you bake your own), and fresh vegetables need more frequent shopping—and you can send the children to buy these, or you can pick them up fast in the middle of other errands.

Shop alone, and move as quickly as you can. There's an exception to this rule: From age 7 or 8 on, one child at a time may occasionally be taken to help, and to receive a crash consumer-training course. (I rather enjoyed the produce clerk's dropped jaw the day I gave the 12-year-old a lecture on how to tell naturally ripened tomatoes from those gassed with ethylene to turn them red.) If you're lucky, the children may come to see going shopping as a privilege.

And the old standard: Eat before you go shopping.

Alternate supermarkets if possible. Different chains have different pricing policies, and you can take advantage of the differences by buying each class of household need at the place where it's likely to be least expensive. Near us (New York's Hudson Valley), for instance, A&P tends to be better for flour, sugar, dried milk, butter. ShopRite coffee, processed foods, and paper goods are usually lower. Pick which by its key specials.

Buy only those things which are on sale, or which fall within a price range you consider good. This means you have to have a fairly accurate mental schedule of good prices, but once you get used to doing it, that's not hard.

Don't make a list. This runs counter to every shopping guide I've ever seen. But you ought to have a rough idea of what your family eats and how much you have left. If you see one of your regulars on sale, or at a good price, buy it. If you need it but the price is bad, don't buy it. It won't hurt to go without most things for a week or two.

Buy the biggest size—unless three small sizes are cheaper. (This happens fairly frequently with spaghetti and catsup: I don't know why.) Even a small family can eventually eat its way through a 4-pound jar of peanut butter, and while it lasts you don't have to keep remembering to buy more.

An interjection: If I shopped in the city, I think I'd turn the system inside out: I'd shop every two or three days on my way home from work, buying fewer than 10 items, all big sizes, each time so I could fit through the express line. Then once a month I'd be off—by cab if necessary—to one of the city's central market points where I'd buy seasonal and ethnic foods wholesale. I could stand an adventure like that once a month. Or why not a food-buying co-op? There are a lot of them around, and it's not hard to start your own.

In any case, country or city, stockpile. Buy a replacement before you run out. That way you're not forced to run to the store and pay whatever price is being charged at the moment. Buy one-a-trip of your key staples, whether you need them or not, so you can ride out sudden fluctuations in availability or price. (I had 40 pounds in the house when sugar prices went crazy a couple of years ago, so I could keep up a boycott for quite a while. Eventually, of course, it caught up with me—but I'd lived on overweight a good long time by then.) In order to do informed stockpiling, keep an eye on the news, those little fillers at the bottoms of pages that tell of droughts, floods, strikes, and grain sales. At the moment I'm bit by bit filling a new galvanized garbage can with packages of pasta—my family demands a truly incredible amount of spaghetti. Even if cost doesn't go up, I'll have a stockpile of pasta to live on while I stockpile something else later.

With practice, all these supermarket stratagems result in a remarkably steady food bill. My every-three-weeks' total for a family of two, four on weekends and vacations, has been $60 plus or minus $5 (about $20 a week) for the last six months—ever since it went up from $50. I don't total prices while I'm shopping, but the result may be affected by the sick feeling I get in the pit of my stomach when the pile in the cart reaches a certain height—and I head for the checkout counter.

Buy seasonally. And process it yourself. This is the key money-saver. All the rest is guerrilla tactics designed to maneuver you into the best position to assume control of your food processes. ■

Jan Salen.
Wife, mother, and Interior Decorator.

Today, many women are breaking loose om their kitchens (at least part of their me) and earning money in new careers. an Salen is one of them.

She spends part of her day looking after er family—her husband and two children. nd the rest of her day is spent in another orld, enjoying the excitement and satis- ictions of a career in Interior Decorating.

"It's a shame more women don't take up as an enjoyable way to make money," an says.

Jan's boss at Trumbull Furniture Show- ooms agrees.

"She's made Trumbull's a showplace. n fact, the salesmen that stop here say it's the andsomest furniture store in Ohio. Jan can ake credit for that."

"For me, Interior Decorating was just vhat the doctor ordered," Jan says. "Staying ome was beginning to bore me. Now every lay is different. One day I decorate showrooms n the store, and the next I'm at a client's home helping her decide on a color scheme and urniture. I just love it.

"I owe a lot to the training I received from ICS. It gave me confidence in my decorating ability, and a working knowledge of all the basics—from how to coordinate colors to how to measure for draperies."

The showroom where Jan works is only minutes from where she lives. But many interior decorators work right out of their own home. They use it as both office and showroom. And furnish it at a special decorator discount. (If you do work at home, your accountant can show you how legitimately to deduct from your taxable income all expenses necessary to running a business, including your home office.)

Of course, you need the proper training. And although we can't promise you'll be as successful as Jan Salen, we can give you the same well-rounded training she received—right in your own home—through the ICS School of Interior Design.

The entire program is based on the experience of John Gerald, founder of one of America's top-flight decorating firms.

You get and work with top-notch professional equipment. Templates, sketching materials, architect's scale, folding rules, T-square, triangle, fabric swatches, color charts, etc. (The basis for a business workshop later on.)

ICS makes learning easier

You also receive a three dimensional viewer and 130 slides that put you "inside" rooms; and a cassette tape player with tapes—modern audio-visual learning aids that bring your lessons dramatically to life.

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☐ Please mail me your free career booklet plus a free demonstration lesson in interior decorating.

☐ I do not wish to become an interior decorator, but please send a free career booklet and demonstration lesson for the field I have checked below:

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☐ Business Mgt.	☐ Income Tax
☐ Drafting	☐ Motel/Restaurant Mgt.
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The ICS Center for Degree Studies is authorized by the Pennsylvania Department of Education to offer career programs at home leading to Associate in Specialized Business and Associate in Specialized Technology degrees. For more information at no cost or obligation to you, check your choice below.

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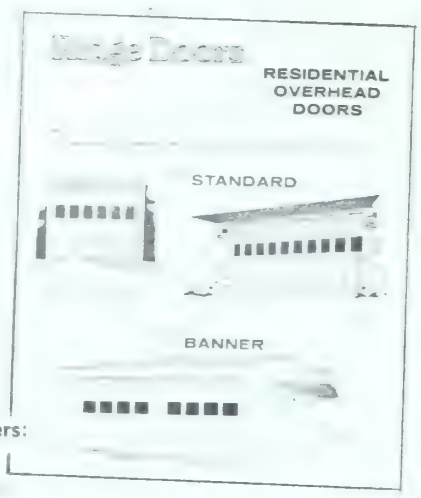
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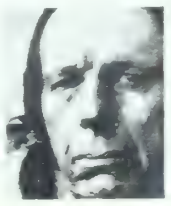


FROM GARBAGE TO GARDEN
BECAUSE ENOUGH
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2000 species of plants grow at South Coast Botanic Garden in Palos Verdes Peninsula, California. Over 3 million tons of trash and garbage lie just beneath the surface.

A dump transformed into a paradise. Impossible? Not when enough people in a community get together and work.

You can help by becoming a community volunteer in your area. We'd like to send you the name of the Keep America Beautiful group nearest you. Write:
Keep America Beautiful, Inc.
99 Park Avenue, New York, New York 10016



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NOTES OF A HAPPY HOUSEKEEPER

By Mary Elizabeth Falter

Time and work savers

Cleaning plastic tumblers, using portable timers, smoothing chopping blocks, and other hints to make housekeeping easier

No doubt about it—**plastic tumblers** are the answer for a big, busy family that's apt to go through regular glasses at an alarming rate. The first ones I bought were very handsome—simple, cylindrical, 10-ounce tumblers with heavy bases. The only problem was they emerged spotty and dingy whenever I put them in the dishwasher. Now we've found some very good substitutes called Pebble Stack Tumblers. They, too, hold about 10 ounces, are slightly tapered, and have a frosted, pebbled surface, which precludes spots and is, moreover, quite handsome. They come in clear, amber, or avocado—we chose clear. Now that we have a good supply of these unbreakable tumblers we shouldn't have to worry about replacements for a long time. What's more we found, too, that our old plastic glasses look marvelous again if we take a few extra minutes to wash them by hand in ammonia water, rinse in hot clear water, and dry them with paper towels.

Besides the automatic timers I use in my kitchen, I have a little, round Terraillon-Cronex that's **a timer small and flat enough to carry in a pocket.** I use it for all sorts of things as I work around the house, such as to remind me to take the clothes out of the dryer or turn down the temperature of my oven. Now that I'm attempting to correct a back problem with exercise, I use it to help me count. I must do three different exercises, each done exactly twenty times and held to the count of ten. I found it difficult to count in two directions at once, so Tom timed how long it took to do each set of twenty and I set the timer for each set as I count the holding time. And, as our family is scattered all over the U.S. and our telephone bills keep going up, I use the timer to cut our conversations short.

As we have Formica counters in the kitchen, we try to protect them by using cutting and chopping boards. We have a big one about 24 by 14 inches and two smaller ones —all made of fairly hard wood.

Periodically, cutting boards need to be resurfaced as even a fine-grained wood will get scruffy after constant use. **To resurface cutting boards when they roughen up** we sand them very thoroughly with three grades of sandpaper, beginning with about a #80 sheet and finishing up with a really fine one. We use a block and work with the grain until everything is nice and smooth. If any stains remain (from rust, fruit, or other sources), we apply a strong bleaching solution and let it stand for an hour or more. Then the boards are scrubbed with soap and water and allowed to dry overnight. The final step is a light oiling with a small amount of salad oil.

At last, **a painless way to sew on buttons.** The 3M Company has marketed instant Button Fasteners that work beautifully and are designed for single-hole, double-hole, and buttons that require a shank, as on a coat or jacket. All you do is take the proper fastener, insert the stiff little tip (which is one end of a fine scored wire with a fastener tab on the other end) through the fabric and through the button, then back through the fabric and into the fastener, drawing it snugly. Then trim off the remaining wire with scissors or razor blade. The scoring on the wire makes it lock firmly into the tab. For shank buttons, you use a little ring that comes in the set and slip it between the cloth and the button. The fasteners are black but fine enough to be unobtrusive on almost any button. Perfect for when you are on a trip.

I discovered a cute **little finger protector** called Finger Maid—a new gadget from Rowoco. It's a circle of rubber with five little half-mitts to slip your hand into as you work with a scouring pad. Somehow, when you have just this much protection, you can work quickly and easily and protect your manicure at the same time.

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$ 619.92 in Phoenix, Ariz.	@ $.042 per KWH	**$ 457.56** in Bismarck, N.D.	@ $.031 per KWH
$ 605.16 in Kansas City, Mo.	@ $.041 per KWH	**$ 442.80** in Fresno, Calif.	@ $.030 per KWH
$ 590.40 in Akron, Ohio	@ $.040 per KWH	**$ 428.04** in Baton Rouge, La.	@ $.029 per KWH

(In high or low humidity areas, actual savings may be more or less.)

It sounds too good to be true, but it is true. Every Philco Cold Guard Refrigerator uses less electricity than comparable models from any manufacturer listed in the Sept. 1975 AHAM Directory, with their electric anti-condensation heaters on at least 50% of the time. So you'll save money. That's because only Philco refrigerators were actually re-engineered to give you all three of these important energy saving features: double cavity Uni-Wall Liner with no seams or joints (patented process), precision placement of insulation, completely non-electric anti-condensation system.



Actual savings may vary depending upon climatic conditions, individual usage and electric rate changes. Savings shown are based on estimated residential electricity rates and consumption.

For a free booklet that will let you figure out just how much you can save in your area write: Aeronutronic Ford Corporation, MS 84, Blue Bell, Pa. 19422

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Savings, based on rates in effect from May through August 1975, represent maximum economies available on current performance of Cold Guard Model RD19F8 Code 120 compared with the energy consumption of comparable size and type models of three leading brands as listed in the Sept. 1975 Directory of Certified Refrigerators and Freezers published by the Association of Home Appliance Manufacturers (AHAM). Comparisons show that Model RD19F8 uses 31% to 45% less electricity —comparisons for competitive models with anti-condensation heaters are based on average maximum/minimum energy consumption.

Philco COLD GUARD Refrigerators Save Electricity

THE REFRIGERATOR THAT HELPS PAY FOR ITSELF

Store directory

Addresses of stores mentioned on pages 68 and 69 and elsewhere throughout the issue

ABRAHAM & STRAUS, 420 Fulton St., Brooklyn, N.Y. 11201

AMERICA HURRAH ANTIQUES, 316 E. 70th St., New York, N.Y. 10021

AZUMA, 415 Fifth Ave., New York, N.Y. 10016

B. ALTMAN & CO., 361 Fifth Ave., New York, N.Y. 10016

BAZAAR DE LA CUISINE, 1003 Second Ave., New York, N.Y. 10022

BLOOMINGDALE'S, Lexington Ave. at 59th St., New York, N.Y. 10022

BON MARCHÉ, 74 Fifth Ave., New York, N.Y. 10014

BULLOCK'S, Pine & Broadway, Long Beach, Cal. 90802

CHINESE NATIVE PRODUCTS, 22 Catherine St., New York, N.Y. 10038

COST PLUS IMPORTS, 2552 Taylor St., San Francisco, Cal. 94133 Purchases must be made on store premises; no mail-orders accepted

COUNTRY FLOORS, 300 E. 61st St., New York, N.Y. 10021

DEBORAH SHAPIRO, potterymaker, 318 W. 100th St., Apt. 5C, New York, N.Y. 10025

DESIGN RESEARCH INTERNATIONAL, 53 E. 57th St., New York, N.Y. 10022

DURO-LITE LAMPS, 17-10 Willow St., Fairlawn, N.J. 07410

FURNITURE IN THE RAW, 1038 Third Ave., New York, N.Y. 10021

GALERIE DENISE RENÉ, 6 W. 57th St., New York, N.Y. 10019

GEORG JENSEN, 601 Madison Ave., New York, N.Y. 10022

GEORGE KOVACS LIGHTING, 831 Madison Ave., New York, N.Y. 10021

HAMMACHER SCHLEMMER, 145 E. 57th St., New York, N.Y. 10022

HARRIET AMANDA CHAPMAN, 225 Fifth Ave., New York, N.Y. 10010

HOFFRITZ FOR CUTLERY, 20 Cooper Sq., New York, N.Y. 10003

INDOOR LIGHT GARDEN SOCIETY OF AMERICA, c/o New York Horticultural Society, 128 W. 58th St., New York, N.Y. 10019

INDUSTRIAL PLASTIC CO., 309 Canal St., New York, N.Y. 10013

JOHN ROSSELLI, 255 E. 72nd St., New York, N.Y. 10021

JORDAN MARSH, 450 Washington St., Boston, Mass. 02107

KAM MAN FOOD PRODUCTS, 200 Canal St., New York, N.Y. 10013

LA TIENDA, 251 E. 52nd St., New York, N.Y. 10022

LE GRENIER, 1588 Third Ave., New York, N.Y. 10028

LITTLE ELEGANCE, Wayne, N.J. 07470

L.L. BEAN, 590 Main St., Freeport, Me. 04032

NEIMAN-MARCUS, Main & Ervay Sts., Dallas, Tex. 75201

NUTS & BOLTS DISCOUNT HARDWARE, 299 Canal St., New York, N.Y. 10013

PARA-WEDGE LOUVER CORP., distributors Duxbury Lighting, P.O. Box 232, Great Neck, N.Y. 11020

ROBINSON'S, 600 W. 7th St., Los Angeles, Cal. 90017

ROYAL COPENHAGEN, 575 Madison Ave., New York, N.Y. 10022

SEARS CATALOGUE, Sears Roebuck & Co., Philadelphia, Pa. 19132

SUSAN JOHNSON, Basketweaver, P.O. Box 49, Marshfield, Vt. 05658 Phone (802) 426-3589

TAYLOR & NG, 666 Howard St., San Francisco, Cal. 94105

THE CHEESE PANTRY, 1270 Madison Ave., New York, N.Y. 10028

THE CHINA CLOSET, 6807 Wisconsin Ave., Bethesda, Md. 20014

THE CULTURAL REVOLUTION, 2102 Union St., San Francisco, Cal. 94123

THE POTTERY BARN, 231 Tenth Ave., New York, N.Y. 10011

THE WORKBENCH, 470 Park Ave. South, New York, N.Y. 10016

TIFFANY & CO., 727 Fifth Ave., New York, N.Y. 10022

TUNNEL MACHINERY EXCHANGE, 353 Canal St., New York, N.Y. 10013

VERILUX, 35 Maston St., Greenwich, Conn. 06830

W G LEMMON, 755 Madison Ave., New York, N.Y. 10021

WICKER WICKER WICKER, P.O. Box 5451, San Francisco, Cal. 94101

WILLIAMS-SONOMA, 576 Sutter St., San Francisco, Cal. 94102



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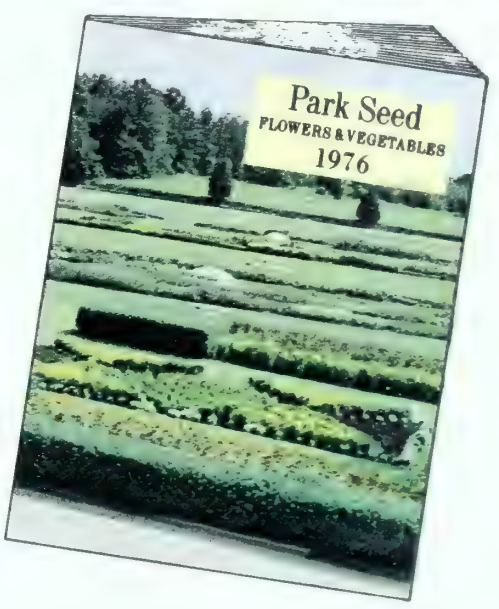
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The Teleflorists listed on the following pages are also House & Garden Local Color Centers, and can provide new ideas on decorating with flowers and plants. Teleflorists are full-service professionals who can assist you with a single blossom . . . a small bouquet . . . or the great arrangement. You can rely on them to send floral gifts almost anywhere, work with you on party or home decorations, or simply help with friendly advice.





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Myles Florist
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Phone: 353-2802

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Barbato Flower Shoppe & Fruit Basket
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Phone 791-8900

COLUMBUS

Arlington Flowers & Gifts
2066 Arlington Avenue (43221)
Phone 488-1843

Stephen's Flowers
690 Harrisburg Pike at Central Point
Phone 224-8141

DAYTON

Aloha Flowers
4618 North Dixie Drive (45414)
Phone 274-1687

David-Curtis Co., Inc
743 Watervliet Avenue (45420)
Phone 253-3139

EAST PALESTINE

Wolz Florist & Gifts
State Route 14 (44413)
Phone 457-2109

ELYRIA

Resar the Florist
9942 East River Road (44035)
Phone 323-5426

GREENVILLE

Helen's Flowers & Gifts
849 Martin St. (45321)
Phone. 548-3008

HUDSON

Hudson Florist & Gift Shoppe
65 South Main Street (44236)
Phone 653-8123

KENT

Kent Floral Co
1109 S. Water St. (44240)
Phone: 673-9844

NEWARK

Welsh Hills Garden & Floral Center
Granville Road, Route 5 (43055)
Phone: 344-9419

PARMA HEIGHTS

Pearl Florist
6583 Pearl Road (44130)
Phone. 884-8188

SHAKER HEIGHTS

Duncan's Flowers
Shaker Square (44106)
Phone: 721-5900

SOUTH EUCLID

Flowers by Robert, Inc.
14483 Cedar Road (44121)
Phone: 291-2800

SYLVANIA

Churchill's Flowers & Gifts
5700 Monroe Street (43560)
Phone: 882-0051 Ext. 46

TOLEDO

Ken's Flower Shop, Inc.
5119 Dorr Street (43615)
Phone: 536-4634

PENNSYLVANIA

ASPINWALL

Chapel Flowers and Gifts
345 Freeport Road (15215)
Phone 781-8111

GLENOLDEN

Bill Carroll Florist
#1 South Chester Pike (19036)
Phone LE 2-8219

GREENSBURG

Floanne's Flowers
436 Hacke Lane (15601)
Phone 834-1260

HAVERTOWN

Van Horn's House of Flowers
29 West Eagle Road (19083)
Phone: 449-0991

JEANNETTE

Francese Florist
509 Clay Avenue (15644)
Phone. 523-5898

JOHNSTOWN

The Flower Barn at Grandview Florists
Millcreek Road (15905)
Phone. 536-7888

McKEESPORT

James Ryan Fine Flowers
3010 Walnut Street (15132)
Phone. 672-9697

NATRONA HEIGHTS

Joseph's House of Flowers
1300 Alabama Avenue (15065)
Phone. 224-1666

PHILADELPHIA

Cullinan Flowers
Passyunk Ave. at Woodstock St. (19145)
Phone: HO 7-1600

Pennock Bros. Inc.
322 West Chelten Avenue (19144)
Phone. GE 8-1336

Powelton Village Flower Shop
3819 Lancaster Avenue (19104)
Phone: BA 2-4523

Torresdale Flower Shop
7124 Torresdale Avenue (19135)
Phone: 338-5990

PITTSBURGH

Brentwood-Whitehall Florist
4848 Clairton Boulevard (15236)
Phone 881-4500

SHARPSBURG

Augie's Flower & Gift Shop
800 Main Street (15215)
Phone. 781-3592

VIRGINIA

ARLINGTON

Buckingham Florist, Inc.
301 North Glebe Road (22203)
Phone 525-6222

FAIRFAX

Fair City Florist, Inc.
In the Fair City Mall (22030)
Phone: (703) 323-9200

MARION

Doris Rowland Florist
320 North Main Street (24354)
Phone: 783-7213

NORFOLK

Colonial Florist
1518 Johnston Road (23518)
Phone: 857-6041

PULASKI

Snyder's Flowers & Gifts
Pulaski Mall, Route 99 (24301)
Phone. 980-1121

SPRINGFIELD

Michael's Flowers
6407 Backlick Road (22150)
Phone. 451-3021

VIRGINIA BEACH

Flowers-Wayne Jones
[illegible]
Phone. 428-2901

WASHINGTON D.C.

Dove Flowers
2300 Wisconsin Avenue N.W (20007)
Phone. 333-3366

Lee's Flower and Card Shop
1026 You St., N.W (20001)
3855 Pennsylvania Ave., S.E (20020)
Phone 265-4965 & 281-0100

Thomas and Slye Florist
2015 Florida Avenue N.W (20009)
Phone. 387-4677

WEST VIRGINIA

LOGAN

Orchid Flower Shop, Inc.
Route 10-Huntington Road (25601)
Phone 752-8244/752-8245

PARKERSBURG

Dudley's Florist
2419—Dudley Avenue (26101)
Phone 485-1631

VIENNA

Vienna Florist
2807 Grand Central Avenue (26105)
Phone 295-4501

WISCONSIN

APPLETON

Memorial Drive Florist & Ghses, Inc.
2320 S. Memorial Drive (54911)
Phone 731-3136

GREEN BAY

Schroeder s Flowers
1530 South Webster Ave. (54301)
Phone 437-7664

NEENAH

Village Green Florist
130 W. Wisconsin Avenue (54956)
Phone 725-8265

SUN PRAIRIE

Sentry Floral Shop
1052 West Main Street (53590)
Phone 837-2422



She couldn't vote. She couldn't smoke. But in the Engelbrecht household, especially in winter, Mr. Engelbrec always put his wife first.



You've come a long way, baby.

VIRGINIA SLIMS

With rich Virginia flavor women like.



Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Regular: 17 mg. "tar," 1.0 mg. nicotine—Menthol: 17 mg. "tar," 1.1 mg. nicotine av. per cigarette, FTC Report Apr

1976 "...and the pursuit of happiness"

Once upon a time, it was every man for himself. The struggle to survive, to make a life, to raise a family, was all that could be encompassed.

Today, things are different. Material success and rapidly accelerating technology have spoiled us, made us lazy, made us care less. It's not the pursuit of happiness, but happiness as instant gratification that has become the expectation.

As this Bicentennial year begins, perhaps it is time to rediscover our ability to *work*—both for ourselves, and for others. "It is only well with me when I have a chisel in my hand," said Michelangelo. Carving out a life, with all its creative challenges, is surely the straightest path to happiness we can find today.

It is *involvement* that brings joy to living. It is the quality of *caring* that enriches it.





1776

Thomas Jefferson's Monticello America's first modern house

Full of light, free-flowing space, and as much attention to comfort as to beauty, Monticello might be described as a modern house that happened to be built in the 18th century. Its owner, Thomas Jefferson, designed the house himself, using all the architectural knowledge at his disposal: books, personal observation, and his own typically American—and very 20th-century—talent for taking the best ideas from every source and adding his own innovations to create something beautiful, comfortable, and very personal. He instinctively knew the effect of light on the shape and atmosphere of a room—another highly modern concept. Many of the rooms are divided only by sliding or folding doors, with arching glass panels above. Windows, in some cases cut down to the floor, are placed to allow clear views straight through the house. And Mr. Jefferson was among the first in America to use skylights.

The house is an amalgam of two designs, an earlier one (begun in 1769 when he was a twenty-six-year-old lawyer) inspired by architectural books but with details that are strictly Jeffersonian, and a 1793 remodeling decided on after Mr. Jefferson returned as Minister to France. He was as much involved with the grounds as with the house itself, borrowing ideas from Europe, inventing others of his own—including crop rotation and experimenting with plants from all over the world.

Monticello photographed for House & Garden by Ernst Beadle



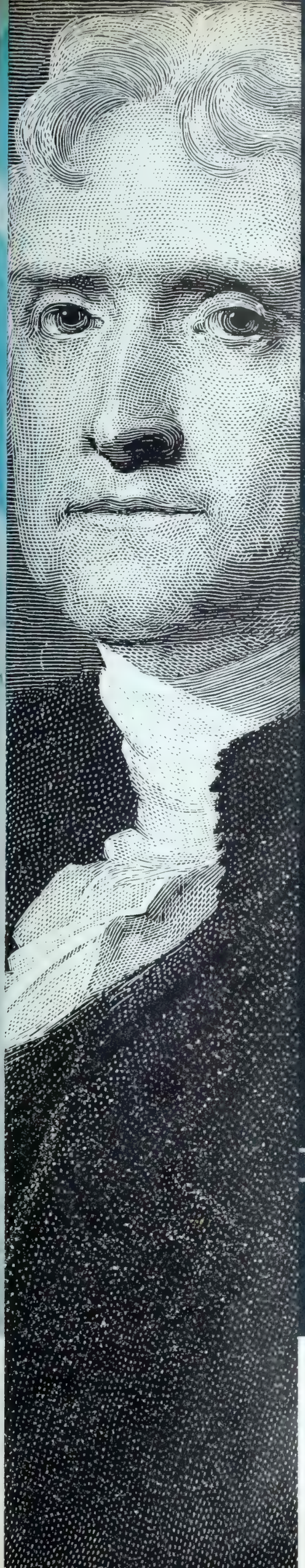
The main entrance hall, *above,* with its triple-hung windows-to-the-floor, also served as a "museum" for Mr. Jefferson's diverse interests. The clock above the door is his own design; it has faces inside and outside the house, and counterweights that are thought to be Revolutionary War cannonballs. Near the corner, wall plaques marked with the days of the week form an automatic calendar as weights travel slowly past. A small crisis occurred when it was discovered that there was no room for Friday and Saturday. Mr. Jefferson, undaunted, cut a hole in the floor: The uppermost ball passes through at Friday noon, and they all spend Saturday in the basement. The moose and elk antlers were presents from Meriwether Lewis and William Clark after then-President Jefferson sent them to scout the Louisiana Territory he purchased from Napoleon in 1802. Also in the room: mastodon bones and other evidence of their owner's interest in natural history; busts of philosophers and statesmen; paintings and sculpture that were part of one of the finest art collections in America. Opposite the door, a balcony-bridge joins the east and west wings of the second floor.

"I am an enthusiast on the subject of the arts ...to improve the taste of my countrymen... to reconcile to them the respect of the world and procure them its praise."

The octagonal "Sky Room" is typical of Mr. Jefferson's talent for adapting ideas to suit himself: he borrowed the parapet design from the Roman temple Nerva Trajanus, and, computing mathematically correct proportions, used it to striking effect as baseboard moldings. The oculus of the dome, now boarded for strength, was a thick circular skylight 4½ feet across. Mr. Jefferson understood the interrelationships of light and space and used skylights to enlarge, visually, upstairs bedrooms, hallways, and narrow stairwells, and, downstairs, the dining room and his own bedroom.

"I am not afraid of new inventions....Where a new invention is supported by well-known principles, and promises to be useful, it ought to be tried."

Mr. Jefferson knew how to make his house work for the way he wanted to live. He preferred to dine without the company of servants, so designed the serving door, *opposite page, top left,* a sort of three-layer lazy-Susan to be filled from the hallway and swiveled into the dining room. From there servants would place the meals on tiered tables at each diner's elbow—and then quietly retire. In each side of the fireplace, *center left,* a narrow dumbwaiter brought wine up from the cellar below. The "book



Revolving serving door



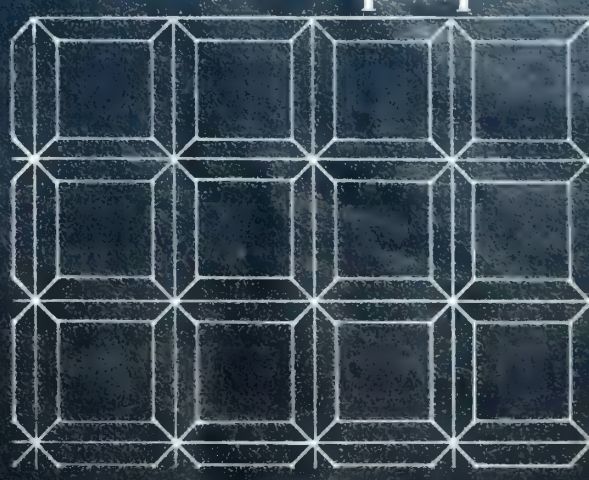
Portable "book boxes"



Dumbwaiter for wine



Jefferson's parquet



East front windvane



Rooms flow together



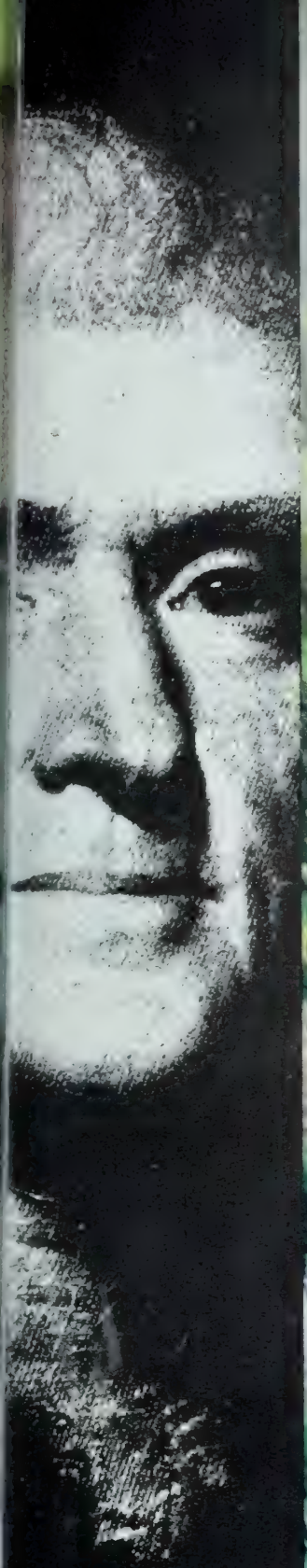
boxes," *top right*, simplified moving for their owner, who insisted that "books constitute capital. A library book lasts as long as a house, for hundreds of years." Made in three successively deeper tiers, they could be separated, lids nailed on, and carted off intact. The cherry and beechwood parquet he designed is thought to be the first of its kind in America. Also in the parlor, two other Jefferson inventions· double doors that open together when only one is pushed (an under-floor chain-and-pulley device operated them), and a folding music stand that opened to hold music for five players: one of whom was likely to be a violinist named Thomas Jefferson. House plan, *bottom left*, shows how Jefferson's own rooms—bedroom, cabinet, bookroom, greenhouse—are linked in a continuous flow of space. East-front entrance, *bottom right*, was also a primary weather station for Mr. Jefferson, who took weather readings and compared them with those in other climates. The wind vane is connected to a compass on the portico ceiling, so that wind direction can be read without going outdoors.

Jefferson's study for parquet floor, courtesy of The Massachusetts Historical Society

Mr. Jefferson's bed alcove is open to both his bedroom and the adjoining "cabinet" or study, for a greater sense of space and light. On cold nights, a simple paper screen was stood around one side to keep drafts from blowing through (bedroom temperatures were recorded as low as 37 degrees). More light for the 18-foot room with its floor-length windows comes from a skylight recessed in sloping wells another 8 feet higher than the ceiling. Beyond the doorway at the head of the bed, narrow stairs wind up to an overhead wardrobe, ventilated by oval "windows" overlooking the bedroom. The red leather swivel chair and Windsor bench were mismatched by their owner in his later years, so that he could write in a semi-reclining position. The table, with its lazy-Susan top, is one of Mr. Jefferson's designs. The bedroom, cabinet, bookroom, and greenhouse form Mr. Jefferson's private suite (see floor plan on preceding page)—and was the only spot where he could count on his solitude. He was a generous host, and houseguests—usually with all their children—stayed for weeks at a time (he later built his octagonal house at Poplar Forest as a retreat from the hubbub at Monticello).

"I never go to bed without an hour, or half hour's previous reading of something moral, whereon to ruminate in the intervals of sleep."

Mr. Jefferson, who always referred to himself as a farmer, kept minute records of every seed sown





"No occupation is so delightful to me as the culture of the earth, and no culture comparable to that of the garden...though an old man, I am but a young gardener."

or sprouted, comings and goings of seasonal birds and flowers, and the appearance at his table of vegetables from his terraced garden. "Botany I rank with the most valuable sciences, whether we consider its subjects as furnishing the principle subsistence of life to man and beast, delicious varieties for our table, the adornments of our flower borders, shade and perfume of our groves, materials for our buildings or medicaments for our bodies. . . . My essay in architecture has been so much subordinated to convenience . . . that it is liable to some just criticisms. But what nature has done for us is sublime and beautiful and unique."

1976

The Bicentennial year.
A year to pause and consider.
To find the meaning of your personal world.
To decide: Is this what I really want?
To rediscover the resources in yourself.
To make a lot out of a little—
and to have a lot of fun doing it.

DO IT YOURSELF

WORK IT OUT

USE IT UP

DO WITHOUT

The great American preoccupation in 1776 was quite naturally with building—a new country, a new government, new institutions, and scores of new edifices, a whole new capital city, in fact. Our own times, at the Bicentennial in 1976, are preoccupied with saving. Some of the things we thought were admirable in the building—uninhibited expansion, more and more material goods, the ultimate taming of the wilderness—are turning out to have disturbing side effects, aspects that we never imagined or intended. We have, at present, a few moments of history in which to sort through our past and our present, to decide what we want to keep and what we want to change, before the future is irrevocably upon us. Many of us are in the middle of a bit of personal reevaluation as well, deciding questions of worth—"what is this worth to me"—and struggling to keep things we value above the rising tide of inflation. We're thinking of saving, of getting more for our money.

Americans are still a people of many projects and many interests, still full of old American virtues like thrift, and ingenuity, and independence, and perseverance, and humor, adept at turning new ideas into new ways of living—and old scraps into new comforts—with a smile. There's even an old maxim that aptly describes the process: "Use it up/Wear it out/Make it do/Do without." With a bit of a twist, it suits 1976 just fine.



TED HARDIN

Put your own stamp on your own room with your own batiks. You can make your own, using melted wax, Rit dyes, a bucket, and a brush, in a new and simple way, that makes the simplest artistic skills come alive, that gives a whole new look of color and pattern to your room. The idea is to paint your design with wax on fabric of any 100 percent natural fiber (cotton sheeting by Wamsutta was used here), and dip it in a bucket of dye. Step-by-step instructions and pattern ideas are on the next page. Here, *right,* is a doughnut design of random circles, childlike and bright. *Opposite page:* A great studio for doing your batiking and your other crafts: a table to work on, a sewing corner, a place to sit and plan, plenty of shelves for supplies, books, magazines—all inspirations for your own patterns with everything you need at hand. Table, files, chair, The Workbench. Wicker furniture, Walter's Wicker. Singer sewing machine. Turn the page for a plan.



DO IT YOURSEL



SUSAN WOOD

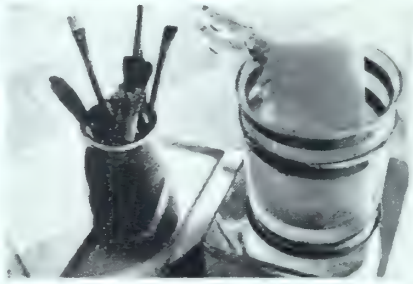
Your own skills are your best capital. Invest them in new ways. Build something, make somethin change something—and become more yourself.

DESIGN IT YOURSELF WITH PAPER, PAINT, AND CLOTH

A disaster area for a kitchen? Don't tear it out. Re-do and add flourishes. Interior designer Richard once lacquered some old cabinets a shiny new navy, added new white porcelain pulls and white F counters, painted walls white, put navy and white paisley paper on ceiling, no-wax navy and white s on floor. Try your hand, using a designer's habit: notebook for dimensions goes with you.



HIRST

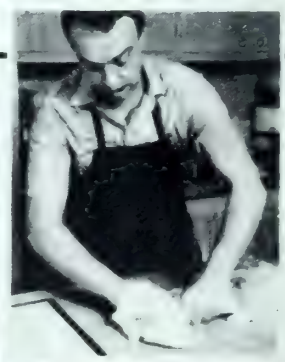


You need: light-colored batiking wax or plain white a stiff-bristled brush, a double boiler, a big piece board, charcoal stick, two buckets, Rit liquid or p dye. Melt the candles in the top of the double boile they're melting (it will take about 30 minutes), p fabric on cardboard on the worktable. Draw you with the charcoal stick. Now dip your brush in wa on—quickly because it hardens seconds after touchin To prevent sticking, lift fabric off cardboard after e brushstrokes. If wax won't penetrate, turn it over, w side. After waxing, put fabric in a bucket of lukewa water to set. Pour dye into another bucket of lukewar (not hot water, or the wax will melt). Drop fabric i bath; stir thoroughly, leave it at least 15 minutes, lo deep color. Hang to dry, send to cleaners to remove do it yourself by ironing it between sheets of absorb per with a hot iron. Then it can be washed in coo

Easy step-by-step batiking is a quick process even if you can't draw









Delicious new way to stuff a chicken from Richard Olney

"Stuffing a chicken under the skin has a multitude of virtues," says Richard Olney, author of *Simple French Food* (Atheneum). It is easy to prepare, tempting, stuffing protects breasts from direct heat and also bastes them. Stuffing ingredients are limited only by the pantry contents. Start with fresh white cheese mashed with soft butter, beat in egg and seasoning, chopped fresh herbs, a handful of Parmesan and a small handful of bread-crumbs; or substitute mushrooms for herbs; or stew garlic and eggplant until purée tender and mash with mushrooms, or bread-crumbs or crumbs soaked in heavy cream instead of cheese. Recipe, page 98.



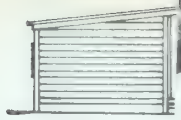
LONDON

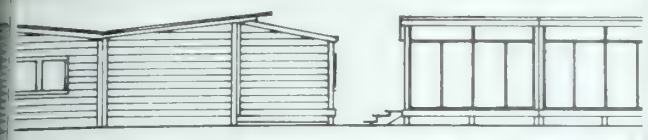
Place for everything, everything in place

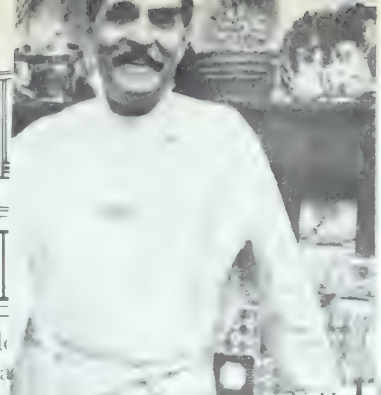


A plan of the workroom, *above*, shows how the 14-foot-square space was organized, with its wall of shelving and its files, its work area near the window, with a sitting area opposite. Lots of projects can go on here at once or lots of people can share one project. Silkscreens by Charles Hinman, Denise Rene Gallerie, Fuller-O'Brien paint.

l it yourself from
that comes pre-cut
ncludes the tools, too





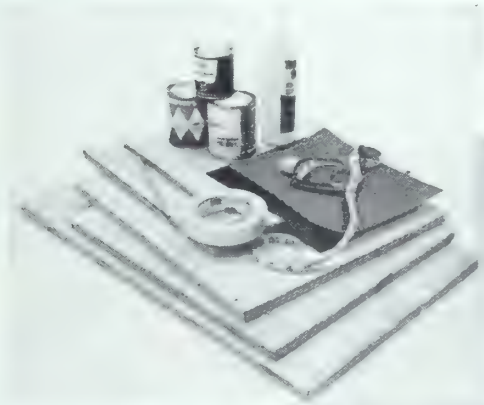


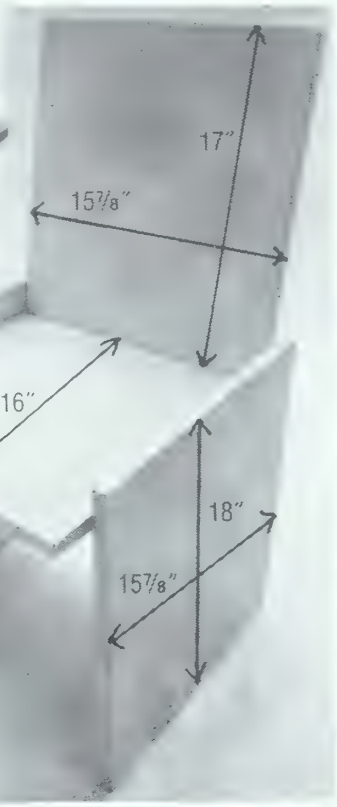
e of the Shelter-Kit is 12 feet square, has four glass d
by two inexperienced people in four days, and it's pa
ing is sawed, drilled, marked. From Shelter-Kit, Fra
Franklin, N.H.
with instructions, without foundation, for $2145—or $2640 if you'd like a porch.





ou start, why stop? New units
added for more, bigger rooms.
ne family used nine modules.
Starting; *right*, the new house.





HARA









Glue it together and have a chair

Make a list of dimensions, buy some good plywood—and ask your lumber dealer to cut it for you. He will, maybe charging a little extra. Take the pieces home and glue them carefully together, using a white glue like Elmer's. It's incredibly strong when it sets. Hold them with masking tape while the glue dries—half an hour between steps; overnight before you put on paint. Apply the finish—and there's a chair. Or three, out of one 4-by-8-foot sheet of plywood. Make other furniture. Sculptor Clement Meadmore's step-by-step book, *How to Make Furniture Without Tools* (Pantheon, $4.95) will tell you how.



The glow of wind-rubbed cheeks, the tingle of well used muscles, the sense of virtue as you spin along to market under your own power—and not only is bicycling fun, it's actually *good* for you.

Seashells make stencils to paint on a cube

A tulip, a cone, and a scallop shell, in stencils across a cube that can be a table, or just fun. You need: paper for the stencils, a pouncing brush, a pie tin, and acrylic paint. Trace and cut the stencil, then hold firmly in place. Dab brush in paint squeezed into pie tin. Pounce color on from edges toward center of stencil. Patterns and full instructions from Stencil Magic, 8 West Nineteenth St., New York, N.Y. 10011, for $1.50.









Make the most of every minute

Two things at once: Even efficiency experts say that's the way to use up your time best. So you lunch on oysters at the fish market while your order is prepared.

Leftovers make a quilt

Scraps too pretty to throw away, too sn to use? Maybe a quilt? Buy a solid co for contrast, make a cardboard patte trace it on wrong side of fabric with b point pen, then cut ¼ inch outside the li which you'll use as a sewing guide. Pa by hand or machine. Sheets are good ba ing; use batting for filler. Stack the th layers, secure with big basting stitch Handquilting is most impressive– done by machine it's as warm.



When you want something, look around you first. You might already have it in an easily uncovered disguise.



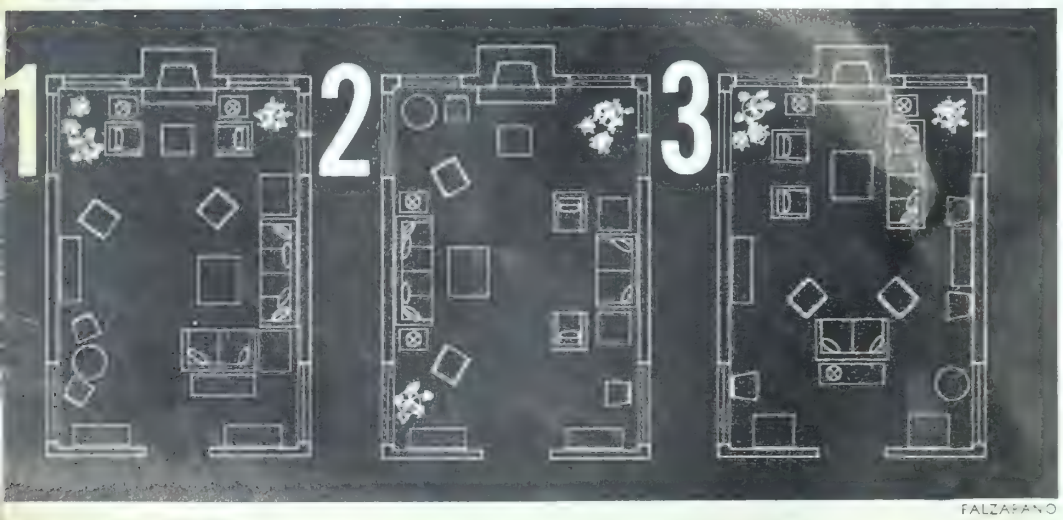
Use stock sizes to cut the cost of an enormous window wall

One way to get a grand view is to do what architect Paul Hever did: use standard windows (these from Andersen) and plan a house around them, in multiples, in mass, stacking them up as high as 15 feet in the front. The massed panels of fixed glass, three ranks of five across in front, are based on flexivent units that open at bottom. In rest of house, casement units combine with more-fixed glass. Curtains aren't needed–and everything not clear glass is clean-looking stucco.

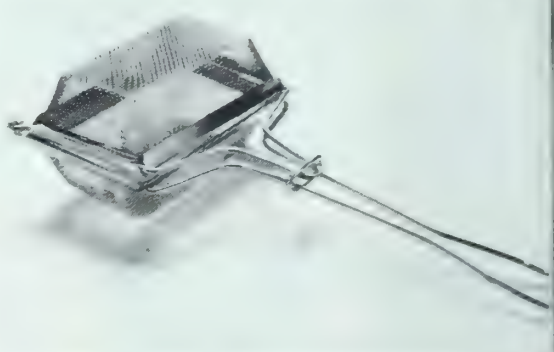


Same walls, same furniture— but a new room. A new look that needs no new money at all.

Three different looks, all accomplished with the same furniture and accessories, by designer Mark Hampton. One (1) is open and airy, with sofas grouped along one wall. Light chairs can be pulled up or make separate groups. Another (2), balances them on opposite walls. The third (3) is two groups, both centered on the fireplace. Choose your furniture carefully to begin with, make it simple, and it's easy.



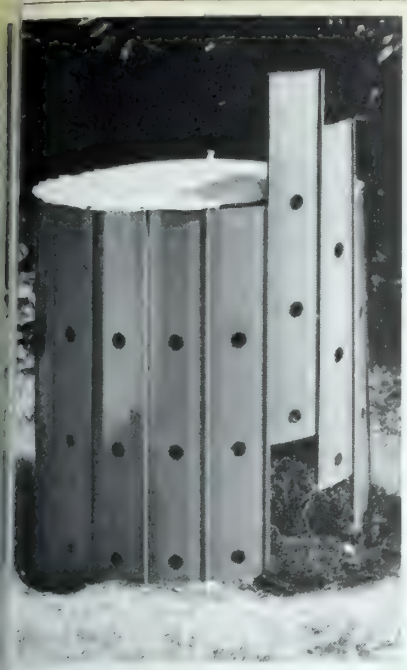
FALZARANO



TETSU O

TERRIFIC SOAP SAVER

It's an old, old idea: the bits of soap too small to use, put in a tin wire box to swish through wash water. This is a Dutch revival, from Harriet Amanda Chapman.



/aste not, want not —a tidy composter hat's quick, too

hat is green, 3-feet tall, English, s a domed cap, and makes food r plants by recycling leftover lads, faded flowers, fallen leaves even in a city—without wrinkling neighbor's nose? An Accelerator n. Pop organic waste into the top, ait 6 weeks or so, raise an air- nted sliding PVC panel, and oop out fresh clean humus for pot ants or garden. Prices start at 9.80. Write Rotocrop (U.S.A.) c., 58 Buttonwood Street, New ope, Pa. 18938.



BEADLE

Surprising thrifty recipes from the Paris kitchen of gentleman cook and author Frederick A. Stagg

A sensible cook should throw away only the uneatable. With reasonable refrigeration, cooked fish can last perfectly well for 2 days in a receptacle with a lid; cooked meats, 4 days. Cooked vegetables outlast raw ones, and so do cooked fruits. (Bread lasts a week if tightly wrapped; if it seems a little "off," wet it lightly under the cold water tap and heat in 350° oven for 5 minutes; it will revive.)

Beef cooked in any way makes excellent patties when ground up and well mixed with 1 whole beaten egg for each patty the size of the hollow of your hand. It should be rather highly seasoned with onion, salt and pepper, and fried in butter. Of course, a little sauce will help.

Roast Beef or Beefsteak especially when underdone, can be sliced thin, put into boiling brown sauce, served on thinly sliced, buttered bread. *(Continued on page 97)*

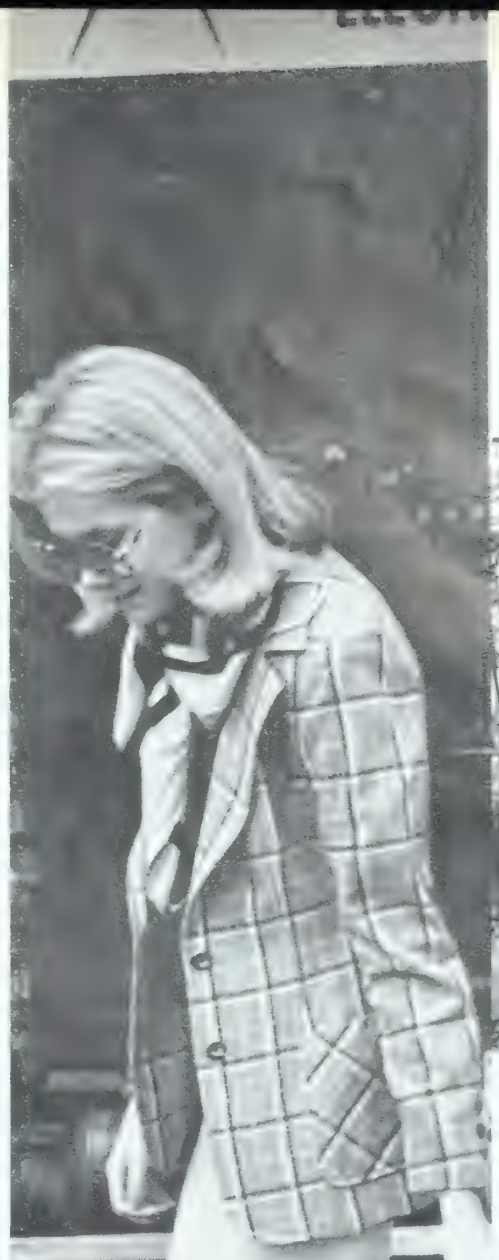
N THE WAY FROM ONE ARDEN SPOT TO ANOTHER LANTS MAKE A STOPOVER

imroses in pots, what a pretty thing see on the lunch table. And why ouldn't they go on, improving your rden after all the guests are gone? not primroses, perhaps violets or nquils or even bright portulacas.

HORST







MAKE STEPS FROM LONG-LIVED RAILROAD TIE

Long after the old Great Eastern was abandoned, there they were. So architect Keith Kroëger used them for steps, and filled in with smooth river pebbles, standing ties on end for retaining walls along a path that led up from a river to the house.

Some springs? Furniture legs? Surely you need something like that around the house. Extra plugs? Nuts and bolts? A set of stainless flatware marked way down? It will come in handy sometime. Most big cities have parts of town where wholesale odds and ends and surplus goods are sold from tattered cartons for next to nothing. A trip there is an adventure, fun—and surprisingly useful.





DO WITH OUT

Less can really be more... are the lights out? Thermostat down? Food less rich, more fun?

Eliminate fuss—when you shop, plan to cook extra and freeze it for quick and easy entertaining

"I cook when I feel like it," says Kaye Gordon. "It may be 10 o'clock at night, or it may be all through a rainy weekend in the city or at the beach. But then I may not cook again for a month—and my freezer will still be full of goodies for any unexpected guests." For Mrs. Gordon, cooking ahead and eliminating last minute fuss is the secret of easy entertaining. "I never make just one meat loaf. Always five or more," she says. Extras are cooked for a few minutes, then carefully cooled and wrapped and stashed in the freezer, to finish cooking later. Cakes are made by the half-dozen and formed into a variety of shapes, baked and frozen.

Decorating, the fun part of a party, is done at the last minute before serving. Her repertoire contains several desserts—from simple apricot pudding, to a Spanish cream with butterscotch sauce—that can be put together in minutes.

When a cooking marathon is on, Mrs. Gordon cooks in quantity ("If you really feel like cooking, then the food always tastes better," she says). Besides the meat loaves and the desserts, there are loaves and loaves of homemade bread, 10-quart pots of soup (half is taken to the country), and two or three times a year a huge potful of basic veal stock for use in all her sauces. "When tomatoes are in season," she says, "I cook a whole basketful, freeze them in individual containers, and add the seasonings and flavoring later."

"I work because I love to," says Mrs. Gordon, who with her husband Leonard runs Concept VII, a New York fashion firm, "and I cook for the same reason. I find it fun to cook for people I like, and people who love to eat." Recipes page 92.

Wonderful light party food from Helen Corbitt, *far left*. Crabmeat Chantilly, a delicate, fluffy combination of crabmeat and whipped egg whites; a salad of asparagus arranged in wafer-thin slices of avocado and topped with a lemon juice and oil dressing, laced with capers and crisp diced bacon. The thinnest slices of rye toast (sliced while very cold and toasted in the oven), and cold poached peaches crowned with threads of caramelized sugar. Living/dining room designed by decorator William Hodgins, Boston. *Near left*, Kaye Gordon loads her shopping cart with enough produce to make meals for several parties in one great cooking session.

MINIMIZE CALORIES AND DISCOVER THAT FOOD NEEDN'T BE RICH TO BE FESTIVE

More and more people are finding that the most delicious party food is mini-caloried, light, delicate, and melt-in-the-mouth. Helen Corbitt, a great cook and author of *Helen Corbitt Cooks for Company*, trims the calories for guests of the Greenhouse Spa, where she is food consultant, because they want to do without them. She trims them for her own parties as well—because she likes it that way. One of her party buffets, *opposite*; menus and recipes are on page 91.

She has favorite tricks: Skip heavy elaborate sauces in favor of using the reduced juices from cooked meat, use a grating of Parmesan, a light hand with herbs, a little soy sauce, a splash of wine or mustard. "It's all that good food really needs." Sugar can be replaced with a sugar substitute. Salt can give way to finely ground vegetables for extra flavor. Breads, made from natural grains and less refined flour, need not be eliminated. Just slice them very thinly. Zucchini can replace the potato, fruit can be added to all kinds of dishes, not merely desserts. A plus for doing without with party food—it takes less time, service can be simplified to plate-and-fork-only parties. It all adds up to less complicated kitchen time. "The present high cost of food has given us a greater respect for food that is really better for us," says Miss Corbitt.

WORK IT OUT



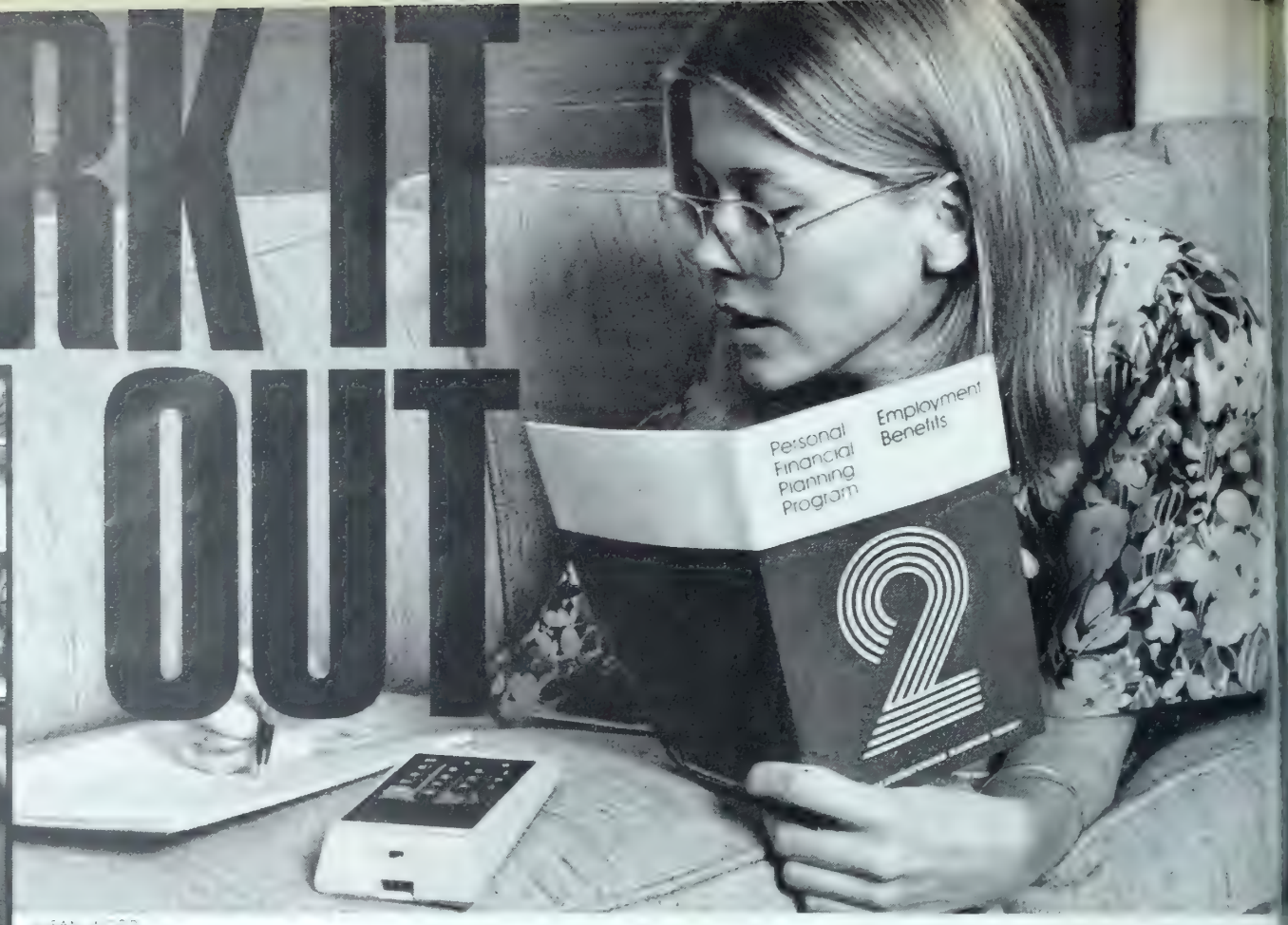
Establish an instant balance between your pocketbook and your shopping cart. The Automatic Quick Adder ($1.29, Woolco, at Woolworth's) helps you count up your purchases, take the surprise out of checkout counters.

Step-up vegetable beds for sit-down tending

A steep slope and a hip operation inspired the Bayard Roberts of Pennsylvania to terrace a garden. Long beds are framed by railroad ties, with a double layer on each low side to form retaining wall and bench. Level grass strips are exactly 2-feet wide to fit power mower.

MARINA SCHINZ





Stop! Think! Plan!
You can save work later
by doing a little extra now.

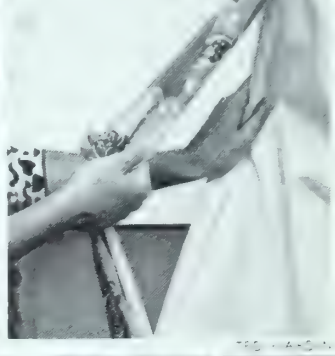
There's a new no-kidding computer system to help plan your money

It's called the Personal Financial Planning Program mail an application with $36 for six lessons on financial Each includes a short quiz and answer card to return. read by a computer that tells which answers were right or –and why. Finally, you fill a data card with information ing your financial situation (don't worry, the computer's lowed to tell), and it produces a personal letter, chosen from sands of possible paragraphs, modified to fit your case, that specific recommendations for your money's future. This run by Responsive Communications offered by: First Natio Boston, of Dallas, of Denver; Continental Illinois of Ch Fidelity of Philadelphia; National City of Cleveland; Ma turer's National of Detroit; Manufacturer's Hanover of New



White upholstery is pure luxury. A little forethought makes it practical

A bedroom all in white–and it's easy to care fo upholstery is really slipcovers in 100 percent c sheeting. And with a washing machine they f natural alliance against dirt. Interior designer F Naess enlisted Velcro lions of tiny hooks o strip, which when pr to millions of tiny loo another, cling for dea It makes quick u covering possible, a even makes rich unv able batik prints pra for trim. Just detach from the curtain, *left* fore washing.

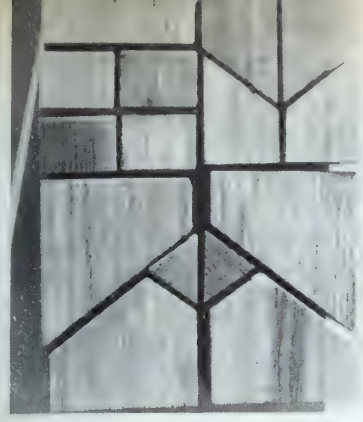




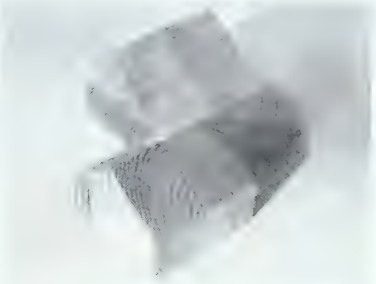




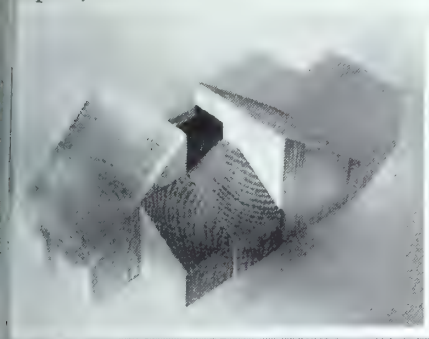
Zippers do what zippers opening up a curved love s Velcro on bottom pulls all wrinkles out, keeps cover t

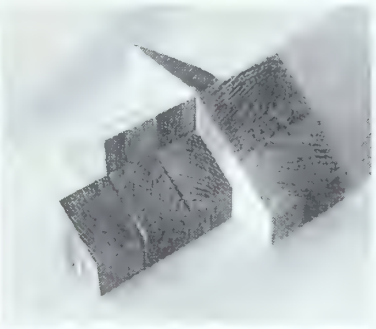


Building blocks to help you work out your own new house



hey look like children's play ocks, but they're planned by eocom to correspond exactly to apes you can actually have built.







The idea is simple: it's easier for someone who's not an architect to visualize a house if he can see it stacked up in front of him. So here are the pieces, in ⅛-inch scale and units corresponding to spaces of 8, 12, or 16 feet. Take them, and plan your house. Then figure the cost as Geocom does, at $26 per square foot of finished space. Modular building, says K. D. Luechauer, architect, whose firm designed the kit, doesn't have to mean little cubes. *Above:* A house built for James Baker in Massachusetts, using the shapes in the kit, available for $25 from Geocom, 101 Commonwealth Ave., Concord, Mass. 01742.



MEASURE IT! THEN YOU'LL KNOW IT WILL FIT

Go-anywhere tapemeasure with blue leather-like sides measures—and holds it—in inches on one side and in centimeters on the other. About $7.50 at Hoffritz.

OFF TO THE MARKET

In farmers' markets, ethnic neighborhoods, and roadside stands produce is often unusual and the selection wide. Prices are (sometimes) low. A new food adventure. It's worth a trip.



Investments that help you reduce your food budget

By Sandra Oddo

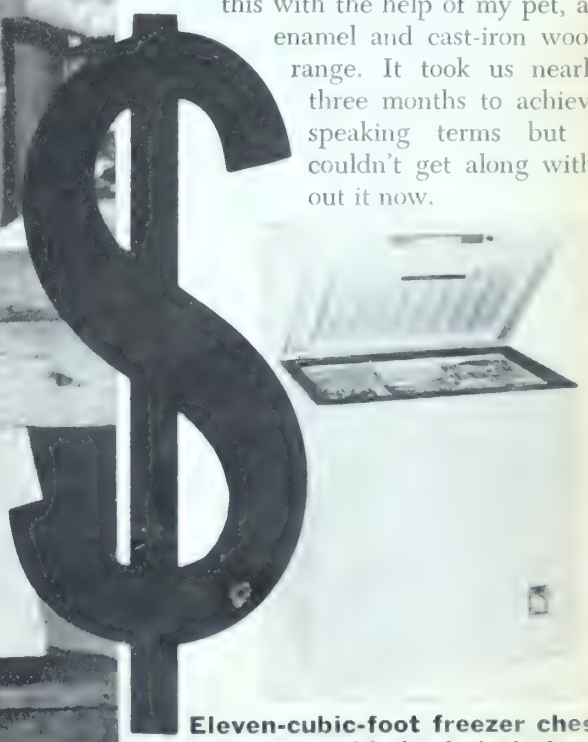
Buying seasonally is probably the best way to save money on your food budget (see page 34). A few investments will increase the savings.

A freezer. This is absolutely essential. I think I'd sell the dining-room table and use a tablecloth on the freezer if I had no other place to put it. Mine's 23 cubic feet, kept in the basement where it's cooler and therefore marginally less expensive to run. I bought it second-hand. And it paid for itself in less than six months. From September till February we also rent 5 cubic feet at a commercial locker ($1.58 a month) to take care of the seasonal overflow.

Storage space. This needn't be much. We put up 6-inch-deep shelves along one side of a 6-foot hall just off the kitchen. Canning jars fit two-deep on the shelves so it's easy for me to see what I have at a glance. Empty jars are stored on the top shelf where it tends to be warmer (therefore less good for canned food). Big pots, used only three or four times a year, are stored in the basement.

Canning supplies. I have a little 4-quart waterbath canner (picked up in a junk shop) and four-jar pressure canner that doubles as a pressure cooker (Sears, $25 or so; serious pressure canners cost about $50) for spot canning; a 9-quart monster for massive efforts. The jars seem to be fairly available these days (though lids need thinking ahead: I bought mine in February last year and was lucky to get them then).

A garden and a wood range. These are optional but they make a lot of difference. It's quite possible to spend nearly as much money on home-processed food as on store-processed—which makes very little economic sense. If you raise the food yourself you can't help but come out ahead. It's also possible to spend a horrendous amount on gas or electric energy in cooking and canning. I avoid this with the help of my pet, an enamel and cast-iron wood range. It took us nearly three months to achieve speaking terms but I couldn't get along without it now.



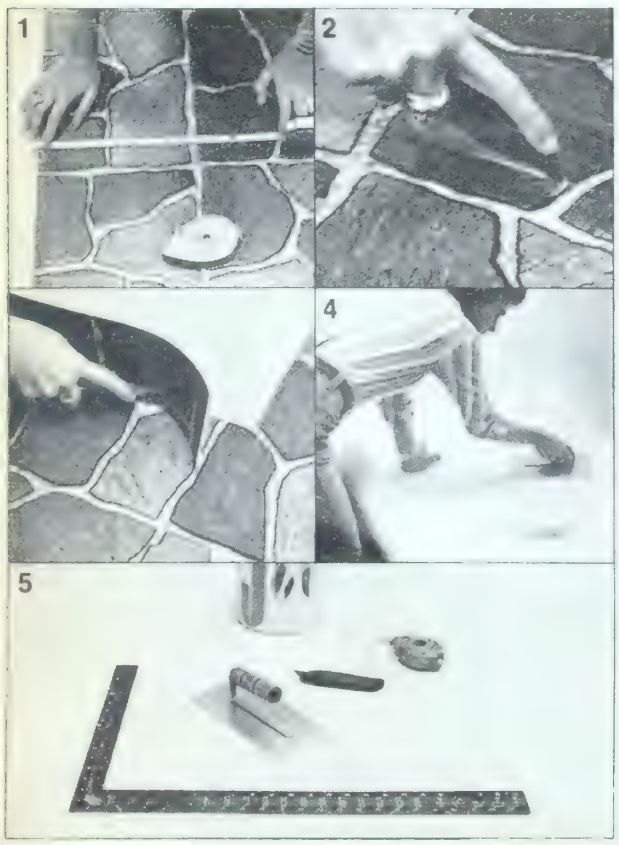
Eleven-cubic-foot freezer chest with removable baskets to keep food organized. By Amana.

New materials for make-overs and how to use them

MAKE IT OVER



HOW TO
put down a brand-new vinyl floor

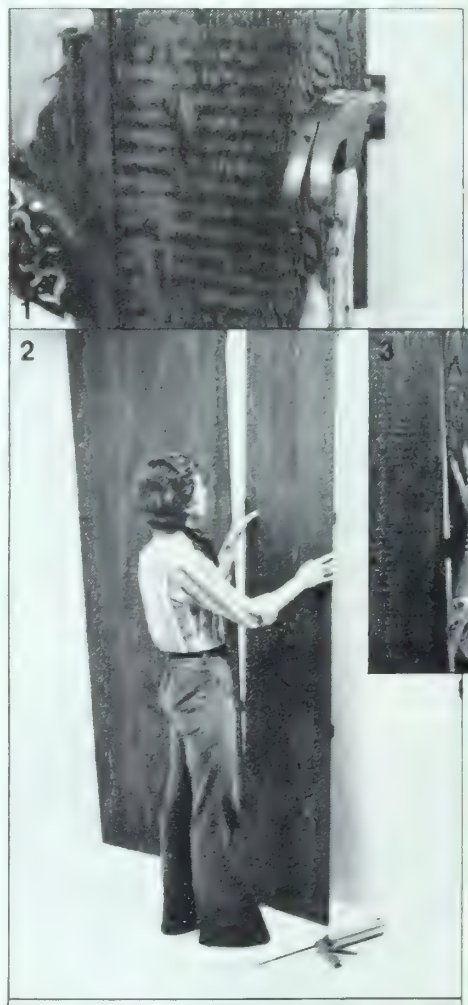


Measure the original floor length and width adding 3 inches each end. Transfer measurements to sheet flooring with a chalk line, 1. Rough cut along chalked marks with a sharp knife, 2, and lay out in the room. 3. Trim along the walls so it fits snugly. Fold back half the piece of flooring and apply Mannington's V-10 water resistant adhesive if you're laying over cement. Otherwise use V-12 water soluble adhesive, 4. Sweep top to eliminate air pockets. Fold back remaining half and repeat. 5. The tools you will need: carpenter's square, chalk line, mat knife, trowel, and adhesive. This vinyl flooring is "Yorktowne Slate" by Mannington Mills. For shopping information, please turn to page 103.

JAMES MATHEWS

HOW TO
put up new wall paneling

Start from a corner and work right, always leading with the grooved edge. As there may be color and texture variations in the planking, play with the arrangement of the panels until you find one that's pleasing. Apply Dap Panel Adhesive to the back of each panel as you work. Place three metal clips at edge 16 to 18 inches apart and nail, 1. Next panel hooked and nailed. 2 and 3.



4. The tools you need: hammer, clips, 2-inch nails, level, and caulking gun. The clips provide proper spacing and stability while the adhesive dries. Should you have to saw or drill through a panel do it surface side up for a sure, clean cut. Never nail through the plank itself. Wall paneling is "Red Barnside Plank" by Marlite, which has a protective coating to seal out dirt and moisture.

SUSAN WOOD



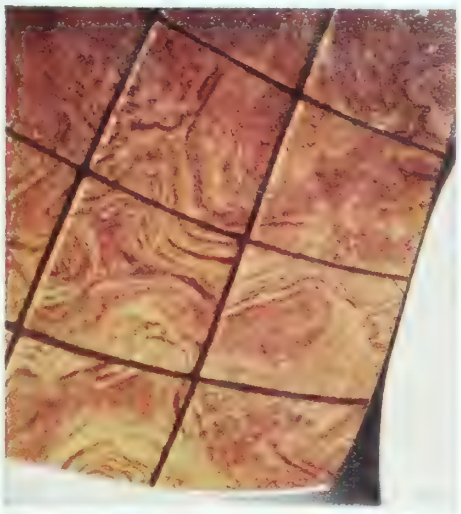
Sheet vinyl flooring needs no wax Urethane surface resists stains, 6 feet wide. Victoria Garden by GAF.



Plywood panel has a many-planked look Simulated wood-grain finish. Maplebrook 4 by 8 panels by Georgia-Pacific.



Sheet vinyl in American quilt designs "Sunburst" patterned flooring, no-wax finish. Colonial Charm by Congoleum



Sheet flooring like wood burl 3-inch tiles Vinyl pattern in 6- and 12-foot widths. Charlemagne by Armstrong.



Wall paneling like natural cypress In white, brown, golden, gray. Pecky Cypress Design by Masonite.

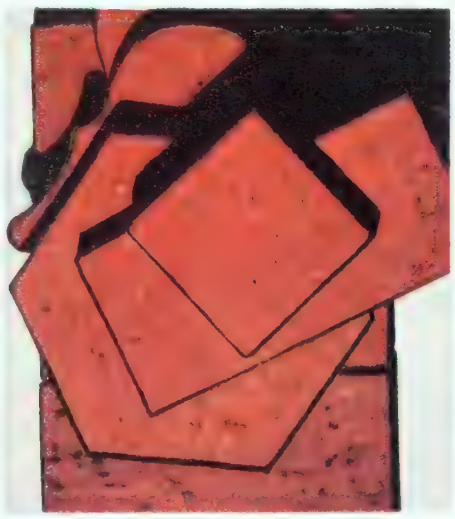


Natural oak flooring in two colors Smooth or brushed-wire finish. Village Plank with pegs. Bruce Flooring.

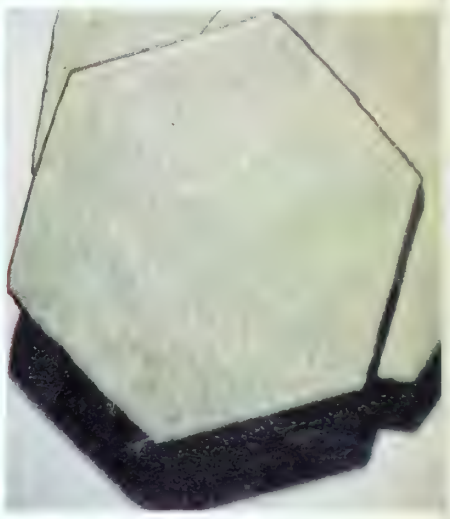


Ceramic tiles look centuries old Four-inch ceramic tiles with a naturally worn look. Cobble Tile by Interpace.

TETSU OKAHARA



Glazed tiles take a rich new color Hexagons, squares, and curves with nubbly surface. By American Olean.



Textured ceramic tiles look handmade Stain resistant tile in shades like buttermilk, caramel. Summitville.



Vinyl tile bricks complete with grouting Make beautiful patterns with 9-inch square or 3-by-9-inch tiles. Amtico.



Geometric-patterned, glazed Italian tiles Eight-inch squares also in a white-on-white. Astral from Country Floors.



Vinyl tiles like naturally textured clay Three colors in four shades each of earth tones. Terresque. Kentile.

INFLATION

WHAT CAN YOU DO ABOUT IT?

Some good and perhaps surprising advice from two money experts



MARINA SCHINZ

Madeline McWhinney

Miss Madeline McWhinney is a remarkable force in banking. She has just been appointed the first President of the First Women's Bank, established in New York City. She held a job at the Federal Reserve Bank of New York, as a financial analyst specializing in the short-term money market. She was its first woman officer and worked for the bank thirty years. A member of the Reserve's Long Range Planning Committee, she helped develop new operating procedures to meet world banking changes. She combines this career with a life as the wife of Dr. John Dale, a management consultant. They have one son, Thomas, eleven.

"Out of adversity you get new things, there's a truth in that," declares Madeline McWhinney. She holds several awards for her outstanding success in the financial world, but easily admits she can't make current domestic problems vanish with any magical good management. "We've experienced skyrocketing property taxes in New Jersey where we have a country house. They've just about tripled," she says. "It makes you readjust your sights. We are currently still in the process of deciding what to do, it's a wrenching kind of a thing. But when you are under this kind of pressure it forces you to use your imagination—and that's all to the good. You get into gardening and growing your own food. Instead of buying TV dinners, you begin to experiment and find out that stews are pretty tasty.

By Beverly Rus

My husband and I cook as relaxation. We all our own vegetables. We've lettuces greenhouse all winter. I'm shocked whe into the supermarket and find out they're 4 a head. I do shop carefully: I've even tau son to undersand unit pricing. The fact t walks more because public transportati gone up, eats less because of high food shows us there are two sides to every coin. are compensations, you just have to ad thinking about them. In this country we'v building huge and magnificent schools b can't afford those kinds of schools any mor when it comes down to it, they're probably best kind anyway. Less expensive, more f construction would work just as well. C don't need elaborate surroundings. They're off with basic things and using imagination velop their minds." Miss McWhinney gets to some basics below:

How can we cope with increasing prices?

"One of the most important things for us which few of us ever do is to sit down and take an inventory of financial resources, w have and what our goals and priorities a then see what we can do financially about When you get into a period of inflation costs and prices continuing to rise and buying power never seems to quite cat you begin to get a terribly frustrated f Adjustments are rough, but the sooner yo ize you have to make them, and once y made them mentally, you begin to live easily."

(Continued on pag

Four very positive steps you can take

Write down a financial plan. List your resources, note goals and aims. Work out how you can achieve them.

Use your imagination to make the money you have get you the life you want. Think positively. There will be changes in your life but the quicker you adjust to them mentally, the easier life will be.

Save even if you feel you are not getting a proper return on your money. It's the person with money who makes money. Liquid funds help you take advantage of sales and other timely investments.

Don't be afraid of credit. Our world exists on credit, it's important to learn what it is and how to handle it, and to establish a credit rating. We're moving away from cash. Sit down and figure out all your fixed outgoings, then work out how much you can afford in loan repayments.

hn Kenneth albraith

n Kenneth Galbraith, for many years the l. Warburg Professor of Economics at d, is a past president of the American ic Association, a former Ambassador to He is author of many notable books, in- The Affluent Society, The New Industrial *and* Economics and the Public Purpose. *, a close adviser to President Kennedy. In War II he worked principally in price . He has been at the center of economic y in this country for about forty years.*

"Nothing lasts forever . . . and that is true of inflation," John Kenneth Galbraith writes in his new book *Money, Whence ne, Where It Went* (Houghton Mifflin, But then he goes on to ask: "What has ned to money? Everyone expects it to de- te in value. Of late, to have a fixed income e thought liable to impoverishment . . . I n to be one of the relatively fortunate whose income goes up along with infla- he added recently in an interview on the porch of his house in Cambridge, Mass. prices of my books and the revenues from tend to go up with other prices. I keep gers crossed they will keep on doing that. ionally, I wouldn't like to confess to being t, but I'm not poor and generally speaking e of some basic income have choices. They pe with inflation. They have forms of con- tion, which they can eliminate. I haven't ated anything yet, but I could if I had to. ife and I have always confined ourselves e small car, not for reasons particularly of my but because we could never agree as o should take the damn thing to the garage rvicing. So if we had two, it would have just that much worse. We fell in love with ont right after World War II, when land houses were available for almost nothing. old farmhouse has absorbed a lot of our s income just keeping it together, but I'm ing to waste any sympathy either on myself body else who has a second home. If it's just pensive, there's one marvelous solution and s to sell it to somebody else."

hen Dr. Galbraith's book *The Affluent So-* came out in 1958, it was labeled "disturb- ut it became a best-seller. Time has served nforce his views about economic survival evitable change. Then he stressed the major f society should be to establish the notion ay is relatively unimportant as compared job satisfaction. This has happened. Plenty ople find this idea reasonably acceptable . What else must we adapt to? Here Dr. aith outlines further causes and effects of on.

Why do prices keep going up?

es keep going up because we haven't been any really comprehensive remedy for in- n. The government has really been unwilling ne to grips with one of the central problems everyone recognizes, namely that prices pull ages. As prices rise, the trade unions seek coup by getting higher wage settlements hat shoves up prices some more. And this wage-price spiral continues without any effective action by the government. With a kind of leadership attitude that wishes to turn back to the world of the 18th or 19th century, one doesn't come to grips with the problems. The only remedy the government has used in recent times has been to restrict lending, as we say, tighten up on the money supply. And this has a very distorting effect on the economy. It's particularly damaging for housing and the construction industry and it only stops inflation by creating much more unemployment than we can stand.



Do you think the situation will improve?

"I regard inflation as a more or less inevitable feature of any society in which we have strong unions and strong corporations and as they're likely to last for some time I think that we're going to have the problem of inflation until we're really braced to do something about it in a serious way, through control of wages and prices. The unfairness of inflation is that while some incomes go up and indeed may even be the cause of the price increases, other people's incomes do not and it tends to be the weaker members of the community, people who are old, living on pensions or living on fixed salaries who suffer most."

How a change in attitude can help

Don't live in the past but don't try to live in the future either. Economic forecasting is highly imperfect. It is based on what policy-makers hope to have happen or need to have happen. The only real way to make sound economic decisions is to consider current reality.

Adjust to the idea that you can live happily with less. The fact that so much economic effort is spent on stimulating demand is an indicator that we can do without. A better life today is associated with more leisure rather than more things.

Balance personal satisfaction against monetary gain. Work (and life) should be enjoyable. There are definite compensations in deriving satisfaction from an occupation or a way of life that can be set against conventional wealth and affluence.

Economic reform in the final analysis rests with the individual. It is up to you to make your voice heard, to be skeptical of what institutions, including the government, say you should have or want. Make your feelings evident by what you buy, how you vote, or taking any other kind of action to have money spent the way you want it.

What measures would you put into operation?

"When the system is running at less than capacity with unemployment and idle plant, you arrange an expansion of the economy mainly by the use of the government budget to support certain areas of the economy—public services, for example. When people go back to work and factories are busy, you reverse this procedure and dampen down demand by applying methods of indirect or direct taxation so that you don't have the combination of *(Continued on page 169)*

52 WAYS TO GET MORE FOR YOUR MONEY

UNDER 1.00





Twenty pieces for $20, stainless steel and acrylic flatware, Sears catalogue. Earthenware spice jars, 29¢, 79¢, 99¢ each, The Cult
Revolution. Stainless steel flatware, *from left*, "Bistroware," 79¢ apiece; stylized, 89¢; black-handled, 44¢. All at Cost Plus Imp

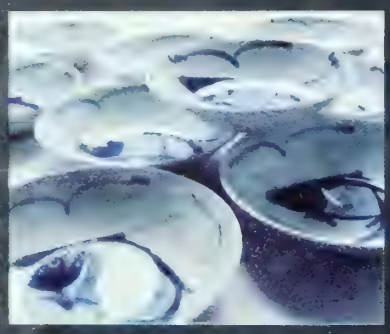
UNDER 4.00

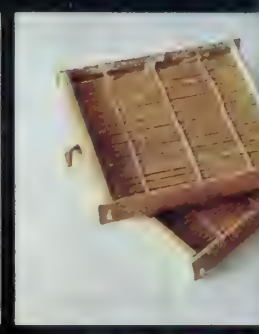





Candleholders, 6 for $2.95, Seabon. Straw 3-piece steamer keeps soap dry, $3.90, Kam Man Food Products. Caswell-Massey so
Clamp-on lamp, $1.85 from Nuts and Bolts Discount Hardware. "Zip-Zap" knife sharpener by Alfred Zanger, $2.50, Bloomingdal

You get what you pay for, it's said, but we say—it's not the price that counts, it's the many ways a thing can work for the money. And portability. Durability. Easy care. You *can* find fresh looks and hard-working housewares at low prices. Here to inspire you are fifty-two finds at unbeatable prices, and with natural good looks in the bargain.

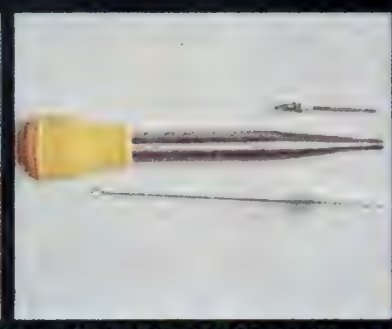
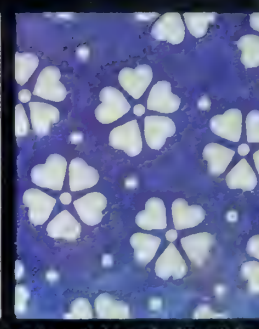


Handpainted "fish" bowls; $1.75 and $1 each at Chinese Native Products. Ten pairs of rosewood chopsticks for $1.49 at The Cul
Revolution. Clay teapot, $3, Chinese Native Products. Bamboo serving trays, $1.49 and $2.50 each, The Cultural Revolu

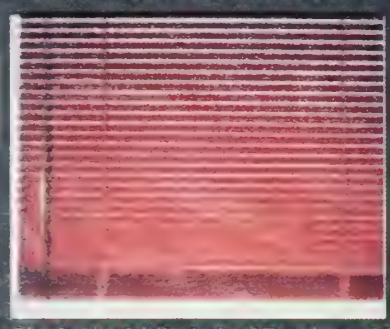
UNDER 6.00



"Revere" bowl by Indiana Glass, 9¾ inches wide, $4.50, Altman's. Rope trivet, 6 for $4.50; stainless steel and brush "inside a
out" baster, $4.50, both from Williams-Sonoma. Vinyl shower curtain in 4 colors, $4.99. Matching curtains available. Lamston

UNDER 25.00






Sleek steel blinds in 17 colors, $9 to $99, JC Penney catalogue. Glass jars, *from left*, $5.99, $3.79, $15.99, $3.69, $6.99, $1.
each, Cost Plus Imports. Indian cotton bedspreads, $12, $15, $20 each, by size, Azuma. 11.5-quart "Big Stu" pot, $5.49, Woolworth

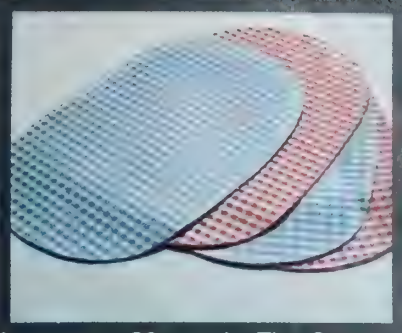
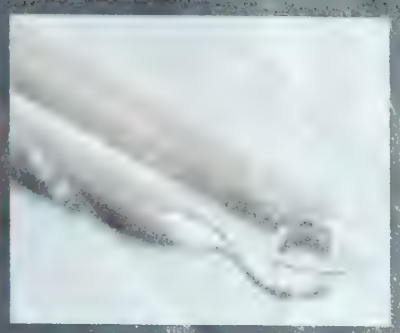
OVER 25.00







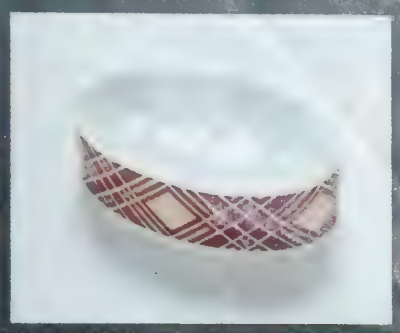
Chair, $39, Furniture in The Raw. Steel 12-by-36-inch shelves, $2.48 each; posts $2.48 each, Tunnel Machinery Exchange. "Sno
shoe" rocker, $50, L.L. Bean. Plastic serving cart,$28.99, Sears catalogue. Handmade Indian rug, 42 by 73 inches, $34.88, Cost Plu

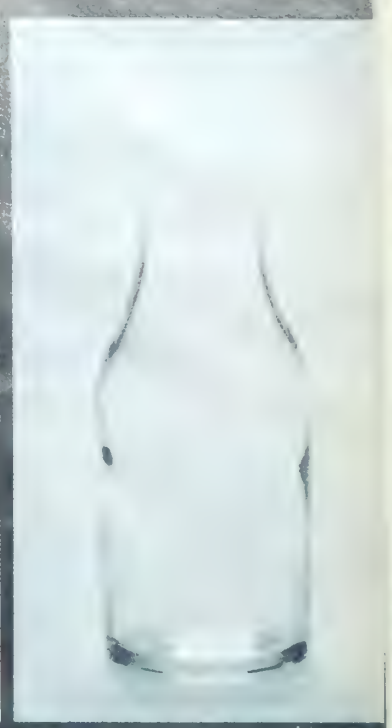





ton-patterned porcelain spoons, 89¢ each, The Cultural Revolution. Vinyl place mats, foam-backed, in 7 colors, 79¢ each, nston's. Candles in 11 colors—6-inch ones, 60¢ a pair, 6 pairs for $2.90, The Pottery Barn. Corn-on-the-cob plate, 95¢, Azuma

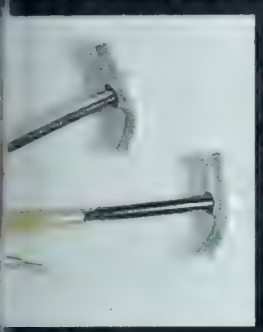
Where to look: discount importers, variety stores, "five and tens," ethnic neighborhoods, mail-order catalogues, industrial and restaurant suppliers, and close-out shops where the stock of practical things on hand varies from day to day.





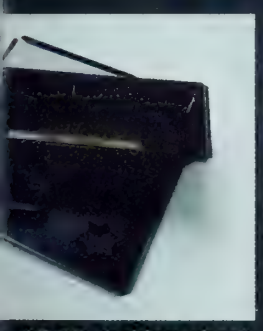


ght patterned tinware: tray, $2.10; bowl, $1.65. Canisters, tins available. The Cheese Pantry. Chinese straw oval place mat, $1.39, ima. Porcelain soap dish, $2.50, JC Penney catalogue. 2-quart ovenproof measuring pitcher-bowl, $1.95, Design Research.






nmer holds 5 screwdrivers. By GAM. $2.98, W.G. Lemmon. Stacking "Maxmugs" of dishwasher-safe plastic. By Massimo Vignelli for Heller. 6 in 6 colors, $10, omingdale's. Chinese "apple" baskets, $3 and $5 each, Bloomingdale's. Cane hanger, $3 at Wicker-Wicker-Wicker, ½-liter wine carafe, 70¢, The Pottery Barn.








, $5.95; baking sheet, 80, The Pottery Barn.

Left: Murphy Oil Soap, biodegradable, phosphate-free, cleans all from floors to clothes! 5-pound can, $4.75, The Pottery Barn. Covered measuring pitcher of dishwasher-safe melamine. By Copco. $5, Buffums'. Plastic storage boxes by Lerner. 73¢ to $3.99 at Lamston's. Plastic 60-watt lamp by C.N. Burman. $5.77, Woolworth's.

Store list, page 42



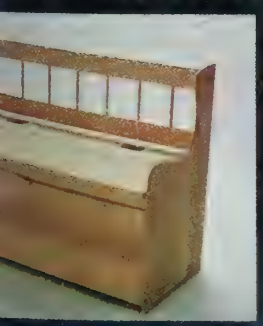


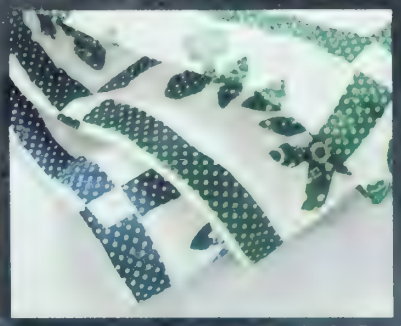


lip-top storage chest, ready-to-finish in knotty pine, is 0 by 15 by 15 inches. $23.95 from Montgomery Ward catalogue. Crystal jigger has three 1½-ounce measurements so ou can mix two or three drinks at a time, $10 at Tiffany.

Folding chairs, *from left,* Mexican, raw wood, $5.99 at Cost Plus Imports; white plastic, by Cosco, $12.50 at W.G. Lemmon; wood and cane, $18.99, Bon Marché.

CHUCK ASHLEY




ge bench of unfinished pine, 43 inches long, $39.95, Montgomery Ward catalogue. Marimekko canvas bags, $24, $23, $42, Design Research. Fold-flat chair, $45,



Old barn beams, redwood seconds

RECYCLED MATERIALS BUILD A NEW HOUSE

Old barn beams and rough-sawn redwood, brick and quarry tile, clear glass, and primitive pattern in basket, rug, wall hanging—a house of texture and time-tested materials where new and old are easy together. "We wanted warmth," says architect Edmund Stevens, who designed it for his family. He built old beams into the barn shapes of the new house, shapes that fitted well into the landscape. He believes in recycling, in work done himself, and in designing the space for the life to fill it—which means, he says with a grin, "that it's the best house there is for the money." "The furniture we already had was right for it," says Shari Stevens. Her early American tables, Indian and African baskets, kilim rugs, and batik pillows were what they wanted. "I collect," she admits. "Anything earthy or ethnic." She also refinishes, stripping chairs or tables to warm, worn wood so they all can coexist, even with burled walnut and chrome Italian end tables and modern white cotton sofas. The earthy materials of the house also make it easy to care for. The tile floors are simply vacuumed, and left unwaxed to weather as they will.

The house is built against the edge of the lower of two fields, protected from the road. The upper field serves as an entrance court. The garage is there—and from there the strong line of the bridge, *left,* leads to the second floor of the house. Framed in old barn beams, it is simple, unrailed, open to the air. The exterior is sided with tongue-and-groove redwood seconds, rough-sawn, less matched in tone than first-grade wood and so, says Mr. Stevens, more interesting visually. It's laid to follow the line of the roof on the living room wing; Mr. Stevens made a sunburst of it for the windowless north wall of the bedroom wing, *inset.* ("I didn't want to see a dull wood wall from the living room," says Mrs. Stevens.) The Stevens and their son, Nicholas, who is eight, helped to apply the clear preservative to the outside.

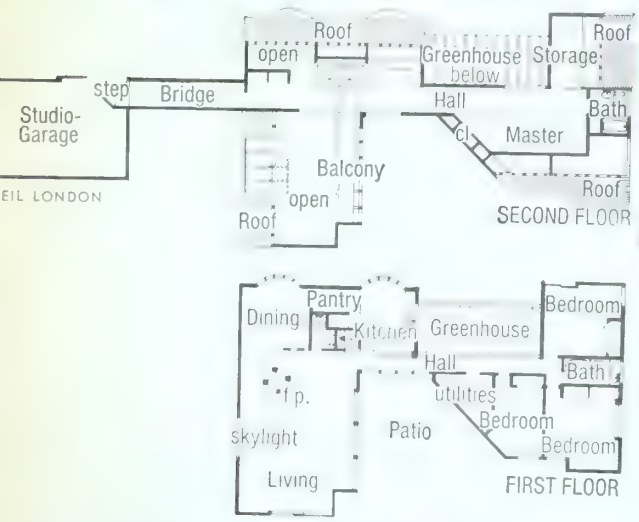
TOM YEE



4-SIDED FIREPLACE
A PLEXIGLAS GREENHOUSE FOR A WINTER GARDEN

ecycled materials build a new house

Continued



EIL LONDON

e plan is dramatically simple: a bridge that runs straight ough the house, shed roofs that lean into it, and two gs, one for living, the other sleeping. From the bridge, can look down to the dining room, *right,* with its eye-zling old Navaho rug, or living room—where a balcony ng the windows intersects the bridge, keeping the long from being overpowering. "I love the space," says Mrs. vens, "the way you can wander through it and live in all t at once." All mechanical systems follow line of bridge, onstruction moneysaver. A greenhouse fills space be-en wings on one side of house; the patio tucks into other.

TOM YEE



The south-facing living room windows are double-glazed; the tile floor gets toasty in the sun. To take the chill off winter nights there is a four-sided fireplace between dining and living rooms, designed of corbeled bricks by Mr. Stevens, its placement decided by Mrs. Stevens. "I considered her my client," he says. Away from drafty doors, it draws and heats nicely. Upstairs, the sloping roof left room to turn the hall—also the entrance—into a library. Shiny urethane-finished floor contrasts with the tile downstairs. The plant is a Spathiphyllum.









Greenery is everywhere inside. Mrs. Stevens collects plants as well—and the peak of the living room is 20 feet high, says Mr. Stevens, partly because they needed space for trees to grow and plants to hang unhindered. She favors reasonably hardy varieties and flowering things that contribute new tones to the strong colors they both love—"bright upstairs with the shiny wood floors, muted colors with the tile," he says. Bow windows, *above,* make sunny show-off places for them.

The greenhouse, *above,* is made of Plexiglas bent around strips of laminated wood. A long glass panel behind the kitchen sink lets the cook overlook it. Sometimes, herbs in pots on the counter share the sun. Sliding glass doors connect the greenhouse with the hall under the bridge. This was the first year for the greenhouse, so it's mostly tomatoes that run riot there. The harvest continued long after frost cut down those outside. And a small brown rabbit—nobody knows how he got there—decided to make it his home. For materials and equipment used in this house, please turn to page 104.



BEADLE



The front of the house, *above*. Behind it, close enough to smell the salt, the ocean. Indoors, a look as close to the outdoors as Mr. Stevenson could make it. In the living room, *left*, his first step was to paint the ceiling sky blue, spray it with fat white clouds, then cover it with trelliswork. One could be in a summerhouse with a lattice roof. Off to the left of the tiny, lattice-walled dining room are the bath and storage; to the right, the kitchen, *above top*. More lattice here, and a skylight with a wood frame that, bordered with hooks, makes a splendid hanging rack for pots and pans.

New windows, white paint and trellis

MODERN IDEAS RECYCLE A TINY COTTAGE

Hardly bigger than a minute, this little house is one of forty-three that, in 1860, were floated on barges across a New England bay to their present seaside sites. As far as anyone knows, they were fishermen's houses, and a few of them still are. The rest have become summer and weekend second houses for painters and plain lovers of salt water. When it came off its barge, this one was only half as big as it is now, and spread to its present perimeter with the addition at some point of a wing that probably accommodated a growing family and drying space for nets. Today the house is owned by decorator Todd Stevenson and Patrick Trani, winter-time art teacher, summertime painter. "I can now teach house painting," he says. "It took seven years to take the house apart and put it together again. It was so ridden with dry rot that by the time the remodeling and shoring up and rescue work was finished, we had practically a new house." The original front half is now an apartment for summer rentals, the rear half is what you see here—an illustrated guide book to what can be done with minimal space, imagination, and a remodeler's ace in the hole, sheer grit.

PORCH ENCLOSED FOR SLEEPING
DINING DECK ON THE ROOF

"All-white rooms make great sense when they aren't subjected to city grime and dust," says Mr. Stevenson, "and because the air out here is as clear as a bell, the living room *[above]* is white for two reasons: It's a small room, only 11 by 18 feet, and needed the *look* of space, which white can give you, and because loading it with color might have shut it up like a telescope. This isn't pure white, but a soft one, like butcher's string. Even the floor is painted white, although most of it is covered with squares of sea grass.

"The walls are finished in rough-coat plaster, which dries so slowly that it was possible to give it a striated texture by raking it with a kind of curry comb—a board with strong nails driven through it—and when the walls were dry they were spray-painted white.

"The room also needed light and air, so French doors were cut into the garden-side wall and a little balcony built outside them. Nice place for potted plants. Then, to gain more space, another wall was broken through to make an alcove out of a side porch, which was enclosed to become a recess for a French daybed. It's slipcovered in white sheeting, and the curtains are shirred dotted swiss, which is also shirred right up and across the sloping ceiling. White linen hangings can be pulled across the arch, and the whole thing looks like a little stage. Anyhow, it takes care of one sleeper, and the other has the big sofa bed in the living room.

"There are two new octagonal windows, well up on their walls. When houses are set as closely together as these are, high windows are like good fences. They make good neighbors. As space is scarce, there isn't much furniture, and none of it is notable except two Biedermeier shellback chairs. But because everything is white, there is a visual flow that makes the furniture look better than it really is.

"All the difficult construction work was done by one of the local carpenters. When we were looking for space for a deck, he said 'Why not sit on the roof?', and sheared off part of a gable and built a railed-in deck reached by an outdoor spiral staircase. It's a great place with a view of the ocean, and we eat up there, and lie in the sun, and bless the carpenter."

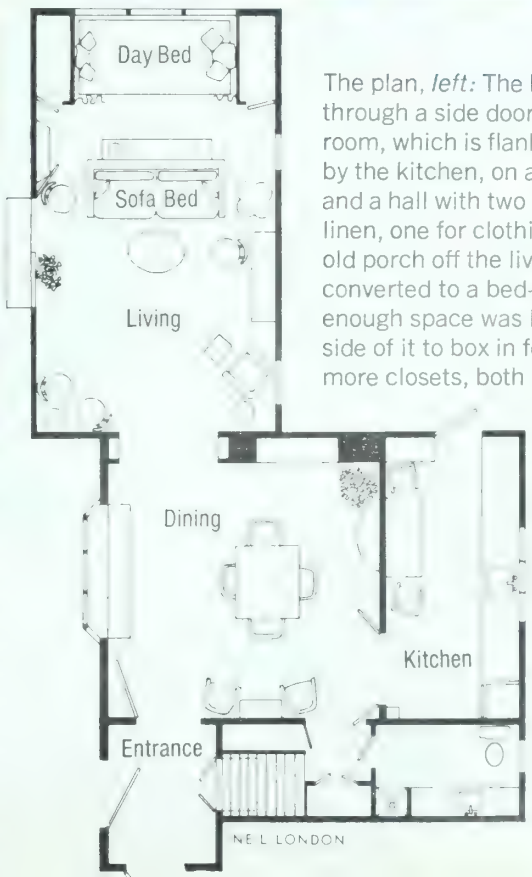
BEADLE



Outside looking in. New French doors, *above,* trap sunlight and the briny ocean air. Tiny balcony is simply an ornamental barricade, although it is deep enough to hold potted geraniums and the forefeet of Dolph, the house poodle. Indoors, at the far side of the room, a new armoire, its original finish too somber for the white room. Repainted by trompe l'oeil specialist John Anderson, it is now in context. In it, and really old, a collection of porcelain; up top, shells and coral. *Right:* Inside, looking out to the garden and a marble lamb, once a church ornament. "The church was being razed, so I bought the lamb and pastured him."



Tiny terrace, *above,* lies outside the kitchen door and is bordered with privet hedges manicured like topiary pieces. The garden, planted in beds wherever there is room (mostly along one side of the house), is composed entirely of white flowers—everything from roses to hollyhocks, marguerites to phlox. Just a step from the kitchen door, the staircase to the roof deck, *above top,* and, on a fine day, lunch. Today, avocados stuffed with tuna salad. "As you see, the ocean and the beach are very close, and the neighbors are even closer. But that's how the community was planned, and you



The plan, *left:* The house is entered through a side door into the dining room, which is flanked on one side by the kitchen, on another by the bath and a hall with two closets—one for linen, one for clothing. When the old porch off the living room was converted to a bed-alcove, enough space was left on each side of it to box in for two more closets, both for clothing.



Cool energy-thrifty
fluorescent tubes
that give the right light
for plants to flower

Water-resistant
shelves that slide out
for air circulation
and easy care

A living-room garden with switch-on sunlight

"If you compare your plants under fluorescents with those on a window sill in winter, you find the plants under lights are growing, while the others are just resting," says Mrs. John H. Allan, a House & Garden editor who designed this 9-by-8-foot light garden. "Lights overcome a lack of sunshine in an apartment and on short or hazy or rainy days. Even marigolds and impatiens will bloom in winter, and plants that used to droop in our south window in summer—begonias, ferns, African violets—grow well under cool fluorescents. Another plus is that cuttings will start in any season." The shelves are 54-inches long with heights ranging from 10 to 28 inches. Above each 48-by-18-inch plant tray are four 48-inch, 40-watt tubes. Her choice was the new Verilux Tru-Bloom, on a 17-hour timer. "Fluorescents are brighter but use less energy than incandescents," Mrs. Allan points out, "though we do use floods for foliage plants like the ficus tree. The inner walls' waterproof white Formica is a good reflector. That was at the suggestion of a friend, interior designer Marsha Ambler. My cabinet maker, R. W. Dickwisch, suggested putting the shelves on Grant pulleys for air and easy tending. Because plants dry out fast under lights and are in active growth, they need constant watering and feeding —but I love being able to garden every day. Most of our plants began as cuttings, and now we have plants to share." For more, see page 8; shopping, page 103.



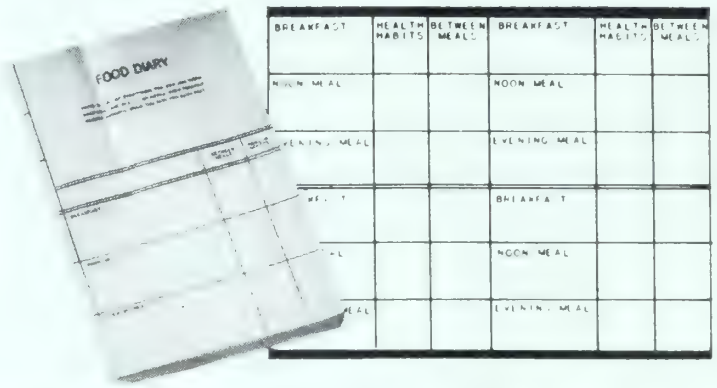
Great ideas: Para-Wedge louvers banish glare of fluorescent tubes, *top*. Sliding shelves have built-in galvanized waterproof trays with plastic eggcrate to keep pots above water.



Penny Allan uses one to two shelves for propagating, starts cuttings of house plants, even shrubs and seedlings for her weekend country garden. She also grows for annual fair at son David's kindergarten. To propagate an African violet she snips off a leaf with small sharp scissors and shortens the stub, *top*, then dips it in water and Rootone F (with fungicide), plants it (in a pencil hole) in vermiculite, mists twice daily.

DIET FEEDBACK

The food diary that talks back



Eloise R. Trescher, R.D., suggests that if you record what, when, where, and how much you eat and drink, you'll find out just what's causing any weight problems you may have



ROBERT LAUTMAN

EDITOR'S NOTE: *Eloise R. Trescher, RD, is a nutritionist as much concerned with enjoying food as eating the right kinds and quantities. A trim grandmother of six who weighs just what she weighed twenty-five years ago, Mrs. Trescher has developed methods to help you take—and keep—control of your weight, too. Educated at the University of Delaware and Johns Hopkins Hospital, she taught at the Johns Hopkins University Medical School (and founded its Nutrition Clinic) until 1949, when she left to go into private practice. She collaborated with two associates on the first manual of Applied Nutrition for the Johns Hopkins Hospital, and her column, "Notes on Nutrition for Your Family's Health," has appeared in House & Garden since September, 1973.*

More than 50 years ago Frances Stern, founder and director of the first Food Clinic in the U.S., at the Beth Israel Hospital in Boston, initiated the use of a daily food diary. Forty-five years ago the food diary was adapted for use in my nutrition clinic at the Johns Hopkins Hospital in Baltimore and is still in use. Today many clinicians, dietitians, nutritionists, pyschologists, pyschiatrists, and other investigators are using many variations of such records. Their effectiveness is undisputed. Such a record reveals important information about the patient and helps the patient learn about himself. The patient records the times of eating, the place, the circumstances and mood, the manner of eating, and the kinds and amounts of food and drinks. Through this he becomes conscious of factors that influence his weight (or disease) of which he wa unaware. For example you should note—

The times of eating.

Record the time and frequency of meals and snacks an the length of time spent in the process. Does the recor reveal that meal times are given priority in planning th day's schedule or is food eaten on the run, sandwiche between activities? The latter method can result in rapi eating, ingesting larger quantities of food than neede and enjoying them less, as well as eating nutritionally in adequate snacks. Keep in mind that breakfast is the mos important meal in the day. Allow time for it.

THIS CHART WILL SUGGEST WAYS OF REDUCING CALORIES WITHOUT REALLY MISSING THEM

You have been using	Calories	Use instead	Calories	Calori sav
1 cup—8 oz. whole milk	160	1 cup—8 oz. skimmed milk or buttermilk	90	70
Cheese, 1 oz. Blue, Cheddar, Swiss	105	Cottage cheese, 1 oz. creamed	30	75
		Cottage cheese, 1 oz. uncreamed	25	80
Hamburger, reg. 3 oz.	245	Hamburger, very lean	185	60
Steak sirloin 6 oz. lean and fat	660	Sirloin, lean only 6 oz.	345	315
Pork chop thick 3½ oz. with bone, lean and fat	260	Pork chop 3½ oz. bone and fat discarded leaving 1.7 oz. lean	130	130
Beef or chicken pot pie	560	Broiled chicken, 6 oz.	230	330
Frankfurter 1, 2 oz.	170	Tuna (in oil) 2 oz.	110	60
		Tuna (in water) 2 oz.	75	95
Sardines in oil 3 oz.	175	Crab, canned, 3 oz.	85	90
Lamb chop thick 4.8 oz. with bone, broiled lean and fat	400	Lamb chop, thick without bone and fat lean only 2.6 oz.	140	260
Fats—all kinds, butter, margarine, cooking and salad oils, 1 level tablespoon	125	1 level T whipped margarine	70	55
		2 level T sour cream	50	75
		1 level T jam, jelly, or honey	60	65
Waffle 1-2½ oz.	210	1 cup cooked oatmeal	130	80
Bagel 1 2 oz.	165	1 slice pumpernickel	60	105
1 Danish pastry without fruit or nuts	275	1 small plain doughnut	125	150
Hard roll 1⅔ oz.	155	4 saltines	50	105

Where do you eat?

tanding at the refrigerator or the kitchen counter? the club, in the car, at the corner drugstore, a ham- r spot? Maybe it's at your desk, in a restaurant, on rrace, in your garden, in the dining room or some lovely and appealing room in your house. The sphere really matters. Meals should be relaxed. They efresher times for the hours ahead. Approach those . with equanimity.

Under what circumstances do you eat?

ou eat when you are really hungry, or when you are ted by the sight or smell of food. Do you watch TV ad while eating? Do you eat when you are tired, , frustrated, nervous, anxious, or bored? Do you rd yourself with food when you have leisure time, happy and relaxed? Whatever your answer, find a ying substitute for that trip to the refrigerator. Do thing creative, acquire a hobby, take a walk, go for a , engage in a sport. Just don't eat unnecessarily. Re- ber the old cliché—"Two seconds in your mouth, hours in your stomach and a life time on your hips!"

How do you eat?

ou eat rapidly from habit or to get that second help- Stop it. Learn to eat slowly.

ou chew thoroughly or do you wash food down with verage? Liquids with meals are fine—*provided* they ot used to expedite the swallowing process.

you take large bites and gulp them down? If so try eat- in front of a mirror and see what big bites do to your . If you are even a little vain you will take smaller s.

you "chain" eat? Take a bite of food and lay down r fork or spoon between each bite. Eating slowly pro- s the pleasure of eating.

you eat surreptitiously? Remember calories do count, when eaten secretly.

you choose the largest plate or glass? Use smaller s, they hold less.

you eat outsized portions? Choose average ones.

With whom do you eat?

you eat alone, with a friend, a member of the family ich one)? Is the meal time pleasant or a necessary re? Make it pleasant.

What do you eat?

you include adequate amounts of the four Basic Food oups in your diet every day? These are:

Milk and milk products: cheese, yoghurt, ice cream.

Vegetables, fruits, and juices.

Meat, fish, poultry, eggs, cheese, dried beans, peas, entils, nuts.

Breads and cereals, whole grain or enriched.

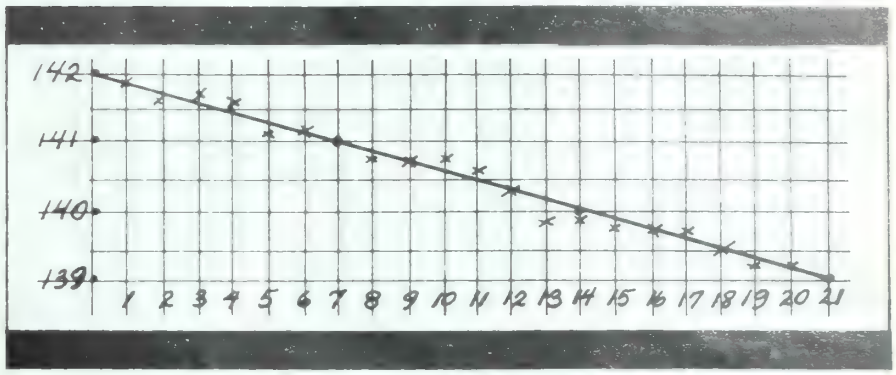
well-kept food diary will reveal all of these pertinent nts. Others important to include are: *Sleep*—record r time of retiring and arising, the number of hours need, and the quality of your sleep. Are you rested in morning? Adequate rest is essential to our well being. *vel movements*—are they satisfactory or unsatisfac- ? If the latter consult your physician.

ter intake should be recorded, as well as *exercise*, the al and the unusual.

e chief reason for unsuccessful weight control pro- ms is that persons want to see those pounds vanish idly. Be content with losing them as gradually as they re gained, and you are likely to accomplish your goal. all overindulge from time to time, but when you do moderate. The French author Camus put it this way, nd indulgence in moderation." Weight control is self trol. Habits are not easily changed. Too much to eat too little exercise are habits hard to break. Only *per- nent* change in your eating habits and exercise pattern bring *permanent* results.

THE WEIGHT CHART THAT CONTROLS LOSS

BY CAROLINE SEEBOHM

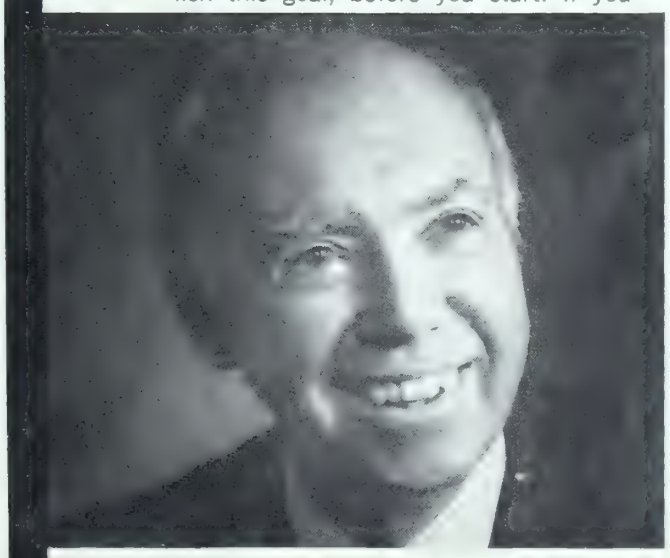


To lose weight, you must actually gain weight if you get ahead of your schedule— an interview with Dr. Laurence E. Morehouse

EDITOR'S NOTE: *Dr. Laurence E. Morehouse, who came up with one of the best solutions ever to exercise, (see House & Garden, August 1975, and his book,* Total Fitness in 30 Minutes a Week [*Simon and Schuster*]) *has also proposed what might be one of the most successful ways to lose and control weight since diets were invented. His technique, also described in his best-selling book, involves a simple chart you must keep every day. It has worked so well that it has been adopted as an anti-obesity program in Los Angeles city schools.*

"One pound of fat is 3,500 calories," says Dr. Morehouse. "This means losing one pound of fat is going to take some doing. There are, of course, fast-reducing diets, but these merely take off *water,* and if you lose too much water you get unhealthy and then have to get the water back to get your health back. So let's face it, it's the fat you want to go—and it will have to go slowly. *One pound a week,* which is 52 pounds a year, is a sensible goal.

"The next question is—'How much do you want to lose?' It is essential to establish this goal, before you start. If you



weigh 150 pounds, and think how wonderful it was when you weighed 118 pounds twenty years ago, that is not a reasonable goal. Pick a weight maybe halfway between that—say 135 pounds—and see how you feel when you achieve that. Or go down to 130 pounds and for the rest of your life never go more than 130-135 pounds; that is a reasonable goal, and you'll look and feel a lot better. That is twenty pounds in 20 weeks."

Having established these goals, you now start using Dr. Morehouse's clever technique for losing the weight you want to lose. "*Make a chart* from where you are now to where you want to be, and as you lose a pound each week, you mark it on your chart. Take a sheet of graph paper, and down the left-hand side write your starting weight and on down—using two squares to each pound, as the illustration shows. Along the bottom, write the date you start and every date after that, one on each square until you reach seven days, at which you put a dot, to mark the end of a week. Then, with a ruler, join the dots together in a straight line. This, now, is your weight-control chart.

"Each morning before breakfast, get on the scale and mark the weight on your chart. *The goal is to be on the line.* If you are over the line, it means you must be cautious that day—don't eat things you don't need, and don't take second helpings. If you're way over the line, you must cut down on portions.

"Each day, if you are over the line, say no to the donut—then you'll probably be under the line the next day. So that means you've got to get back up again to be on the line! In other words, you must gain some weight *back*—go ahead and have that piece of cheesecake—so you can keep accurately right on the line. This is a wonderful method for weight-losers to remain motivated. Filling in your chart in this way, within a week you will learn how to control your diet—you know the exact *(Continued on page 102)*

A super-efficient cooking cente

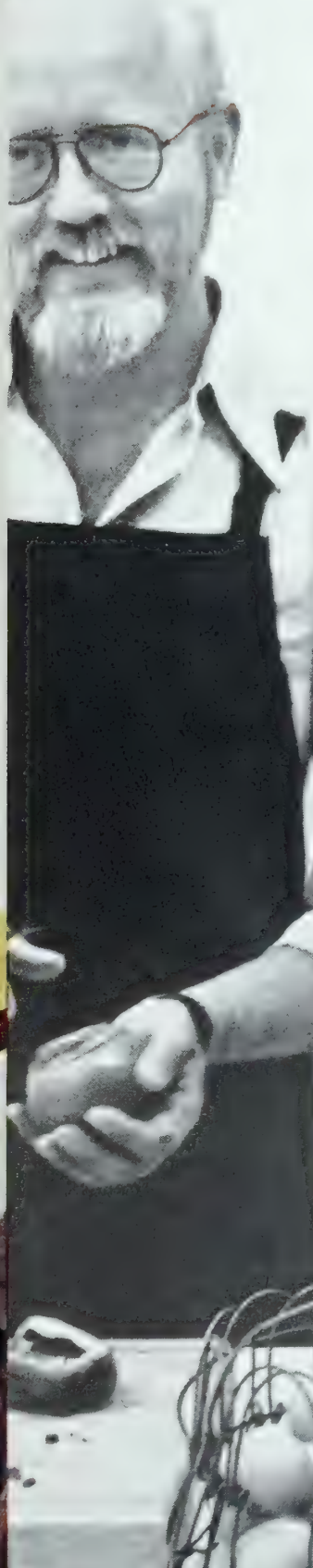
esigned by an architect-cook

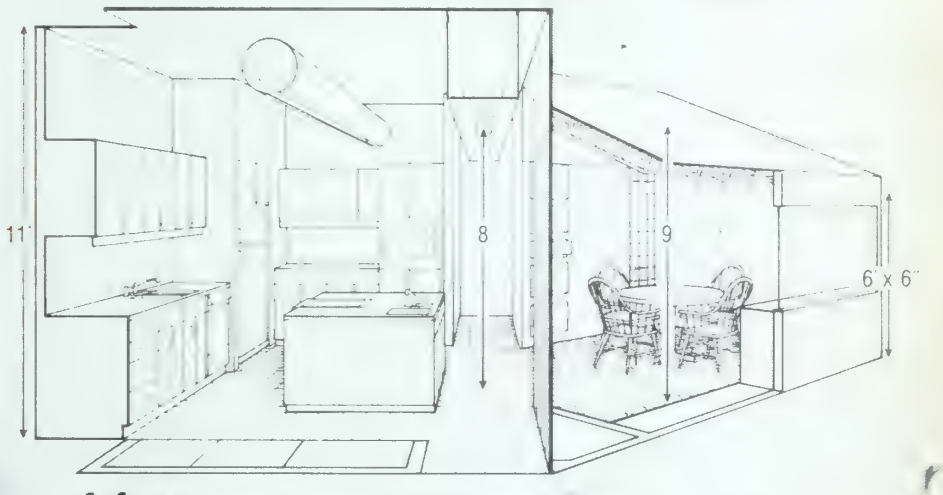




Organization — that's the key to House & Garden's 1976 Super Kitchen, designed by Charles Mount, an architect and experienced, well-organized cook. There are two sections, one for food preparation and cooking, the other an easy-to-add-on dining/planning area. Either or both sections are full of ideas for remodeling or building your own kitchen. The work area is organized round a multipurpose central island, as large as space permits. Counter-space is carefully arranged for working cooks: next to the microwave oven, each side of the sink, on the central island. Equipment is strategically placed near the oven and in the island. One wall is entirely storage—pantry and china. You can stand at the island and reach oven, storage, sink, and refrigerator almost without moving. Under-cabinet lighting on work surfaces. Charles Mount used Mutschler kitchen cabinets and Corning cooking equipment for his design.

Plan of the work/dining areas, below, **showing 3-foot-wide aisles around island for easy movement, corridor separating the two sections, varied ceiling heights.** ***Overall view of kitchen, left,*** **from dining area, with plants hanging from ceiling, decorative niche, giving a country feeling.** ***Charles Mount at work, below,*** **with eggs, herbs.**





"When you're cooking, a really well-equipped and organized kitchen is like having an assistant to help"

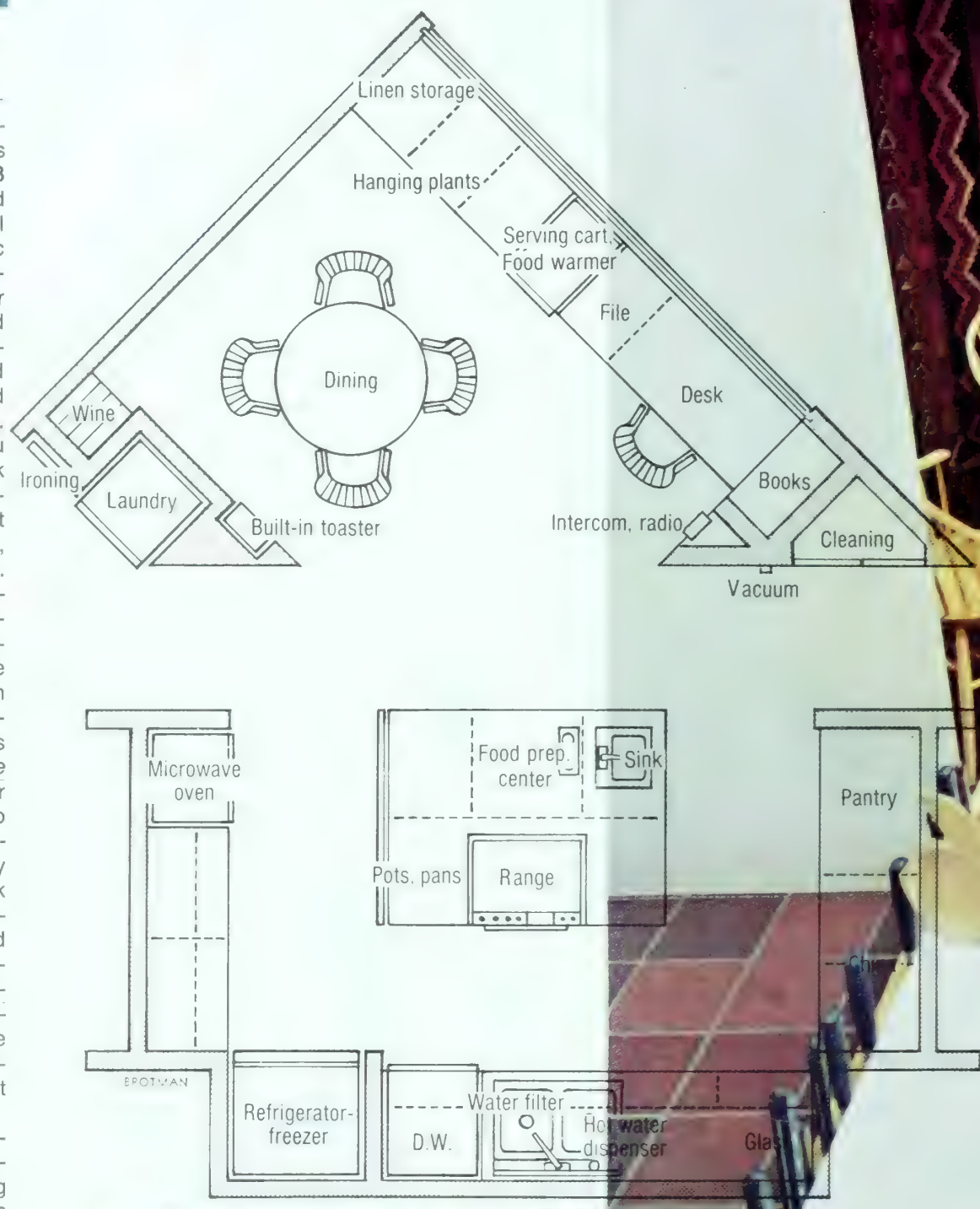


White paint gives clean lines to a busy space

The central island is multipurpose, *right.* On one side is Corning's 3 + 1 range (3 thermostatically controlled heating areas, 1 conventional one), with custom ceramic cooking surface and oven beneath, *above.* On the other side is a small Elkay sink, and Nutone food center, operating 8 appliances. Island and countertops are heat- and stain-resistant DuPont Corian. **Efficient cabinets** where you want them—Mutschler's oak cabinets with stained almondwood-finish contrast with rough cut pine walls, painted white by Tru-Test. *Opposite page, top:* The island contains Nutone appliances, bakeware, and chopping blocks on adjustable shelves. More cabinets with adjustable shelves for Cookmates cookware that comes with Corning range, *opposite page, center,* and on the far wall, pantry and china. Also **streamlined equipment**—under-counter dishwasher by KitchenAid, and Elkay sink with Instant Hot-water Dispenser by KitchenAid and water filter by Teledyne Water Pik. *Opposite page, bottom:* Aeronutronic Refrigerator by Ford. Tray storage above the Litton Minutemaster microwave oven, pot storage below.

Attractive ceiling in the dining area—grid frame by Unistrut, with plants hanging from it. Track lighting in this ceiling, and all fluorescent fixtures under cabinets, *opposite page, center,* by Progress Lighting. Tablecloth by Allumé. *Below:* lowered ceiling over corridor covered in Mylar, with recessed lights; custom polished aluminum vent hood over island, by PM Range Hoods. Note the cook's homemade knife rack—a block of oak bolted to the side of the island. The floor plan, *right,* shows 16-by-10-foot work area and 16-by-12 foot dining space with a corridor in between them.

"The work area is ordered—food preparation space on one side, serving on the other, cooking in the middle"

















"There's good circulation in the kitchen and from kitchen to eating area—so a meal becomes a unified experience"

How to make a kitchen work for one person or ten

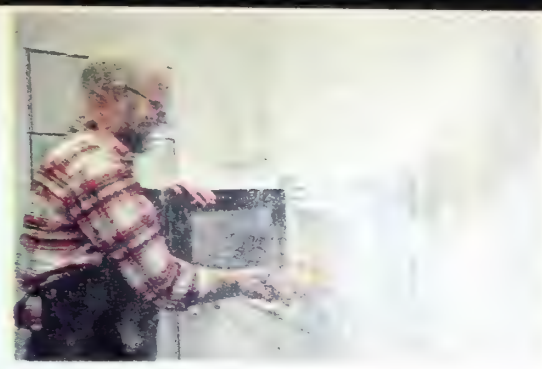
From the work area, *above,* you have control over the whole room—when to serve, what people need—you can talk to guests while you work. **Practical dining area,** *right and below*—pulled out from the counter is Mutschler's serving cart, with side leaves that pull out and storage below. Built into this cart is Corning's Counter Saver Plus, which works as a food warmer. And conveniently close to the table is wine storage, a built-in toaster by Modern Maid, and linen storage under the counter. Practical, yes, but warm and cozy too, with the vinyl tile floor (several shades of terra cotta) by Kentile, and the wall to the left of the window, *below left,* also painted a warm terra cotta. A Turkish rug from Gerald Norman is used as a wall-hanging. The dining table has a butcherblock top, with Claud Bunyard's natural ash Windsor chairs around it.

The table set for a party, *below right,* with Charles Mount's delicious salmon mousse ready on the table. On the counter behind, his buffet of cantaloupe soup, tomatoes with pesto, smoked chicken, and an onion quiche keeping warm on the Corning Counter Saver Plus. (For recipes, turn to page 98.) "I experiment every day with my cooking," Mr. Mount says. "I read every cookbook I can lay my hands on and explore every avenue of food. My next project is to develop an American Brie—also a Pear Cider, which is almost ready."









TOM YEE

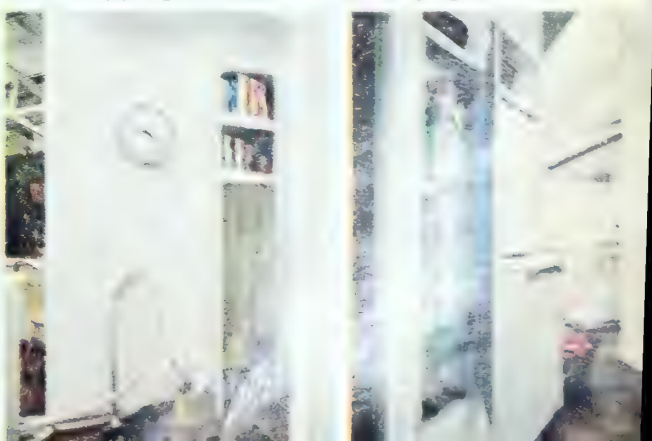
"Contrasts of greenery, aluminum, terra cotta and almondwood make the room lively and appealing"

All the cook's needs are fulfilled in this 1976 Super Kitchen—for instance, under the window, *left,* is an office, with file storage, telephone, and cookbooks all close at hand. On the wall behind, also within easy reach, are the radio intercom and intruder/fire alarm systems, both by Nutone. *Above:* Charles Mount takes an open peach pie out of the Litton Minutemaster microwave oven, which has an automatic food temperature control.

Storage that guests never see—the cleaning department, for instance, *below left:* a closet conceals brooms and brushes, and beneath the 24-hour clock is the Vacuflo built-in cleaning system by H-P Products—its hidden power unit provides cleaning ease throughout the house.

If you want to add on entertaining space, this 16-by-12-foot dining area, with its slanting ceiling, makes an easy addition to existing space—as the whole concept is based on a modular system. The laundry area, for instance, *below right,* is a self-contained unit within the dining area section. To the left is the built-in ironing center by Iron-A-Way, with adjustable 46-inch board. Next to it, StowAways—10-pound, heavy-duty, fully automatic stacking washer and dryer by Norge—easy to pull out on casters. Above them both, shelves for more storage and baskets for laundry.

Parties of the future, according to this most imaginative of cook-architects, will be run by a computer hook-up. "You will feed into it how many people are coming to dinner, and the menu you wish to serve," explains Mr. Mount. "The computer will then tell you how many pounds of meat to buy, how much butter, and so forth. It will also tell you when to buy all the raw materials—the whole timetable will be laid out for you according to the size of your party." Mr. Mount envisages his plan as a subscriber service. Isn't it an idea to conjure with? For shopping information, see page 103.



Save even though you may not think you are getting a proper return for your money. The person who has liquid funds can meet emergencies

Madeline McWhinney *continued from page 66*

What's the point of saving when the cost of living is rising faster than interest rates?

"It's true you're not gaining, but you ought to save even though you may not think you are getting a proper return on your money. The person who has liquid funds can meet emergencies, the person who is always living up to the margin can't. It's the person with money who makes money. To fail to save is self-defeating, puts you in a worse position and makes you more vulnerable. You must have cash you can get to in an emergency. We also need to encourage savings very badly because we need capital world wide . . . to develop solar energy, nuclear plants.

Must we come to terms with a slower rate of progress?

" The rate of growth in this country certainly isn't going to be as it was. We can't assume that we're going to all move that much up the scale and all have that much better an economic life than our parents or grandparents did. But sometimes when you look back, it often seems that they were better off than we are, in terms of quality of life. I think we've bottomed out of this recession but I don't think the recovery is going to be anywhere near as rapid as it has been in the past because of the new situation in housing and automobiles, two things that generally took us out of recessions in the past. Mortgage money is available, but it's expensive and it's going to continue to stay expensive. The day of the 4½ percent mortgage is not going to reappear in our life-time. This is a structural change, which takes time for people to realize they've got to adjust to."

How can we learn better techniques for managing money?

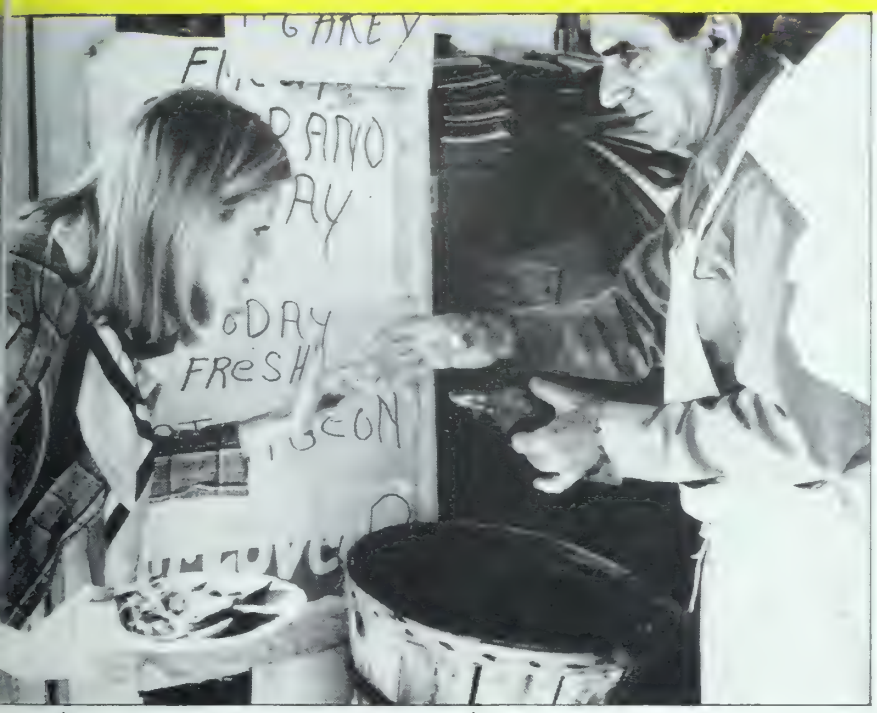
"Some people are interested in arts, some are interested in money, but I think that the basics of money management can be handled by anybody. Some people may need a little help and a direction from someone who is a professional and can help them set up some plans. Many banks have offered this sort of personal service for years and they don't make a noise about it. At the Women's Bank we certainly do it, but we want to go beyond that and offer education to women, special help to women alone, divorcees, women in business. Many want a place they can get honest answers and advice. Everything has been stacked against them in the past. The idea that women shouldn't dabble in money is an attitude that has to be broken down today. Our world exists on credit. We've moved away from a cash world. It's important that women learn what credit is, how to handle it, get over the feeling that loans aren't a bad thing. Everyone needs to establish credit rating. How much can you afford to be in debt? This depends on your individual lifestyle. A good idea is to sit down and list your net income and fixed outgoings and then work out how much you can afford to pay in loan repayments."

How do you see life changing?

"More women will enter the job market as a result of inflation t try to keep up the family incom With this development, and alor with higher mortgage rates, I se a revitalization of the city. Worl ing mothers must be near the children, not a commuter ric away, in case of emergencie Taxes and running costs involve in maintaining a house and lan are escalating so that city livi becomes an attractive alternativ In any case, a halt in suburba expansion seems inevitable. Ho can we afford the cost of contin ing to build roads and extend util ties for new, ever-more-dista communities? Our local gover ments seem to be heading towar the bankruptcy courts. Hence ou transportation systems are likel to continue to deteriorate. An with the rising price of gasolin commuting into the city by car ge more costly. The return to city li ing is already happening—look museum attendances recentl That's another aspect that show us life isn't going to be depressin We ought to think of futu changes as offering new opportun ties and possibilities. ■



WINE AND FOOD



Page

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"There's no time to get them up to room temperature, but we could lower the thermostat." © PUNCH

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97 Surprising, thrifty recipes from Frederick L. Stagg


CHOCOLATE
COCONUT
The taste you've known and loved.
Serve Choclair by itself and it's a sippy, tasty, chocolate coconut drink. Mix one part Choclair with two parts vodka and it's a Wooden Shoe. Just as tasty—but wow.
Incidentally, Choclair is the first of Arrow's deluxe premium flavors. You can't miss it at your local liquor store—it's in our distinctive white bottle.
Choclair by Arrow®
Heublein's House of Good Taste.
54 Proof Liqueur. © 1975 Arrow Liquors Company, Allen Park, Michigan
Arrow
DELUXE
HEUBLEIN
CHOCLAIR
CHOCOLATE COCONUT LIQUEUR

ow-calorie entertaining

elicious menus and recipes that are both easy to make and easy on the calories, nned especially for House & Garden by Helen Corbitt

Corbitt has a wonderful touch with food, see story picture on page 61 for how goes about serving light fare herself. For more low- ie food, see *Helen Corbitt s for Looks* (Houghton n, $5.95).

NU

Crabmeat Chantilly*

old fresh asparagus and cado with capers and crisp, liced bacon, lemon juice and oil dressing

Rye Melba toast

ld poached whole peaches with burnt sugar threads

W-CALORIE CRAB- AT CHANTILLY

edients

blespoon whipped argarine
blespoon shallots, minced
pounds crabmeat, fresh r canned, or any cooked eafood
up dry white wine
g whites
aspoons cornstarch
blespoon Dijon mustard
aspoon salt
drops Tabasco sauce
up Parmesan cheese, rated

hod

large saucepan melt mar- ne, add shallots and sauté 1 minute. Add the crabmeat stir with a fork. Add the e and simmer until the wine evaporated. Pour crabmeat a lightly greased 1½-quart serole.

bowl beat egg whites until peaks form. Add the corn- ch. Continue beating until whites are stiff. Stir in mus- , salt, and Tabasco. Cover crabmeat mixture with the white mixture and sprinkle Parmesan cheese.

ce in a 350° oven until hot lightly brown on top (about 20 minutes). Serves 8. 101 calories per serving.

Note: A light cream sauce may be substituted for the wine and shallots, without increasing the calorie count. And you can also make a richer mixture by substituting 1 cup mayonnaise for the cornstarch.

MENU

Demitasse of cold squash soup * with raw asparagus spear to stir

Boiled brisket of beef with natural juices

Spinach and green pea soufflé*

Steamed fresh cabbage chunks sprinkled with finely chopped pine nuts

Celery salad with mustard dressing

Compote of fresh steamed pears, apples, and plums in red wine and cinnamon

COLD SQUASH SOUP

Ingredients

1½ cups onions, finely chopped
2 tablespoons whipped margarine
1 quart summer squash, sliced
2 cups chicken broth
pinch of sugar substitute (optional)
2 cups skim milk
salt
white pepper
parsley or chives, chopped

Method

In a saucepan add onions to margarine and sauté over low heat until soft and yellow.

Add the squash and broth. Cook until the squash is tender. Add the optional sugar substitute. Let the squash cool, then purée in a blender.

When cold, add milk and salt and pepper. Refrigerate. Serve with asparagus spears to stir with. Serves 6. 12 calories per demitasse serving.

SPINACH AND GREEN PEA SOUFFLE

Ingredients

1 tablespoon whipped margarine
1 tablespoon shallots or onion, finely chopped
3 tablespoons flour
1 cup skim milk
4 egg yolks, beaten
1 cup fresh spinach leaves, washed, dried, finely chopped
1 cup fresh or frozen peas, cooked, drained, mashed
5 egg whites, stiffly beaten
⅛ teaspoon salt
white pepper

Method

In a large saucepan melt the margarine, add shallots, and cook 1 minute over high heat.

Add flour and cook until foamy. Add milk and cook, stirring, until thick. Cool slightly.

Beat in egg yolks and add spinach and peas. Fold in the egg whites, salt, and pepper.

Pour into a lightly oiled 2-quart soufflé dish, and bake at 375° for about 40 minutes. 70 calories a serving. Serves 10.

MENU

Cottage or farmer's cheese soufflé *

Sautéed sherried mushrooms

Pineapple shell filled with apricot sherbet*, surrounded with fresh pineapple fingers and fresh mint

COTTAGE CHEESE SOUFFLE

Ingredients

4 eggs, separated
pinch of salt
1 teaspoon flour
¼ teaspoon dry mustard
pinch of cayenne
1 cup sour cream
6 ounces dry cottage cheese, softened at room temperature or 6 ounces cream or farmer's cheese (if cream cheese, calorie count goes up to 210 per serving)

Method

In a large bowl beat egg yolks until thick and creamy. Add salt, flour, mustard, and cayenne.

In another bowl combine sour cream and cheese, blend until smooth. Add to egg yolks, beat until smooth.

In a bowl beat egg whites until stiff but not dry and fold into yolk mixture. Put mixture in an ungreased 1½ quart soufflé dish.

Place in a pan of hot water and bake in a preheated 300° oven for 1 hour. Serves 6. 95 calories per serving.

APRICOT SHERBET

Ingredients

4 cups apricot nectar, hot
1 cup water-packed apricots, chopped finely
1 3-ounce package lemon gelatin
juice of 1 lemon
artificial sweetener, if necessary
ice
rock salt

Method

In a bowl mix nectar, apricots, gelatin, and lemon juice together and freeze in an ice cream freezer with 6 parts of ice to 1 part rock salt.

Or freeze in a deep freeze and whip when partially frozen in an electric mixer and return to freezer. Makes 1½ quarts. 45 calories per ½ cup serving.

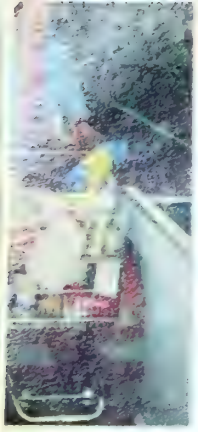
MENU

Sates of lobster and breast of chicken * with a light sweet-and-sour sauce*

Artichoke soufflé ring* filled with julienne carrots with vodka and grated orange peel*

Fresh lime milk sherbet in fresh coconut shells

Continued on page 100



Cook-ahead recipes for no-fuss entertaining



Mrs. Leonard Gordon's secret for easy entertaining is to cook ahead and to cook only when she's in the mood; see how she goes about it on page 61. Here are her ideas and recipes for great dinners or lunches that save time and energy and that frantic, last-minute rush.

APRICOT PUDDING

Ingredients

¾ cup sugar
4 large or 5 medium eggs
1 quart milk
1 tablespoon vanilla
10-15 dried apricots, cut in small pieces
4 slices stale white bread, buttered
cinnamon and sugar

Method

Beat sugar and eggs together in a large bowl. Add milk, vanilla, and apricots; mix well. Transfer to a greased 1½ quart soufflé dish. Add bread and push it down a few times until soaked through. Sprinkle top with cinnamon and sugar.

Bake in a preheated 350° oven for about 40 minutes or until tester comes out clean. It may look loose. It should be of custard consistency. Serves 6.

More recipes, page 99











From top left: Kaye Gordon's strategy for shopping is to pile up her shopping cart with enough staples to allow her to multiply every dish she makes; extras go right into the freezer. In-season vegetables come mostly from her kitchen garden where she grows everything from carrots to zucchini. Flowers are grown profusely, too; here marigolds and zinnias just picked from a cutting bed. Apricot pudding that takes, "all of 10 minutes to make." Mrs. Gordon's version of bread and butter pudding was invented one weekend when she ran out of raisins, snipped up apricots instead. A sliced peach adds zip to a cool glass of rosé wine. "Most people love an omelette for lunch," says Mrs. Gordon who tucks anything that happens to be in the refrigerator into her kitchen omelette, from briefly sautéed vegetables, to salami chopped very fine. Black and white, the color theme for the Leonard Gordon's whole house, is carried through on the table with zippy prints for mats and lap naps.

Right: **From the left—meat loaf arranged in a circle brilliant with a garnishing of chopped vegetables, cherry tomatoes; striped bass topped with parsley, dill, shallots, and mushrooms, and a garnishing of basil; chocolate coconut cake rained with shredded coconut.**

LEOMBRUNO BODI-LAM




fish
dessert

Wine with food—fresh and unexpected combinations

James Beard, a great adventurer with wine and food, describes his favorite combinations, updates many of the old rules

"Use individuality and informality in pairing wine with food" says James Beard who describes his favorite combinations and suggests a host of new wines to serve with favorite dishes from a handsome new wine book, The Joys of Wine (Abrams) *by Clifton Fadiman and Sam Aaron.*

One of the great pleasures in planning a meal is choosing wines and foods that balance each other. You can start with a beautiful menu and then select the proper wines to accompany it, giving the food star billing, or you can design the meal around one or two choice bottles.

We are more adventurous about our eating and drinking than we used to be, and this attitude is shared by increasing numbers of young people. Rules about wine are really pretty simple if they are applied with common sense. The basic maxim goes: a white wine before a red wine, a light wine before a full wine, a dry wine before a sweet wine, and a young wine before an old wine. Well, I think any person with a sense of balance in eating and drinking would naturally arrive at these ideas. If it's true that you try to build your menu to a climax, course by course, why wouldn't you choose the wines in an ascending order to set it off? It's logical.

Just as some foods and wines make perfect marriages—good raw oysters and fine dry Chablis or Muscadet are made for each other—some, such as a spicy goulash and a flowery Moselle, are considered incompatible. Try a fine Alsatian wine with pork, and as for ham, champagne complements it in a magnificent fashion.

Some people don't drink wine with asparagus or artichokes, and others feel that carrots ruin the taste of wine. I've never found much basis for this, or at least I've combined wine with all three vegetables many a time and discerned no significant loss of flavor.

In some instances the antagonism between wine and food is indisputable—which is true in the case of salads heavy with vinegar. So if you are having wine with salad try making the dressing with a little cognac, or with a bit of the wine you are drinking, instead of vinegar. No one can deny that the taste of good olive oil, fresh herbs, and a little chopped shallot or garlic will enhance a salad without benefit of vinegar.

Some people think that salmon and wine are not complementary, but this depends on the preparation. The great André Simon once said, that drinking beer was often preferable to drinking wine with salmon, particularly if the fish was oily and served in a rich way. I have found that fine sturdy whites are extremely pleasant with many salmon dishes.

Fish or meats which are simply grilled go better with light wines that are slightly dry, whereas heavily sauced dishes will be far more attractive to the palate if they're served with bigger, fatter wines. Generally, the sturdier the dish the sturdier the wine that accompanies it.

Cheese has always been considered the perfect companion for fine red wines, and it's customary to save some of the best wine to serve with cheese as a separate course. But there are certain cheeses—goat cheeses, for example—that go well with white wine, and in summer many light cheeses can be served with a chilled white wine very successfully.

If you are having a regional dish, you will often find that it is best eaten with a wine of the region represented. A choucroute garnie from Alsace is delicious with a Gewürztraminer or a Riesling. In some cases, though, you may want to drink the same wine as was used in the dish. This is true of a coq au vin, traditionally made with a Chambertin, and it is true of dishes such as boeuf à la bourguignonne.

One way to broaden your knowledge of wines is to serve two different ones with a main course instead of serving two bottles of the same wine. With a leg of lamb, for example, your first bottle might be a Médoc and your second a more full-bodied Pomerol or Saint-Émilion, or even the same château wine but a different vintage. Wild duck could be accompanied first by a Pommard, let us say, and then by a Nuits-Saint-Georges. You might even go so far as trying a white wine and then a red wine with a roast chicken or roast of veal, to see which you like better.

There may be situations when good beer or spirits are in order rather than wine. When eating caviar, you'll discover that chilled vodka is going to give you much more pleasure than any wine. You may also like vodka with smoked salmon.

The wine you use in cooking does not have to be a great wine. After all, it is used for flavor and not for anything else. Besides the reds and whites, fortified wines, notably Madeira, are widely used in cooking. For most dishes one should choose a Madeira on the dry side. This wine from the tiny island in the Atlantic has long been a classic ingredient in cookery because of its extraordinarily wonderful flavor. It is used to make one of the great brown sauces. In addition to soups and main dishes, it is often used in vegetable dishes, and from time to time in desserts. Port, which ranges from dry to sweet, is commonly used in cookery, too, and here again one must be careful not to choose one that is overpoweringly sweet for such delicate dishes as those made with veal or chicken. The third wine in this group is sherry, used in everything from soups, through meat, and sauces, to dess Once more, the sweet varies. One uses dry sherry soups and meats and work to the rich, nutty sherries desserts and sauces, prim dessert sauces. One of the delicious simple desserts in world is a sherry jelly whipped cream.

Another useful wine to h around is vermouth, which serve with great success recipes that call for white v It is a blessing for the cook needs only a touch of wine doesn't want to open a w bottle. In a martini-drinking ily it's wiser to use up the mouth quickly anyway, sinc deteriorates once the bottl opened.

A frequent fault of ama cooks is that they believe add zest to a dish if they more wine than is called fo the recipe. Not at all. The ance of flavor has been caref worked out in the recipe, too much wine can ruin it.

When using wine in cook add it to the dish at a point allows time for it to heat to b ing, permitting the alcohol cook away. Otherwise it leave a rather unpleasant fla

The following chart indica some of the traditional pairi of wine and food. In most ca alternatives are offered should lead you toward crea experiments of your own.

FOOD	SUGGESTED WINE OR SPIRITS
Hors d'oeuvres such as crudités, olives, almonds, deviled eggs, smoked salmon	Dry aperitifs such as Fino Amontillado sherry, Sercial Rainwater Madeira, L Blonde, Montilla, Manzanilla.
Meat patés and foie gras	Sometimes in France foie gra accompanied by Sauternes v chilled (which reduces sweetness). Interesting alter tives are cooled Beaujolais light red Bordeaux, Zinfan and Gamay, all of which adm ably suit a meat pâté. If a f bodied dry white is to be ser with the following course, would also be satisfactory he

Continued on page

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CORNING 3+1 RANGE



Why not serve two different wines with the main course instead of serving two bottles of the same wine

Wine with food *continued from page 94*

FOOD	SUGGESTED WINES OR SPIRITS
Consommé	Dry sherry or Madeira.
Fish soups, chowders	A light crisp white, such as Soave, Alsatian or California Riesling, Muscadet, Manzanilla, or Montilla.
Cream soups	Same as for the preceding, though a heavier white wine from the Loire is preferable.
Cold meats and other light fare for a summer picnic or buffet	Light dry wine such as Moselle, vin rosé, slightly chilled Beaujolais, Valpolicella, or Spanish Rioja.
Eggs, cheese, or stuffed omelet	Light red such as Zinfandel or a regional Médoc; perhaps a Tavel or a Grenache Rosé.
Cheese dishes	Crisp dry white such as Alsatian Riesling or Swiss Neuchâtel.
Pasta	With seafood sauce—Soave or Verdicchio; with meat sauce—Chianti Riserva.
Shellfish	Chablis, white Graves, M det, California or New Riesling.
Fish, poached or grilled	Same as Shellfish; also P Fuissé, Rheingau, Moselle
Fish in heavy sauce or seafood ragout	Any full white Burgundy su Meursault; a full-flavored F gau such as Rüdesheimer fornia Pinot Chardonnay.
Chicken or turkey	A full-bodied white (as fo preceding), or a light red deaux, Beaujolais, Bardoli Cabernet Sauvignon.
Ham and pork	Neither really comple great wine. Fruity whi sparkling wines are ple (champagne with ham).
Veal, sweetbreads, brains, tripe, etc.	Full-bodied white Burg light red Bordeaux, Cali Cabernet Sauvignon, Côte Rhône, Beaujolais (Mou Vent).
Lamb	The classic choice is châ bottled Bordeaux (or Cali Cabernet Sauvignon).
Beef, light game such as quail or pheasant	Fuller-bodied red Bor (such as Saint-Émilion), fornia Pinot Noir, Côte Beaune red, Chianti Clas hearty Rhône.
Light stews (veal, lamb, or chicken)	Medium light wines suc Beaujolais, Zinfandel, Côte Rhône, Barbera, Volnay.
Heavier stews, cooked with wine	Châteauneuf-du-Pape, H tage, Côte de Nuits, Burg Barolo, California Pinot No
Heavier game such as venison, wild duck, goose, or hare.	Full-bodied red—one of the ger Burgundies or Rhône w
Salad	None, unless lemon or cogn substituted for vinegar.
Cheese	The finest Bordeaux, Bu dies, Rhônes, vintage Calif Cabernet, Pinot Noir. Also old ports. All wines are flat by cheese—the bigger the the better the mating.
Desserts, fruits, pastries	Château d'Yquem and Ge *Trockenbeerenauslese,* bec of their sweet, flowery qual represent perfection, but try the richest, sweetest exam you can find from Sauterne Loire, the Rhine, and Mos Tokay, Madeira, champa
Walnuts, Stilton or Cheddar cheese	Port, Madeira (Malmsey or B



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Surprising thrifty recipes

Leftovers with a French touch from the Paris kitchen of Frederick L. Stagg

Frederick Stagg is a gentleman cook who lives in Paris. He has taken advantage of this special position to adapt all he loves in French cuisine for the American cook, the American kitchen. In his new book, *A Paris Cook Book*, he describes in detail his ways of simplifying the classics and embellishing the dishes he particularly loves that are at once wonderfully instructive and inventive (see page 59). Here we have his quick ideas for giving leftover meat, fish, and vegetables an exciting new taste the next day.

ROAST BEEF OR BEEFSTEAK

Cut beef into small dice with cold boiled potatoes. Dust beef and potatoes with a little flour and heat with butter. Then moisten with half-wine-half-water—just enough to make a creamy sauce that you can darken with a little tomato paste and a few drops of vegetable caramel (Kitchen Bouquet or Gravy-Baster). Season to taste.

Or you may put it through the coarse plate of a grinder with bits of cooked bacon or ham. Mix with cooked tomatoes. Cover with béchamel sauce (the simple variety: 1 spoonful butter, melted and blended with 1 spoonful flour, stirred together on medium heat to make a brown binding, moistened gradually with milk, hot or cold, and seasoned with onion salt, pepper, and thyme). Give it all a fine dusting of grated cheese, and on it place pats of butter. Bake in 350° oven 15 minutes.

BOILED OR STEWED BEEF

Either can be ground fine, seasoned highly, and used for stuffing peppers or tomatoes (top them with a simple béchamel sauce, as described above, and brown in the oven).

Or, if left over with carrots and onions, it can be simply warmed over and served on bread lightly moistened with sherry and then fried in butter.

MUTTON OR LAMB

A cook with imagination—how can a cook lack it?—can make a variety of rice dishes on a base of cooked mutton or lamb. For instance:

Soak a handful of raisins in warm water for 30 minutes. Meanwhile, chop the meat roughly and put it in a cocotte with some butter and a chopped onion or shallot. Set on high heat and, as soon as the butter sizzles, dust the meat with all-purpose flour. Stir and let the flour brown lightly. Moisten with a little broth or water, stir, then remove from the heat and cover. Drain the raisins and add them to the meat. Add a pinch of garlic powder and another of rosemary powder. Bring to a boil, stir and serve on warmed-over boiled rice.

Note: Mutton and lamb do not marry well with wine.

CHICKEN AND TURKEY

Chicken and turkey make the best hash. They can also be mixed with ground veal, if the latter is whitish. Season with onion salt, white pepper, and a pinch of nutmeg, and moisten generously with a thick béchamel sauce or Mornay sauce. Lay on a bed of leftover green beans, peas, spinach, or almost any vegetable, in a well-buttered ovenproof dish. Cover with more of the same sauce, sprinkle with a little grated cheese, and dot with butter. Bake for 15 minutes in a 350° oven. Brown surface under grill.

Pancakes (crêpes) are excellent rolled around preparations such as in the hash recipe above or vol-au-vent below and finished with a spoonful of béchamel sauce.

Vol-au-vents and their junior relations, bouchées, can be bought ready made. Both are delicious when filled with chopped chicken or turkey—mixed with veal, if you wish—and a béchamel sauce, enriched with cream and a teaspoon of cognac, Scotch whisky, or good corn whiskey (bourbon). If you have mushrooms handy, they will, after being sautéed in butter, add greatly to the preparation.

PORK

Cooked pork is especially good for stuffing cabbage. Put 2 spoonfuls seedless raisins in warm water and let soak for 30 minutes. Meanwhile, boil a head of cabbage whole, uncovered, in salted water for 15 minutes. It should be pared at the stem and cut deeply to facilitate cooking. Boil 2 ounces of smoked bacon for 2 minutes. Put it through the grinder, together with ½ pound cooked pork or beef or with 4 ounces of each. Add to this mixture the seedless raisins and also a few tablespoons brown sauce.

Open the leaves of the boiled cabbage very delicately and introduce some of the mixture into each layer. Reform the cabbage, and tie it together with several turns of string, crisscross and over and under. Pour a little melted butter on top and set in a 350° oven to warm for 15 minutes. Serve with boiled rice.

FISH

Leftover fish fillets or similar presentable portions of fish can be heated in very hot béchamel sauce or mousseline or mousseline-moutarde with excellent results; the addition of capers to the sauce is welcome. To make a mousseline-moutarde sauce: To 1½ cups hollandaise, add 3 or 4 spoonfuls of thick cream and mix thoroughly. The result is mousseline. Then add Dijon prepared mustard to taste and you have mousseline-moutarde.

Cooked fish reduced to a purée makes excellent molded dishes when mixed and warmed with a little thick béchamel and then allowed to cool. Top with a decoration of mayonnaise. (If cooked, shelled, cleaned shrimps are available, stick them all around on the unmolded fish like a crown.)

Firm-fleshed fish like cod can be sliced and heated on an ovenproof dish and then covered with a mousseline-moutarde sauce heated to the boiling point and enriched at the last minute with freshly opened oysters and their water.

A fish soufflé can be made with the purée of cooked fish, plus some of the fish chopped up, incorporated with a thick béchamel soufflé base into which, if available, you have stirred a little of the cold fish-cooking liquor.

Strong-flavored fish such as mackerel can be marinated in vinegar with sliced onions and a little garlic and dill for 2 or 3 hours and served as an hors d'oeuvre.

Or strong-flavored fish such as mackerel can be puréed and mixed thoroughly with mashed potatoes (one third the amount of fish) and beaten egg yolks, shaped into croquettes, rolled in beaten egg yolks and then in bread crumbs, and either fried in hot oil or simply sautéed in clarified butter.

Leftover fish mashed into a fine purée can be combined with diced shellfish (may also be left over), a little tomato purée, and a béchamel laced with sherry or Madeira—and perhaps a little cognac—and seasoned with paprika or powdered Spanish sweet red peppers. This, thinned down a bit, will make a good bisque, topped with a dollop of thick cream.

VEGETABLES

Most vegetables reduced to a purée and stirred in a pan over high heat (without burning) to eliminate the water will make, if properly seasoned with herbs and onion juice, good material for a soufflé.

Shirred eggs can be greatly improved with puréed vegetables, preferably highly seasoned. If the leftover vegetable is not the kind that can best be puréed, it can be reheated and served with a meat; or it can be added to a simple soup, such as a velouté.

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The Architecture of Home Comfort

as seen in House and Garden Super Kitchen in this issue



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Men cook for company

Richard Olney invents a new technique for stuffing chicken
Charles Mount plans a cold lunch with a delicious hot dessert

SPLIT, STUFFED, BAKED CHICKEN

From Richard Olney

Ingredients for marinade

1 teaspoon mixed dried herbs, crumbled (thyme, oregano, savory)
3 tablespoons olive oil
1 split chicken, skin loosened

Ingredients for stuffing

4 ounces ricotta or other fresh white cheese
2 tablespoons butter, softened
salt
pepper
nutmeg (optional)
1 egg
½ pound spinach, parboiled, squeezed dry, and chopped
1 ounce (about ½ cup) Parmesan, freshly grated

Method for loosening skin of chicken

Split the chicken the entire length of the back, beginning at the tail, using heavy poultry shears, and cutting it, as nearly as possible, through the center of the backbone. Open it out on a chopping board, skin side up, and with the flat side of a mallet or cleaver flatten it out with a firm whack.

The skin is attached to the flesh by tendons at the summit of the breastbone, at the extremities of the drumsticks, and, to each side, the length of the spinal column. Work around these, loosening the skin of the chicken where it is attached by fragile membranes.

Work, first with fingertips and, as the skin is progressively loosened, with your entire hand, reaching in through the throat cavity and separating the skin, first from one breast, then from the thigh, and, finally from the drumstick. Cut off the wing tips at the second joint, leaving shoulder section attached—or fold them under.

Method for marinade

Sprinkle the chicken on both sides (but not beneath the skin) with herbs, pat and rub generously with olive oil, and leave to marinate for 1-2 hours.

Method for stuffing

Mash together the white cheese, the butter, the seasoning, and the egg, then briskly stir in the spinach until well mixed but still mottled in appearance. Add the Parmesan progressively, stirring and mashing after each addition, until a firm paste is formed.

Method for stuffing chicken

Stuff the chicken, taking a handful of stuffing at a time and forcing it into place, pushing with the fingers of one hand beneath the skin while molding and forcing with the other from the outside. Coat drumsticks and thighs well before worrying about the breasts.

When the stuffing is in place, fold the neck-skin flap over the throat opening and tuck it beneath the bird. With a small sharply pointed knife, pierce the web of skin and thin flesh between the inside of the thigh and the tip of the breast, making a slit just large enough to receive the drumstick tip. Force the drumstick gently up and push its tip through the slit to the underside.

Place the bird in its roasting pan (a large skillet or a round, shallow earthenware baking dish is ideal) and mold the surface with your hands to force the skin and stuffing into a plump version of the natural form.

Salt and pepper the chicken and sprinkle with more oil. Roast at 450° for 10 minutes, then turn oven down to 375°. Baste regularly. Bake for 50-60 minutes depending on size of chicken. If it seems to be coloring too rapidly, turn the oven down further, placing a sheet of aluminum foil loosely over the bird.

Transfer to a round, heated serving platter; don't attempt to serve the juices—they are too fat. The dish needs no sauce (chill scrapings and juices, discard fat, and use for flavoring a dish of leftovers).

LUNCH MENU

From Charles Mount

Cold Cantaloupe Soup*
Cold Salmon Mousse
Tomatoes with Pesto
Smoked Chicken
Onion Quiche
Open Peach Pie*

COLD CANTALOUPE SOUP

Ingredients

1 large (or 2 small) ripe cantaloupes, quartered, peeled, seeded
juice of 1 lime
½ cup granulated sugar
1 cup heavy cream
½ small whole nutmeg, finely grated or ¼ teaspoon powdered
rind of 1 lime, finely grated
garnish: lime twist, mint leaves

Method

Cut cantaloupe into small piece and place in a Cuisinarts Foo Processor or blender and pou in the lime juice, ¼ cup sugar and blend at highest speed ur til completely smooth. In a large bowl beat cream, remainin sugar, and the nutmeg unt thick and heavy. Gently fold i the cantaloupe mixture and ad the grated lime rind. Mix com pletely but do not over mix o the cream will separate from th cantaloupe.

Pour into clear glass bowl an chill several hours. Serve i glass bowls and garnish wit lime and mint. Serves 6.

Note: This soup can be froze as a cantaloupe sherbet.

OPEN PEACH PIE

Ingredients

sweet butter
6 tablespoons brown sugar
3 cups fresh peaches, sliced
½ cup lemon juice
1 cup heavy cream
3 eggs, beaten
¼ cup all-purpose flour

blespoons white sugar
:h of salt
' of ½ lemon, grated
1 aspoon vanilla
¼ easpoon nutmeg

'hod

ter a large porcelain 12-inch
che dish well. Sprinkle with
tablespoons brown sugar.
s the peaches with the lemon
e. In a separate bowl, blend
am, eggs, flour, sugar, salt,
d, vanilla, and nutmeg.

ange peaches in a single
er in baking dish, pour batter
r peaches and sprinkle with
naining brown sugar. Bake in
° oven 45-50 minutes. ■

ook-ahead recipes

ntinued from page 92

AKED AND BROILED TRIPED BASS

redients

hallots, chopped
pound mushrooms, sliced
omato, peeled and chopped (optional)
ht oil or butter or a combination of both
5-pound striped bass, split, boned, with head on (optional)
cup lemon juice
cup white wine
sh dill, chopped
sh Italian parsley, chopped
ge Sal
pper
tter

ethod

auté shallots, ¼ pound mushooms, and tomato in oil in a eavy saucepan until tender.

ace fish on a greased pan or ven-proof fish dish and season taste with lemon juice, white ine, lots of dill and parsley, ege Sal and a light grinding of epper. Dot fish with butter and our shallot mixture over.

ake in a 350° oven for 15 minutes only and broil for 5 minutes ore. Do not overbake. Garnish ith the remaining mushrooms. erves 6.

BANANA CAKE

gredients

½ cups flour
teaspoon baking soda
teaspoon baking powder
½ cups sugar
large eggs
cup butter, softened
bananas, very ripe, mashed

4 heaping tablespoons sour cream
1 tablespoon vanilla
confectioners sugar

Method

Sift the flour, baking sod
baking powder into a large

Add sugar, eggs, butte
nanas, sour cream, vanilla

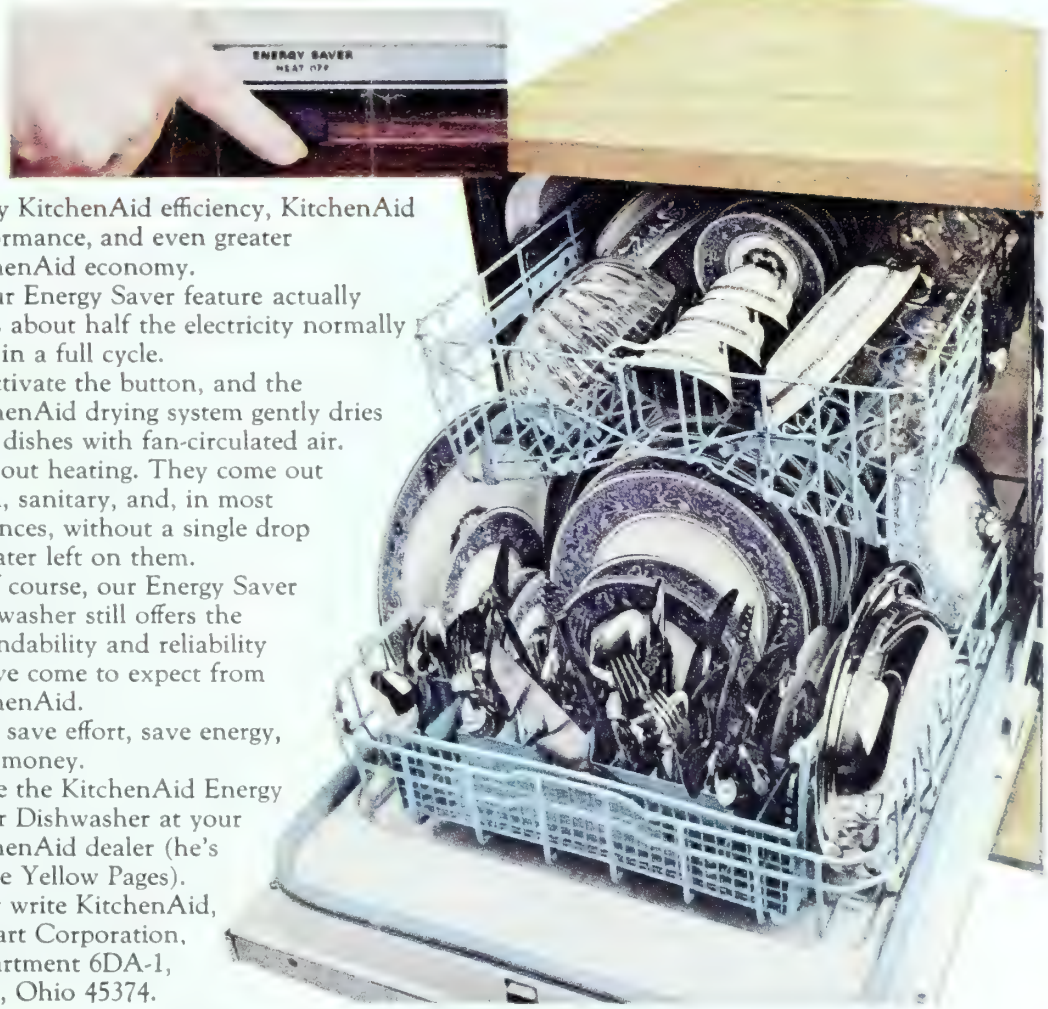
Pour into a greased and fl
9-by-5-by-3-inch loaf pan
tube pan, or 2 8- or 9-inch
tins. Bake 50 minutes in
heated 350° oven or until
comes out clean. Cool.

Serve plain sprinkled with
fectioners sugar or split
in 2 and spread with wh
cream and sliced banana



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cooking, the freezer
-ted company

ce
stershire sauce
ck
onions, chopped
ots, chopped
stalks celery, chopped
'omatoes for garnishing

neat in a large bowl and in eggs, onions, and crumb mixture thorough- son mixture to taste with salt, onion salt, garlic prika, Vege Sal, and pep- x in well. In roasting pans nto 5 low, wide loaf or ring pes.

Method for sauce

Cover meat loaves with chili sauce and bacon strips. Add crumbled bouillon cubes, water, soy sauce, Worcestershire sauce, and veal stock to pan. Scatter chopped vegetables around loaves and stir carefully. Bake in a 350° oven for about 30 minutes for medium doneness. Makes 5 large loaves.

If intending to freeze, bake in a 350° oven for 5-8 minutes only. Cool, seal in individual foil pans or plastic bags. Freeze. Bake again in a 350° oven 20-25 minutes directly from freezer.

CRUDITES DIP

Ingredients

1 cup mayonnaise
1 cup sour cream
1 large or 2 small cloves garlic, crushed
1 teaspoon sea salt
½ teaspoon black pepper
½ cup fresh parsley, chopped
1 tablespoon prepared mustard (Dijon)

Method

In a bowl mix all the ingredients together well. Refrigerate in sealed container. Will keep 2 weeks. Makes about 2 cups.

MUSTARD SAUCE DIP FOR CRUDITES

Ingredients

½ cup dry mustard
½ cup water
4 tablespoons heavy cream
1 cup soy sauce
2 tablespoons sesame seeds, crushed
2 teaspoons lemon zest, grated

Method

Work mustard and water togeth- er into a paste. Wisk in th- cream, soy sauce, seeds, an- zest. Refrigerate. Will keep weeks. Makes about 1½ cups.

Low calorie entertainin;

continued from page 91

SATES OF LOBSTER AND BREAST OF CHICKEN

Ingredients

2 8-10 ounce lobster tails, deshelled and cut into 1-inch pieces
2 8-ounce chicken breasts, boned, skinned, and cut into 1-inch pieces
1 cup sherry
½ cup butter, melted
salt
white pepper

Method

Thread lobster and chicken a- ternately onto 6 buttered or oile- skewers. (I use bamboo an- throw away after.) Place in shallow pan, pour wine over an- refrigerate until ready to cook Drain, season with salt and pep- per.

Bake at 350° for 10 minutes then under the broiler for abou- 5 minutes. Baste with the win- and butter.

Correct seasonings; serve eithe- on the skewer or slip off but re- tain shape. Serves 8. 170 calo- ies per serving.

SWEET-AND-SOUR SAUCE

Ingredients

1 cup pineapple juice
¼ cup vinegar
1 teaspoon arrowroot

Method

Mix juice, vinegar, and arrow- root together and stir unt- smooth and thick. Heat unt- smooth and clear. Makes 1- cups. 7 calories per tablespoo-

Continued on page 10-



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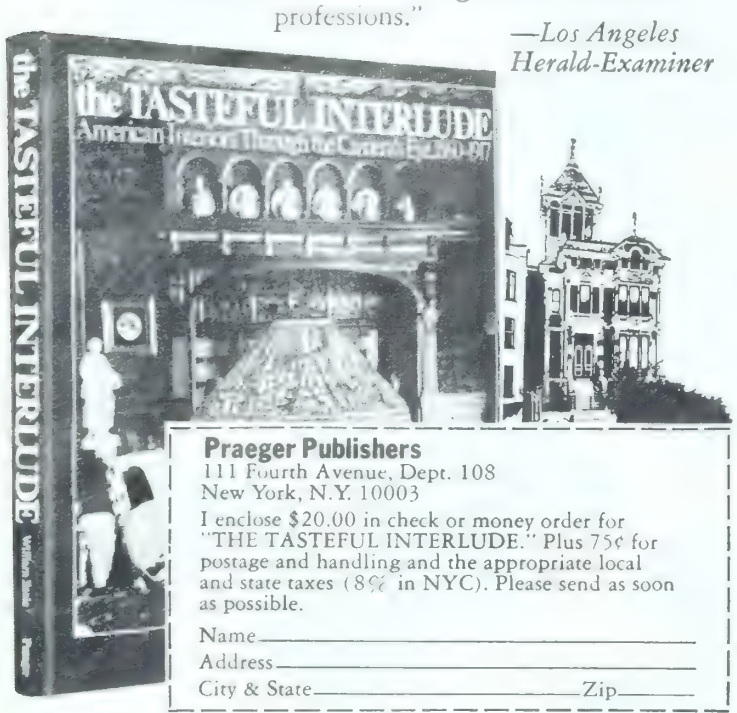
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Low-calorie entertaining

continued from page 100

ARTICHOKE SOUFFLE RING

Ingredients

2 tablespoons whipped margarine
2 tablespoons flour
½ cup skim milk
1 teaspoon onion, grated
salt, white pepper
4 egg yolks, beaten
2 cups canned artichoke bottoms, mashed (broccoli may be used)
5 egg whites, beaten stiff

Method

In a large saucepan melt margarine, add flour, cook until bubbly. Stirring with a whisk, add milk, and cook until thick.

Add onion and season with salt and pepper. Add egg yolks and artichokes. Let mixture get cold. Fold in egg whites.

Pour into a lightly greased ring mold. Set in pan of hot water. Bake at 350° for 45 minutes. Let stand 10 minutes, unmold.

Fill center with julienne carrots or snipped green beans. Serves 8. 90 calories per serving.

JULIENNE CARROTS

Ingredients

6 medium, fresh carrots, washed, scraped, and cut in julienne strips
¼ cup vodka
grated zest of 1 orange
salt, white pepper

Method

In a casserole sprinkled with Pam or vegetable oil, add carrots and vodka and cover.

Bake in a 350° oven for 25 minutes. Season with orange zest, salt and white pepper. Serves 6-8. 50 calories per serving. ■

CORRECTION

In the article on Newport, R.I., on page 50 of the October issue, a building known as The Clock Tower was mistakenly identified as Trinity Church. We regret the error. In the September issue, the names of the architects of the room on page 109 were omitted. They were Alan and Barbara Chimacoff of Chimacoff/Peterson. The interior design was by architect Douglas Kahn and designer Stephanie Mallis of Kahn & Mallis Associates. Our apologies. On page 47 of the August issue, in an article on sleep, the reference to heart beat should have read, "you can raise your heart beat to 120-140." ■

Weight chart

continued from page 80

effect of things you take into yo body—and control is the name the game.

"Now of course we know th your scales weigh a lot of oth things besides fat. But we are goi to assume that all these things not change your weight, althou we know they do. On dry days, f instance, you tend to be under t line, and on wet days, as your bo has absorbed more moisture, y tend to be above the line. Yo weight is affected by the amou of food you are retaining, t changes in your water retentio and so forth. But make your ma on the chart anyway, continuing aim for the line. It's the fat you a after, not the pounds.

"Once you have reached yo goal, continue your morning weig ing and chart-marking for anoth week—after that, twice-week weight checks before breakfast w be enough for you to see that yo food intake is still under control.

MORE MOREHOUSE TIP

1. "Start your chart on Mo day. And before you start, eat you want—the last binge. This hel the success of the program, becau your first couple of weeks are re ly behavior modification, and you start off really starved a hungry, then it's not humanly po sible to keep it up; it's too toug But if you are well fed, even a litt stuffed, to start with, it's not hard to cut back a little each da

2. "Have stand-up meetings coffee parties. The calories con off best if you become a little mo active, as well as eating less. T two go together. Increase your a tivity every day—walk more, busier, visit in person rather tha making a telephone call. And here a new idea—have stand-up mee ings. I'm introducing this where work; all the chairs are put awa and people stand up and mov around as they discuss their bus ness. Try it at home. It burns cal ries you don't normally burn si ting down.

3. "Never avoid anything. E some of everything to be sure yo get a balanced diet. Do not cut ou cut down.

4. "Measure your fat. The re ward of losing fat is most obviou in the change in your clothes– everything suddenly seems a litt loose! But a foolproof way of mea suring if you have a fat problem i to pick up a fold of skin and pinc it. No fold of skin should be thick er than 1 inch. Take a book abou an inch thick and see how tha feels, then compare that thickne with the skin folds around you waist, your thighs or—best plac of all—the back of your elbow That will tell you what you wan to know!" ■

Shopping Information

All prices are approximate. *Consult your interior designer or department store decorating department. The cost of postage is indicated by ( ).

-4 YOURSELF
54-55:
p pose household dyes: in pow- a liquid. All by RIT. At variety nd supermarkets everywhere.
rcale" cotton sheets: used for white sheets available in all d sizes. By Wamsutta.
d trims: rick-rack, polyester zippers. All by Talon.
o sofa: 79" x 31½" x 26½" atural peel wicker, natural fin- **offee table:** 28" square, 18" atural peel wicker, natural col- **tan and cane chair:** 23" x 25" " high, tortoise finish frame; **onal coffee table:** 32" x 16" hite lacquered finish. All from - Wicker.*
tever You Want It To Be : 57" x 25" x adjustable height, ible, drawing table, natural pine green linoleum top. $150; **" chair:** 18" x 20" x 28" high, seat, adjustable height, $85; **file ts:** 27" x 18" x 15" high, 2 or 3 s available, green enamel finish also yellow, white, brown, $60; **g shelf unit:** designed by r-Hult, lacquered green finish, ther pieces in group include can- x and canvas filing units. From rvice Group. All at The Work-
y Legs" lamp: adjustable 24" . 5" diam. reflector shade, pol- chrome base. $25. At George
ıra II" sewing machine: by
reens: from a portfolio of 8 by s Hinman. $175 each unframed erie Denise René.
ets: top shelf and large square d basket in corner from La a; pale handled baskets on third ourth shelves, bottom shelf from enier; second shelf, from America h Antiques, NYC; basket con- g fabric bolts from John Rosselli; l shelf of wicker table, handmade san Johnson of seagrasses, wool ermont grasses to order.
58:
p Saver": 10" long, $4 plus post- o order from Harriet Amanda man.
63:
pFreeze" food freezer: 32¼" " x 36⅞" high, 11 cu. ft. interior, able basket, adjustable tempera- ontrol, self-ejecting locking key, enamel finish only. $299.95. By a.

MATERIALS
s 64-65:
ktowne Slate" sheet vinyl ing: 6′ and 12′ widths, in four combinations of earth browns, greens, and whites, low mainte- finish needs no waxing. Under sq. yd. By Mannington Mills.
Barnside Plank" wall panel- 8′ high, 16" wide, ¼" thick, tex- hardboard planks in gray or , plastic finish seals out dirt and . $1.05 a sq. ft. or $11.20 per . By Marlite Paneling.
toria Garden" sheet vinyl ring: 36" sq. pattern, 6′ width, in reen, blue/green, brown/yellow , whites/beiges, stain resistant, no waxing. $12.98 a sq. yd. From itation Collection by GAF.
plebrook" wall paneling: 4′ x 8′ od panels in a special finish for care maintenance. $8 a panel. try Grooving Collection by Geor- acific.
onial Charm" sheet vinyl floor-ing: 9" pattern, 6′ width, no-wax finish, in Green Mint/sting green/olde gold, light chrome yellow/Orange Peel/sting green, ivory/chino/camel, Real Red/amber/green, Ultramarine Blue, Sweet Chocolate/camel. $12.95 a sq. yd. From the Heritage of America Collection by Congoleum.
"Charlemagne" sheet vinyl flooring: 18" pattern, in 6′ and 12′ widths, in walnut, cherry, honey maple, white, gold, stain resistant, easy to care for with occasional waxing. $7 a sq. yd. From the Castilian line by Armstrong.
"Pecky Cypress Design" wall paneling: 4′ x 8′ panels, white, brown, golden, gray, easy to clean, durable finish. $11-$13 a panel. By Masonite.
"Village Plank" oak flooring: in 3", 5", and 7" widths, random lengths, ⅜" thick, in a wire-brushed finish for an antique look or a smooth textured surface, may be laid in mastic over concrete or nailed to existing wood floors. By Bruce Flooring.
"Cobble Tile" ceramic tiles: 4" sq. glazed ceramic in brown, summer tan, flashed walnut, glacier, flashed glacier, flashed summer tan, for walls or floors. Franciscan tiles by Interpace.
"Primitive" ceramic tiles: 4" sq., 8" sq., 8" hexagon, 4" x 8", two curved shapes in 12 glazed and 1 matte color, ½" thick, for floors, walls, interior and exterior, and countertops. By American Olean.
"Lombardic II" glazed ceramic tiles: 4" sq., 6" sq., 8" sq., 6" hexagon, 8" hexagon, 6" x 9" elongated hexagon, and 4" x 8", in buttermilk, caramel, hot fudge, and old gold, for walls and lightly trafficked areas. By Summitville Tiles, a member of the Tile Council of America.
"New Brick" vinyl tile: in 9" squares, may be cut into individual 3" x 9" "bricks" for pattern variations, sealing after installation helps maintain easy-care finish. $5 a sq. ft. per 9" sq. tile; 3" x 9" tiles slightly higher. By Amtico.
"Astral" ceramic tiles: 8" sq., for floors and walls, imported from Italy. $4.40 a sq. ft. At Country Floors.
"Terresque" vinyl tiles: 9" sq. heavy gauge vinyl, in adobe, terra cotta, or desert red, nonporous surface. $1.75 sq. ft. By Kentile.

LIVING-ROOM GARDEN
Pages 78-79:
Plastic eggcrate: raises plants above water level. From Industrial Plastic Supply.
Para-Wedge louvers: eliminate glare from fluorescent tube lighting. By Para-Wedge Louver Corp.
"TruBloom" fluorescent lights: by Verilux.
Booklets: *How to Grow Beautiful Flowers, Vegetables, and Plants Indoors . . . with Lights!* Write to Duro-Lite Lamps. See stores, page 42. $1; write Indoor Light Garden Society of America. See stores page 42.

COOKING CENTER
Pages 82-87:
Equipment and Building Materials
"Terresque" solid vinyl tile: 9" sq., fire-resistant, desert red and terra cotta used, cartons packed with an assortment of shades in each color. $75 per carton for a 36 sq. ft. area. By Kentile Floors.
Industrial ceiling grid frame: 12" high, painted white semi-gloss. By Unistrut Eastern Service Company. **Track lighting incorporated into Unistrut ceiling:** Maxi track, 8′ 2-circuit starter track, 4 maxi-lights per track, $54.75; Mini-track, 8′ 1-circuit track, 4 mini-lights per track, $47.85; step baffle reflector-trim lights, 21 used, $20.25 each; double fluorescent fixtures for under-counter lighting, $26.30 each. All from Progress Lighting.
Paint: Tru-Test Interior Latex paint by True Value Hardware Stores.
Cabinets: flush oak with "Almond-wood" finish, basic units fitted with flush oak drawer fronts and doors on heavy cut-in hinges, wall cabinets 13⅞" deep, bases, 24⅞" deep; fully adjustable shelves in both base and wall units for special-purpose shelves, packs, trays, baskets, optional left or right hand hinges. By Mutschler.
"Corning's 3 + 1 Range": 30" self-cleaning drop-in range with Pyroceram glass ceramic surface; 3 thermostatically controlled surface heating areas, 1 conventionally heated surface area, safety "Hot Lights," pyrolytic self-cleaning oven, black glass door; "Cook-mates" cookware included with range. $749. By Corning.
"Counter Saver Plus": built-into pull-out serving cart, 17" x 21" x 1 1/16" thick, infinite heat control for main heating area, "Hot Spot" area with on/off control for warm beverages, white Pyroceram finish resists burns, scratches; available as a portable unit where not built-in. $99.95 by Corning.
"Corian" countertops: non-porous, scratch and stain resistant, cameo white shown. By DuPont.
"Superba Energy Saver" built-in dishwasher: 24" x 24⅛" x 34½" high, 7 push-button cycles, adjustable 9 position upper rack, automatic rinse agent dispenser, available with trim kit; front panel of flush oak same as Mutschler cabinets. $404.95. KitchenAid by Hobart.
Hot-water dispenser: 60-cup-per-hour capacity, 190° water on tap, reservoir tank mounted below sink, chrome dispenser top, all thermostatically controlled. $89.95. KitchenAid by Hobart.
"Superba" food waste disposer: batch feed model, stainless steel, cast-iron drain chamber. $149.95. KitchenAid by Hobart.
"Minutemaster" microwave oven: 24 5/32" x 16⅞" x 15" high exterior; 1.2 cu. ft. interior, 60-minute digital control, Vari-Temp food temperature control probe, optional Micro-Browner. $499. By Litton Industries.
Radio Intercom System: 6 inside speakers, 2 door speakers, FM/AM radio, 2 input jacks permit addition of record changer and tape player, 16⅞" x 1¾" x 9" high, golden elm finish, 1¾" projection from wall. $402 plus installation. NuTone by Scoville.
Residential Intruder/Fire Alarm: solid-state, supervised fire detection circuitry automatically reports malfunction. Accessories: infrared intruder detectors, window foil, wireless radio controls for intruder detection circuit, outside electronic sirens, automatic telephone to police or fire department with 3 prerecorded numbers. $420 plus installation for a 6-room, ranch-style home with basement, garage, attic, 2½ baths. NuTone by Scoville.
Food Center: One motor recessed beneath the kitchen countertop operates up to 8 appliances; snap-on counterplate, 5½" x 11" x 6¾" undercounter depth; cordless appliances include blender, mixer, knife sharpener, citrus juicer, ice crusher, power post for slicer/shredder, can opener, and meat grinder. $322.20. NuTone by Scoville.
Built-in bread and food toaster: 16½" x 5 9/16" x 9⅜" high cut-out, four-slice toaster with disconnect switch,

Continued on next page

A woman's laxative should be as gentle as she is.



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The woman's gentle laxative.

Good Housekeeping

slide-out tray for cleaning, each 2-slice section has separate toasting controls. [illegible] By Menu Also.
"Cold Guard" refrigerator: [illegible] cantilever shelves; storage door has 2 [illegible] shelf; adjustable freezer control, optional automatic ice maker. Door fronts lacquered to match Mutschler cabinets. $535. By Aeronutronic Ford.
Double-compartment sink: [illegible]" x 22" x 7½" deep, stainless steel. $142.10; **"Tiara" single lever faucet:** removable Permacore cartridge, $77.10; **plunger-type soap dispenser:** concealed ½ pint plastic container fills from the top, chrome plated top, $26.55; **hospitality sink:** 15" sq. x 6" deep, stainless steel, high gooseneck faucet. $109.80. All by Elkay.
Water filter: chrome-plated ABS plastic filter screws onto faucet to replace aerator on nozzle, removes chlorine, sediment, odors, tastes, inhibits bacteria growth $29.95; cartridge, $2.95. By Teledyne Water Pik.
Cylindrical venting system: over cooktop runs full length of kitchen, polished aluminum, custom design. By PM Range Hoods.
Built-in ironing center: 14½" x 59½" x 4⅛"-deep wall opening, adjustable 46" board of heavy gauge ventilated steel; swivel base reflector spotlight aids vision, optional sleeve board and iron. $167. By Iron-A-Way.
"StowAways": stacking washer and dryer, 10 lbs. load, 21" wide, 36½" high; automatic rinse dispenser, lint filter system, turbo-wash agitator, automatic bleach dispenser, permanent press and double knit cycles, unit on casters. $319.95 washer; $189.95 dryer. Both by Norge.
"Vacuflo" built-in cleaning system: hidden power unit in basement provides vacuum cleaning throughout the house, Lexan wall outlets, no bags, filters, or recirculation of dust, hose lengths in 24' and 28', all-purpose cleaning tools included. $450. By H-P Products.

COOKING CENTER

Accessories
Pages 82-87:
Above cabinets
Indian corn basket and wood grain measure: from the private collection of Lillian Hermel.
Sardine grill: $32.50. Imported from France at Bazaar de la Cuisine.
Two 2-gallon bread crocks: $29.50 each. By Denby Ltd. At Jordan Marsh.
On counter top
Footed ceramic bowl: $40. To order from Deborah Shapiro.
Kitchen beam scale: $31. By Terraillon. At Bloomingdale's.
On cooktop
5-quart steam cooker: stainless steel. $78. By Cuisinarts. At Neiman-Marcus.
In wall niche
Boxwood salt, pepper, and mustard: $5.90. At Williams-Sonoma.
2nd shelf: **four wood mortar and pestle:** English, $13.75; Italian, $4; Portuguese, $4; French, $16.75. To order from Harriet Amanda Chapman.
Volumetric flask: $6; 1-liter carafe, with cork stopper. $8. Both by Corning.
3rd shelf: **Handthrown ceramic bowl:** $40. To order from Deborah Shapiro. 4th shelf: **Twig and bow basket:** Lillian Hermel collection.
On table
Stoneware bowl: $32. By Boda Nova. At Georg Jensen.
Page 84:
Above cooktop and knives
Aluminum fish poacher: 20" long with cover, $67; **aluminum stock pot:** with roasting pan cover. $92. Both imported from France. At Bazaar de la Cuisine.
On cooktop counter
Maple cutting board: 12" x 16" wide. $12. By Quality Maple Block. At The China Closet.
Stoneware butter cooler: 3¼ oz.. $1.20. At Bazaar de la Cuisine.
Wooden cooking utensils: $1 to $8 each. To order from Harriet Amanda Chapman.
5-quart casserole: part of the "Cookmates" cookware service with "3 + 1" Corning cooktop.
Italian mortar and pestle: $4. Harriet Amanda Chapman.
"Gourmet Chef's" knives: from $8 to $26 each. By J. A. Henckels. At Macy's.
Tablesetting
Tablecloth covering: "Batik" cotton fabric, 40" wide. 34" repeat. $30 a yd. By Allumé Handprints.*
Teakwood plates: $6.50 each. At Taylor & Ng.
"Luna" glass dinner plates: $10 each. By Arabia. At Georg Jensen.
Pottery fish casseroles: $7.50. Imported from Japan by Schmid Brothers. At Little Elegance.
"Paulownia" wood-handled flatware: $10 per 5-piece setting. At Taylor & Ng.
"Danish Hunter" white wine glasses: $13 each; "Gourmet" salt mill, $28; "Gourmet" salad bowl, $88. By Holmegaard. At Royal Copenhagen.
Napkins: rayon/polyester blend. $1.80 each. By Vera.
Counter behind table
6-pint crockery casserole: $17.50. By Denby Ltd.
Berry basket and watering can: Lillian Hermel collection.
Page 85:
Open storage
Above counter-sink area
Left to right: **Individual coffee carafes:** $10.50 each. By Chemex. **"Creative Glass" 40-ounce glass-erole:** $9. By Corning. 2nd shelf: **"Luna" dinnerware:** dinner plates, $10 each; salad plates, $10; cereal bowls, $7. By Arabia. At Georg Jensen. 2nd cabinet, 1st shelf: **"Palette" low bowl,** $16; **"Palette" marmelade jar,** $12; **"Gourmet" salad bowl,** $88. By Arabia. **Stoneware desserts:** $9.50 each. By Boda Nova.
2nd shelf: **"Danish Hunter" claret glasses:** $15 each; **"Danish Hunter" white wine glasses,** $13 each. By Holmegaard. 3rd shelf: **"Danish Hunter" beer goblets:** $15 each; "Inn" glasses, $15; "Regiment" ice bucket, $55. By Holmegaard.
Counter beside sink
Maple pepper grinder: $19.95. By Lauffer. At Altman's.
Brown crockery sousepot: $5.50. By Denby. Jordan Marsh.
On cooktop
12-cup coffee pot: $48. By Melior. At Bazaar de la Cuisine; **cappacino cups and saucers:** $3.95, cups; $2.95, saucers. By Denby.
Storage above refrigerator
Crockery casseroles: $17.50 and $16.95; 1-pint bain marie jars, $2.95 each; ½-pint casseroles with covers, $2.95 each. By Denby.
French canning jars, atmospheric jars, storage jars from Wheaton Products.
Tray storage
"Rosti" serving trays: round, $7; rectangular, $5. By Copco.
Ice bucket: $19.50. From Schmid Brothers.
Under microwave oven
1st shelf: Aluminum roasting pan, $32.30. Bazaar de la Cuisine; "Opa" stainless casserole, $50. By Arabia.
2nd shelf: Aluminum bassin a ragout: $42. Bazaar de la Cuisine; aluminum bain marie, $13. Bazaar de la Cuisine.
3rd shelf: yoghurt maker, $11.95; ice cream maker, $24.95. Both by Salton. Both at Abraham & Straus.
Below center island
Left cabinet
Attachments: to Food Center by NuTone.
Center cabinet
1st shelf: **3 brown mixing bowls:** $6.50, $8.50, and $10.95; by Denby; **3 red "Rosti" mixing bowls:** $5.50, $6.50, $7.50. By Copco; crockery jello molds, $7.50 each.
2nd shelf: **Roasting dish:** $10.95. By Copco.
3rd shelf: **Teflon lined aluminum bakeware:** 8-pieces, about $33. By Mirro Aluminum.
Pantry and china storage
Left to right
1st shelf: **Dinner and salad plates:** $11 and $9 each. By Wilton Armetale.
2nd shelf: **crockery cereal bowls:** $1.95 each. By Denby. Jordan Marsh.
4th shelf: **"Gourmet" oil and vinegar cruets:** $22 each. By Holmegaard.
5th shelf: **"Perfex" pepper mill:** $15. To order from Harriet Amanda Chapman. **Fish casseroles:** $7.50 each.
6th shelf: **Demitasse cups and saucers:** $6 each. By Sigma Marketing.
7th shelf: **5-quart soup tureen:** $32.25. At Williams-Sonoma. Two sousepots, $5.50 each. By Denby.
China
1st shelf: **Brown trimmed bowls:** $3.95 each. By Denby.
3rd shelf: **Wooden salad plates:** $6 each. Order from Harriet Amanda Chapman.
4th shelf: **"Danish Hunter" sherbet glasses:** $15 each. By Holmegaard.
5th shelf: **"Luna" dessert bowls:** $4 each. By Arabia.
6th shelf: **"Luna" salad bowls:** $14. By Arabia.
7th shelf: **"Luna" bread and butter plates:** $3 each. By Arabia.
8th shelf: **"Tivoli" glass jug:** $33. By Holmegaard; red glass jug, $25. By Arabia
9th shelf: **White china pitcher:** From a 3-piece set, $17. Schmid Brothers; two white china chocolate pots, $11.95 each; ½-pint bar pitcher, $3.50. Both by Denby.
On cooktop
"Opa" stainless waterkettle: $50. By Arabia.
Storage below cooktop
Pyrex double boiler and percolator: $12.95 and $7.95; "Cookmates" cookware 5-piece set. All by Corning.
Page 86:
Photo of Mr. Mount
Copper mixing bowl: 14" diam. $66. At Bazaar de la Cuisine; Pyrex soufflées, by Corning; "Luna" bowl, $7. By Arabia; china pitcher, from Schmid Brothers; chopping board, 14" x 20" wide. $16.50. By Quality Maple Block.
Detail of serving cart
Ash Windsor-type chairs: with arms, $143; without arms, $117. By Claud Bunyard.*
"Pillivuyt" 8-cup coffee pot: on serving cart, $25. At Bazaar de la Cuisine.
Tablesetting
Dinner plates: $11 each. By Wilton-Armetale; stoneware flatware, $36 per place setting, by Boda Nova; napkins, $2.50 each. Harriet Amanda Chapman; butter dishes used here as salt dishes, $10 each. By Holmegaard.
Counter behind table
Footed compote bowl: $56. By Lauffer.
Detail of desk
Battery digital desk clock: $50. By Copal; pencil cup, $11.95, both at Hammacher Schlemmer; planters, $25 each. To order from Deborah Shapiro.
Page 87:
Cleaning closet
"Manager" clock: 14½" diam., $35. By Seth Thomas.
Laundry area
"Gentry" bath towels: in mocha, shrimp, and brown velvet. By Burlington. At Robinson's. Laundry bas[ket] from Lillian Hermel collection.

Building Fact

Materials and equipment in the house on page 70

ARCHITECT: Edmund Stevens
CONTRACTOR: Subcontracted by owner-architect, Edmund Stevens
INTERIOR DESIGNER: Shari Stevens
LANDSCAPE ARCHITECTS: Moriece Gary
SIZE OF HOUSE: 2,700 square feet
SIZE OF LOT: 6 acres

STRUCTURE

Foundation: Poured concrete fou[ndation walls and footings.
Framing: Standard wood frame c[onstruction for walls, floors, and ro[of.

EXTERIOR OF HOUSE

Exterior walls: Rough-sawn redwo[od siding, second grade, applied vertica[lly and diagonally.
Exterior finish: Cuprinol stain a[nd wood preservative by Darworth, I[nc.
Roofs: Timberline asphalt shingles[GAF Corp.
Insulation: In roof, 2-inch rigid bo[ard polyurethane; in walls, batts of fi[berglass by Upjohn Co.
Windows: Fixed glass panels [in aluminum frame sliding glass do[ors and windows by General Alumin[um Products, Inc.
Skylights: Velux-America, Inc.
Greenhouse: Plexiglas lights [by Rohm & Haas with laminated w[ood framing.
Front door: Wood, custom made.

INTERIOR OF HOUSE

Interior framing: Exposed w[ood framework with rough-sawn fir timb[ers, recycled barn timbers and roof t[russes in living room.
Walls: In major rooms, wallbo[ard with smooth white plaster finish; [in bathrooms, vertical cedar boards; [in powder room, Mexican ceramic til[e by Elon.
Ceilings: 10-inch cedar boards appli[ed horizontally; wallboard with smoo[th white plaster finish.
Floors: On ground floor, 12-by-12-in[ch Mexican terra-cotta tile. On upp[er floor, 6-inch fir boards with uretha[ne finish. In bathrooms, ceramic tile [by Interpace Corp. and Country Floo[rs, Inc.
Interior paints and stains: PPG I[ndustries, Inc.
Lighting fixtures: Recessed cylindr[ical ceiling fixtures from Harry Gitli[s.
Fireplace: Brick, custom design ope[ning on four sides. Damper by Donl[ey Bros., Co.
Hardware: Chrome finish, Nation[al Lock Hardware.
Cabinets: Custom made, faced [with white Formica.
Countertops: In kitchen, natur[al wood; in bathrooms, ceramic tile [by Interpace Corp.; in powder room, Me[xican ceramic tile by Elon.
Plumbing fixtures: American-Stan[dard, Inc.

MECHANICAL EQUIPMENT AND APPLIANCES

Appliances: White porcelain sink, [four-burner gas cooktop and built-in ov[en by Chambers Corp.; KitchenAid di[shwasher by Hobart Corp.; refrigerat[or-freezer, laundry washer and dryer b[y General Electric.
Water heater: 40-gallon tank by A.O[. Smith Corp.
Heating and cooling system: Ga[s-fired forced warm-air heating. Furnac[e, blower fans, and air conditioner b[y Westinghouse Electric Corp. Control[s by Honeywell. ■

THE FEMAIL CLUB

From San Francisco's fashion world: a club for women who never join clubs.

We're the people who started the Generation Gap—one of the most exciting women's fashion boutiques on the West Coast.
Only one problem. You had to come to San Francisco to shop at our store.
Which got us to thinking. Why not send out catalogs that would let you order the same fashions we were selling in our store *by mail!* And since you'd be ordering by mail, we could pass on to you the money *we'd* save on rent, salaries, lights, etc.
Nice, eh? A club that saves you up to 20% and more on all the best clothes, cosmetics, jewelry and gift items.
Not the dregs, mind you—but the very best things available to us in San Francisco (you'll be choosing from over 150 of America's and Europe's best high fashion suppliers).

Woman does not live by clothes alone.

Even at 20% off, there's bound to be a limit to your clothing budget.
And a girl's gotta swing a little. So we've arranged for card-carrying Femail Club members to receive special rates on vacation travel packages to places all over the world. Plus our San Francisco visitor's program, including personal invitations and special shopping discounts for our members who are visiting here.
So if you're ever wondering what to do once you've got all those great new threads on your back—this one feature of The Femail Club will make the whole thing worthwhile.

The old Free Gift ploy.

We'll not mince words. It costs $5.00 for a year's membership in our Club. BUT HANG ON—even that we can make palatable.
If you join the Femail Club now, you will be offered a choice of free gifts, from name brand cosmetics to designer jewelry, each with a retail value of more than $5.



Plus $5.00 in free "Gifts"

With your membership we're also going to give you $5.00 in gift certificates. So you can choose items from any of your catalogs (and you'll find a lot to lust after), and you'll get a total of $5.00 off their already lavishly discounted prices. Notice how the paragraphs are getting shorter? We must be near the end.

It cost us a bundle to run this ad. So...

We think the Femail Club is the best money-saving, fashion-buying, fun-having idea anyone's ever come up with. And there's a few things about our Club that we haven't even mentioned (like our Buyer's Bonus Plan wherein the more you buy, the more discounts you earn; and our Super Specials—savings up to 50% in each catalog). But we can't afford to hound you. You either join now (and enjoy later) or you turn the page. Later on, when you meet a slithery Femail winging off to the Med, wearing a devastating dress she paid heaven knows how absurdly little for...well, don't say we didn't tell you.

This has been a very one sided conversation, but you win. Here's a $5.00 check (or money order) for my membership. If I'm being taken, I'll track you to the ends of the Earth*

☐ I'd like a membership or two for my friends. Enclosed are their names and addresses and the additional five dollarses.

NAME _____

ADDRESS _____

CITY _____ STATE _____

ZIP _____

The Femail Club
23 Grant Ave.
San Francisco
CA 94108

*You're not, so just sit still and wait for our package to arrive.

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Add that special touch of beauty to your home with a new Peerless Imported Rug. These lovely Oriental and Navajo reproductions are perfect with any decor, for floor or wall.



Send $1.00 for our New Color Catalog
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Proud bicentennial motif, designed by Lillian Vernon and American-made, of course! Hand enameled red, white and blue cloisonne on Gold-finished metal. Great gift for thimble collectors—comes in a crystal-clear gift box.

4450 Thimble—$1.98 each, 3 for $4.98
Add 35¢ postage & handling
N.Y. residents add taxes

LILLIAN VERNON
Dept. G13, 510 S. Fulton Ave.
Mt. Vernon, N.Y. 10550

"SPIRIT of 76." White or Natural



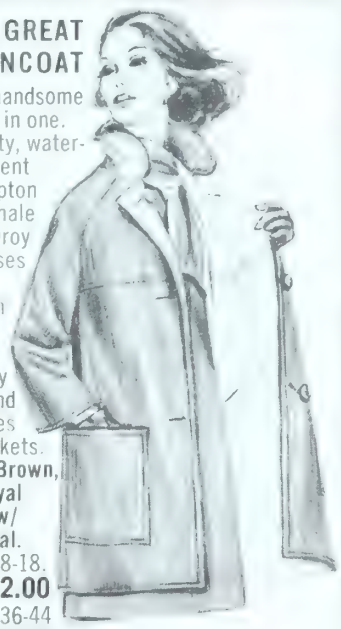
This lovely tablecloth is truly AMERICANA made of 80% cotton, 20% dacron polyester. 52x70" $15.00; 70" round $18.00; 64x84" (also oval) $17.00; 64x102" (also oval) $25.00; 64x120" $32.00.

It will make lovely Gifts or for yourself to possess and enjoy. Add $1.25 for insured mail. Satisfaction Guaranteed.

Permanent Press. Drip Dry. No Ironing. Lovely catalog showing tablecloths, curtains and bedspread ensembles 95¢

Hildegarde's HG-597
Farmington Ave., Hartford, Conn. 06105

THE GREAT TURNCOAT



Two handsome coats in one. Velvety, water-repellent Crompton pin-whale Corduroy reverses to a Poplin rain-coat. Roomy ragland sleeves & pockets. **Gold, Brown, or Royal Blue w/ Natural.**
Sizes 8-18. **$32.00**
Sizes 36-44 **$35.00**
Add $1 post. each

$10 deposit for COD *Satisf. Guaranteed*

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Own a distinguished reproduction of your memorable color slide. Mounted print in full color on a 13½ x 19½" panel and set in a three dimensional shadow box with gold rimmed solid wood frame, it makes a provocative piece. A remarkable gift. Overall size 16 x 21½".

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SLIDE-ART, Dept. HG-16
233 Robbins Lane, Syosset, N.Y. 11791

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WITH AUDREY NICHOLS

ORDER MERCHANDISE BY WRITING DIRECTLY TO SHOPS. ENCLOSE CHECK OR MONEY ORDER. ADD SALES TAX WHERE APPLICABLE. ANY UNUSED ITEM (NOT PERSONALIZED) MAY BE RETURNED BY INSURED MAIL FOR REFUND. ALLOW FOUR WEEKS FOR DELIVERY



ANTIQUE COPY

English corner chair, circa 1870. Fine back splats; turned posts, legs and stretchers. Cabinet hardwood and veneers, mahogany color finish. 15" w. by 15" d. by 29" h. Beige-ground needlepoint slip-seat cover, removable. $110 exp. coll. Catalogue #21, $1. Ephraim Marsh, Dept. 373, Box 266, Concord, NC 28025.

HAVE A HAPPY

For miles of smiles. Diamond-like eyes in golden face. Wear as pendant on double-link goldtone 23" chain; as pin with safety clasp. #5002 Gift box. $3.95; two $6.95; three $9.95. Ppd. Crown Galleries, Dept. 5126-38, 2207 E. Oakland Ave., Bloomington, IL 61701.



QUILT SHOW OFF

Spread quilt, afghan or comforter neatly for an attractive display yet out of the way on Martha Ann's quilt rack, copy of an antique from an 1850 north country homestead. Pine and hardwood with antique pine finish. 30" h. by 23½" w. by 15½"d. Easy to assemble. $29.95 plus $2.50 post. Yield House, Dept. G61S, North Conway, NH 03960.

MAHOGANY GROUP

British classic in dark hand-rubbed walnut finish. Hand-cast brass in Butler and Cigarette tables. 1. Box 23" h., 12" by 9" top; 2. Pembroke 19" h., 17" by 17"; 3. Cigarette 20" h., 14" by 10"; 4. Butler 14" h., 17" by 13"; 5. English tea 20" h., 18" by 12". Each $25; set $115; any three $70. Add $2.50 post. each table. The Bombay Company, HG1, Box 52322, New Orleans, LA 70152.



FROM ITALY

AMA espresso-cappuccino maker is electric, makes two to four cups espresso coffee; while steam jet lets you make up to six cappuccinos at a time. Stainless steel. 10½" h. $135 plus $3 post. Four handled glass cappuccino-Irish coffee mugs $11.95 plus $1.85 post. Recipe and lb. coffee with order. Free catalogue. Barclays Coffee, Tea & Spice Co., Ltd., HG1, 9020 Tampa Ave., Northridge, CA 91324.



EYELET ENSEMBLE

All-over embroidered eyelet on no-iron Avril and polyester. Spread, twin, $35, double $40; canopy, twin, $27, double, $29; curtains, 88" w. 45", 54", 63" l. $20; 72", 81", 90" l. $25; vanity skirt, $29; pillow sham, $9 plus $1.50 post per order. White or natural. Free catalogue. Colonial Maid Curtains, HG1, Lawn Terrace, Mamaroneck Village, NY 10543.

UP IN THE AIR

An airborne space saver that suspends anything up to 25 lbs. from flowerpot to fish bowl, kitchen utensils to art objects. "Hang-it" consists of a transparent nylon cord, Plexiglas plate and clear ring. 36" and 48" long, $1.65 ea.; three, $3.45; six, $5.55; twelve, $9.85. Ppd. House of Hints, HG1, 106 Montague St., Brooklyn, NY 11201.





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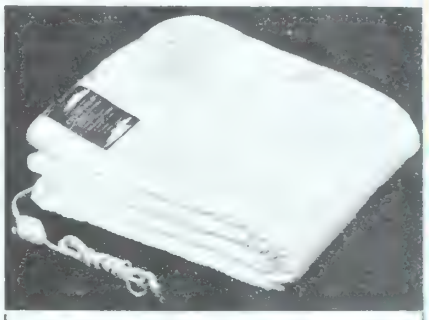
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DISTINCTIVE CUSTOM LIGHTING

A fine selection of over 50 classic designs for indoor and outdoor lighting that will lend warmth and charm to both the contemporary and traditional decorating scenes. Every light is of the highest quality, individually cut, assembled and fitted in brass, copper or pewter. Your selection will be owned with pride by future generations. Send $1.00 for 48 page catalog.

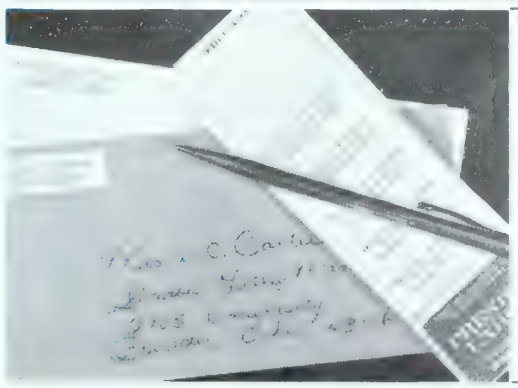
HERITAGE LANTERNS
Dept. HG-16, Sea Meadows Lane
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SLEEP WARM
BED WARMER

Here's the scientific way to keep warm—with the heat *under* instead of *over* you—on this FOUR-SEASONS comfort unit! Quality-made of long-wearing Cannon sheeting and polyester-filled.
New soothing, satisfying relief from sleeplessness, arthritis and circulation problems, it lies flat under bottom sheet. It's washable, 4-position ac/dc sleep-switch, and comes with a *five-year guarantee*.
39x76 twin $28; or 54x76 full bed size $30; 54x76 full size, dual control $36; 60x80 queen size with dual $42; 78x84 king size with dual $44—all postpaid. Enclose check or M. O. only—Mich. residents add 4% sales tax.

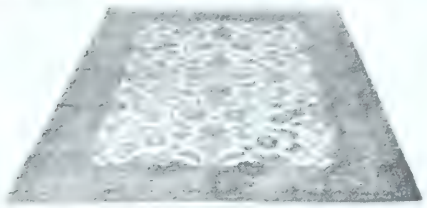
THE LINEN CLOSET
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PRESS ON ADDRESS LABELS

Stick to any smooth surface. No moistening. Use them on letters, sports equipment, cameras, tapes, etc. Any message to 4 lines, 26 spaces each. Printed in black ink on your choice of White, Gold, Silver, . . . or Blue, Pink, Yellow pastel labels. $1\frac{3}{4}$" x $\frac{1}{2}$". In handy plastic sleeve dispenser, 225 for $3; 450 [alike] $5; or 1000 [alike] for $10. All postpaid. Specify color desired. 80-page Useful Gift Catalog, 25¢. From BRUCE BOLIND, 21-P BOLIND BLDG., BOULDER, COLORADO 80302. Since 1956, thanks to you!

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Rare antique, inexpensive antique, semi-antique, and new rugs in antique designs. Each moderately priced.

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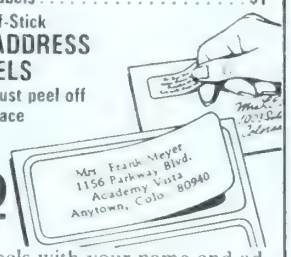
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FREE HANDY BOX

Quick, handy way to put your name, address and zip code on letters, records, books, etc. Any name, address and zip code up to 4 lines beautifully printed in black ink on crisp white gummed labels. 1¾" long.
S717 1000 Labels $1

250 Self-Stick
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Self-stick labels with your name and address are the smart, easy way to personalize letters, envelopes, books, etc. Any name and address up to 4 lines beautifully printed in rich black type on the finest self-stick white label paper available. 1¾" long.
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Walter Drake
3021 Drake Building
Colo. Springs, CO 80940

MOSQUE FERNERIES
White or Walnut (specify) rattan floor stands from our own meticulous Hong Kong workshops.
FERN STAND: 28½" High, 7½" Rd. Shelf. $14.95
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HI PLANTER: 28" High; 12" Rd. Bottom, 10" Rd. x 8½" Deep Cache. $18.95
Lower still ½ shelf on all. Removable Caches.
add $1.25 postage per planter.



Send check, BA, MC DC or AMX charge
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SEE MIRACLE OF BIRTH
$6.98 POST PAID WITH SIX QUAIL EGGS
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You get the new clear plastic dome CHICK-HATCHER with 6 Quail Eggs (available year round) and Egg Hatchers Guide Book. Complete—nothing else to buy. Send check or Money Order today. Send 25c for catalogue of larger models for home, classroom and display. Also quail breeding equipment and how to produce and sell quail year-round.

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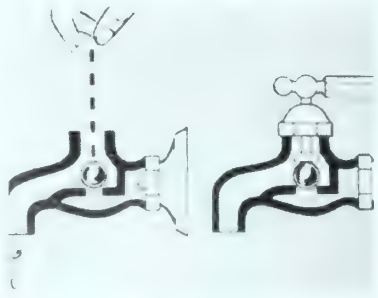
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SHOPPING AROUND



WORKING TELEPHONE

Pay station models were in use. Taken off line, they're rebuilt as regular phones. Money goes from coin slots on to savings box, helps pay for extra calls. Finished black or green. $125 plus $20 post. Catalogue 50c. Grand Com Inc., HG1, 324 Fifth Ave., New York, NY 10001.



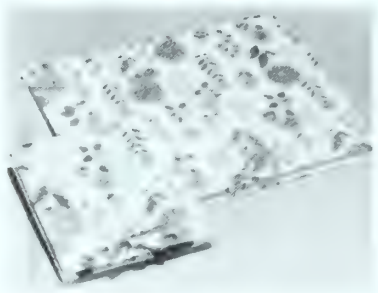
FAUCET FIXER

Annoying drip, drip, drip of a faucet is stopped easily with a neoprene ball that just drops into the fixture after removing old washer. Sealer stays put against grease, oil. $1.29 plus 20c post. Anthony Enterprises, HG1, 556 Mission St., San Francisco, CA 94105.



HIGH STYLE

Handsome rope-trimmed wedge heel and crepe rubber sole add zest to classic kidskin espadrille with moccasin-stitched toe. 5½-10, N and M. Green, navy, brown. $28 plus $1.50 post. Free catalogue. The Talbots, Dept. SX, Hingham, MA 02043.



TIME SAVERS

Placemats are always flat and ready when you keep them in a press. Strong board folder in pastel floral, ribbon tie, 20" x 14" x 2". Holds 24. For mats, $6.95 plus 75c post.; for napkins, $3.95 plus 50c post.; both $11.95. Ppd. Elizabeth McCaffrey, HG1, Northport, NY 11768.



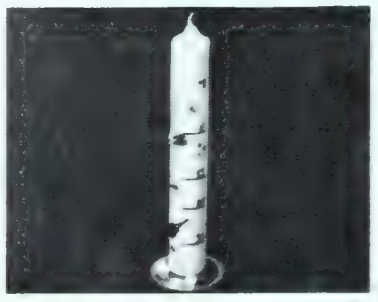
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Stair-Glide is perfect for all who can't or shouldn't climb stairs. It is easily installed without marring walls and special wiring is not required. Special rental-purchase program available. Write for information to American Stair-Glide, Dept. EHG16, 4001 E. 138 St., Grandview, MO 64030.



SAUCEPAN STEAMER

French cooks make vegetables taste good and stay nutritious by keeping them above boiling water in a steamer like this. Stainless steel, 5½" dia. at bottom; expandable top opens to 9½". $3.98 plus 50c post. Anthony Enterprises, HG1, 556 Mission St. San Francisco, CA 94105.



HAPPY BIRTHDAYS

Smokeless candle is 12" h. and has years marked off so it can be traditionally lit at each birthday, up to 21. Decorated in West Germany; comes with brass stand. $6.98; two, $12.98 plus 50c post. Lillian Vernon, G1E 510 So. Fulton Ave., Mt. Vernon, NY 10550.

I HAVE HELPED ALL THESE PEOPLE LOSE WEIGHT

AND, I BELIEVE I CAN HELP YOU, TOO

My name is Paul Michael. Almost ery day my mailbox is filled with tters from men and women just like u. I've helped them lose weight with y personal "Paul Michael Weight-ss Plan."

I sent these people my plan — a aranteed way to lose weight so fast eir friends thought they looked like new person.

Before I go on, I'd like to tell you at I'm not a doctor or a scientist or nything like that.

I'm a businessman. A short time go, I was a FAT businessman. Not nymore.

I still don't look like a movie star, ut finally after years of being over-eight, I am now SLIM. It's onderful.

I had tried everything I could find to se weight but nothing worked for e. Then, I figured out my own Plan.

It worked. I lost over 90 pounds. ust look at my "before" and "after" napshots.

And, perhaps most important of all, ince last December over 100,000 men nd women have used my "Paul lichael Weight-Loss Plan." Here are st a few of the happy letters I have eceived.

"I LOST 21 POUNDS"

• "I feel I can call you Paul as I onsider you my friend. I received our weight-loss plan . . . started on it he next day. Now for the good news — have lost 21 pounds in 21 days. . . ." — *Betty Reynolds, Ft. Myers, Florida.*

• "In five days I lost seven pounds! I can even see the difference in the nirror and my husband noticed my clothes are getting looser. . . ." — *Patricia Le Blanc, Washington, Pennsylvania.*

"NEVER HUNGRY"

• "I have lost 11 pounds now in just 0 days and never a hungry moment. Better yet, no desire for sweets and feel satisfied at all times. . . ." — *Mrs. Roger Carey, Dallas, Pennsylvania.*

• "I lost 10 pounds in seven days. I do not go hungry. In fact, I don't want near as much food as before. So far your plan is working nicely. . . ." — *R. D. Linard, Scio, Ohio.*

• "The first week I lost seven pounds, and I have continued to lose at a rapid pace. . . . I have no bad effects from the rapid weight loss; in fact, I've had a few fringe benefits. My skin is clearer than ever, and for the first time in my life I have fingernails. . . ." — *Patricia Kayton, Milwaukie, Oregon.*

"I LOST 16 POUNDS"

• "I have been so busy losing weight that I neglected to write. I have lost 16 pounds in three weeks. I am so excited about this diet. I have tried lots of diets, and none worked as well as the Paul Michael Diet." — *Mrs. Thelma Hurd, Kimberling City, Missouri.*

• "I started on your diet on June 27, and in one week. . . . had lost 11 pounds . . . I've bought almost $100 worth of books and magazines, and none of them worked this well. It's the greatest thing that's ever happened to me. It has put me on the right road to success." — *Mrs. Oliva W. Perreault, Biddeford, Maine.*

• "Thank you for coming up with the ideal dream . . . Thanks to your plan I have lost six and one-half pounds in less than two weeks. . . ." — *Gertie M. Stewart, Dayton, Ohio.*

• "I congratulate you on your fine diet plan. I think it is just wonderful. It's everything you said. . . . My boyfriend got worried because of the quick weight loss. He thought I wasn't eating. . . . I have lost 11 pounds and feel good." — *Eileen Diffendale, Rockaway Point, New York.*

"I'M SO HAPPY"

• "I'm so happy with the 'Paul Michael Weight Loss Plan.' I lost 13 pounds in 10 days." — *Mrs. Ben C. Fisher, Eugene, Oregon.*

• "I have lost six pounds now. Your diet plan sure did surprise me as to the results. Thanks so much." — *Mrs. Connie Blackwell, Lewiston, Idaho.*

• "I am writing to tell you that I lost five pounds the first week I was on your diet. It is by far the best diet I have ever tried. With this diet, you don't have to go hungry. I am so thankful you came up with the idea." — *Mrs. Bernice Gooden, Bowling Green, Kentucky.*

"I LOST 19 POUNDS"

• "I've tried a lot of diet books, but yours is the only one that ever did any good. When I got it about a month ago, I weighed 149 pounds and now I weigh 130 pounds . . ." — *E. I. Dickie, Comanche, Texas.*

• "After I was on the 'Paul Michael Weight-Loss Plan' just nine days, I lost 13 pounds. Most of all I want to thank you for giving me the confidence to believe it can be done. That's more than half the battle to me." — *Debbie Helmich, Vicksburg, Mississippi.*

"LIKE MAGIC

• "I feel guilty over having paid only ten dollars for your 'Paul Michael Weight-Loss Plan.' It is worth many times the price. . . . Like magic I lost 10 pounds in about 11 days. I spend two weeks out of every month traveling; and while on the road, I try to maintain the adjustments, and I lost another 10 pounds. You have a convert. I have now reached a steady weight loss." — *William P. Pe'Vey, San Antonio, Texas.*

• "After just two days on your weight-loss plan, I have lost my appetite. . . . which really surprised me to say the least. I thought I'd lose weight, but not my appetite. So, I am twice as pleased. Also, I have lost a pound each day. I thank the Lord I got hold of this diet." — *Dixie Weaver, Mesquite, Texas.*

YOUR WEIGHT LOSS GUARANTEED — OR YOUR MONEY BACK!

I feel certain that it makes no difference if you are a man or a woman — whether you are young or old — whether you are just a few pounds overweight or 100 pounds overweight — my "Paul Michael Weight-Loss Plan" MUST work for you — or it won't cost you a single penny.

There is only one way to see if I'm right — that's to order your personal copy of my Plan now — by mail. It's not available at any book store or newsstand — at any price.

And, perhaps most important of all, you can order it without a worry in the world because you are protected by an ironclad guarantee: LOSE WEIGHT or YOUR MONEY BACK! Fair? You bet.

So, to order your copy of my "Paul Michael Weight-Loss Plan," just fill out the coupon below and mail it with your $10 payment to: Paul Michael, 2525 East 21st Street, Tulsa, Oklahoma 74114. As a bonus, I'll make arrangements for you to receive a free three-month subscription to "Weight Loss" newsletter. No obligation.

Let me repeat. It makes no difference how many times you have tried to take off those extra pounds (and keep them off) — your time for losing has finally come.

Order today. Maybe YOUR letter of successful weight loss, after you use my plan, will be in my next ad.

BEFORE
267 POUNDS

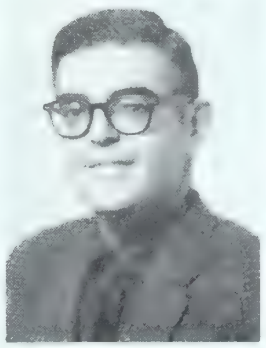


JUST ONE MORE THING!

I LOST OVER 90 POUNDS. HERE ARE MY UNRETOUCHED SNAPSHOTS! I'VE HELPED ALL THE MEN AND WOMEN ON THIS PAGE LOSE WEIGHT. AND, MOST IMPORTANT OF ALL, I WILL HELP YOU, TOO, OR MY PLAN IS YOURS FREE!

Paul Michael

AFTER
174 POUNDS



Make check payable and mail to:

Paul Michael, 2525 E. 21st St., Tulsa, OK 74114

Yes! I want to lose weight once and for all. Please rush me my guaranteed copy of your Weight-Loss Plan. Here is my $10. Also, send me a free 3-month subscription to "Weight-Loss." I understand I run no risk since I am covered by your ironclad guarantee: I MUST LOSE WEIGHT OR I GET MY MONEY BACK. Thank you for this chance to share your weight-loss method!

Print Name Mr. Mrs. Miss _____

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personalized garment bags!

- elegant monogram, custom embroidered!
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Custom fit, wrinkle-free and dust-free to plane, train or car — great for frequent travelers! Superbly made with long zip, wide gusset, secure tie-and-tab top. Holds 6 dresses or 3 suits, great at home for prized gowns or formal wear. Lasting gift! Specify bag, color:

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9141—40" for suits ...$13.98
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Please PRINT initials. Allow extra time for delivery. Add 75¢ post & hdlg. N.Y. residents add taxes



LILLIAN VERNON Dept. G18, 510 S. Fulton Ave., Mt. Vernon, N.Y. 10550

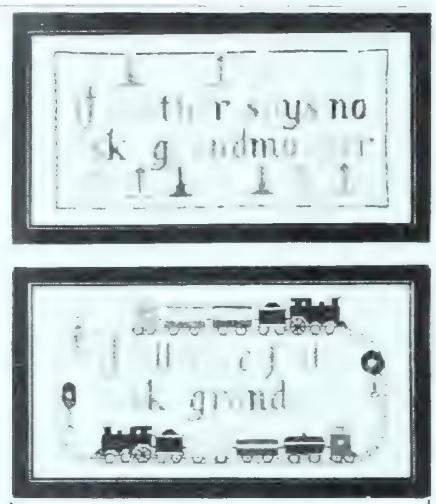


YOUR VERY OWN SHIRTS CUSTOM PRINTED

Sport a T-Shirt or Sweatshirt with any name, club, slogan, team, whatever, boldly printed in color. Choose up to 30 letters on front or 12 down a sleeve as shown. Shirt colors: White, black, navy, or red. Initial letters the same colors. Mix 'n match a shirt color with an initial color. No running or fading, machine washable. Sizes: S M L XL—great for everyone you know.

T-Shirt, short sleeves **$4.50**; Sweatshirt, long sleeves **$6.50**. $2.00 extra for printing on both sides; 50¢ per extra letter.

Jo-Dan Sales, Ltd.
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DELIGHTFUL STITCHERY

Two irresistible samplers. Each comes in kit-form complete with oyster Belgian linen stamped for cross-stitch, floss in bright colors, 8½" x 16" wood frame in maple or mahogany finish and instructions. Also available. "Grandchildren Are God's Reward For Growing Old".

Grandmother Sampler Kit (shown) $4.25
Grandfather Sampler Kit (shown) $4.25
Grandchildren Sampler Kit $4.25

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Send us photo (if negative or slide add $1 extra) for b&w, 8x10—$3.99, 11x14—$4.99, 12x18—$5.99. In color, 8x10—$6.99, 11x14—$7.99, 12x18—$8.99.

RUSH SERVICE! Posters [illegible] B&W $8.00 [illegible] $5.00 add'l per [illegible]

Your original returned undamaged. Add 50¢ for postage and handling for EACH item ordered. N.Y. residents add sales tax. Send check, cash or M.O. (No C.O.D.) to:

PHOTO POSTER Dept. HG-16, 210 E. 23 St., N.Y. 10010

SHOPPING AROUND



ELEGANT COPY

Two-way table, a James River plantation butler tray table reproduction, serves well whether leaves are up or down. In amber finish, oval table is 16½" h., 30¾" w., 39¾" l. with leaves flat. $186.50 ppd. Collector's Corner, HG1, 912 Delaware Ave., McComb, MS 39648.



CONTOUR COMFORT

Relax-N-Sleep pillow can help avert headache, tension, neck discomfort. Use it at small of back when reading, viewing TV, driving. Urethane foam curve, washable pink satin cover. 14½" by 10" by 3½" high. $6.98 ppd. Better Sleep Inc., HG1, New Providence, NJ 07974.



FAMILY JEWELS

Beautiful birthstone rings are crafted in 14k yellow gold, 3 to 7 stones. For grandparents, parents and children. (Top) four stones $56; (center) three stones $35; (bottom) three stones $49 plus $1 post. Free catalogue. The Strongite Co., HG1, 2 W. 47th St., NY 10036.



TIME THIEF

Is your pool robbing you of time? Meyco safety pool cover takes two minutes to put on or remove. Keeps out dirt, leaves; children and pets are safe when you're away. Discourages algae. Custom made, any size. Write to Meyco HG1, 225 Park Ave., Hicksville, NY 11801.



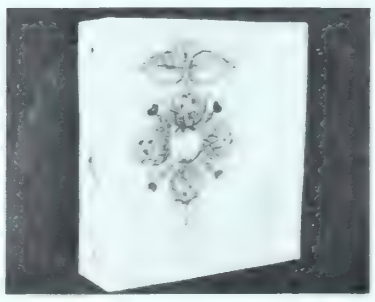
BATHROOM LIBRARY

Solid pine rack organizes reading matter in two smaller racks and holds two rolls of tissue as well. 11¾" w., 18" h., 4½" d.; antique pine finish. Dedicated bathroom readers find it invaluable. $10.95 plus $2 post. Yield House, Inc., G61R, North Conway, NH 03860.



PUKA UP

Everybody loves the puka necklace, an ornament from Hawaii worn by both men and women (specify 15" or 18" length). Made of pretty shaded shells. Women's size, $3; men's, $3.50. Add 50c post. Romar Sales, Dept. RS-6U, 380 Madison Ave., New York, NY 10017.



MAKE A COOKBOOK

The empty-page-cookbook is an excellent idea. Paste, tape or write in recipes from friends, relatives, magazines, newspapers. 240 pages, 15 index tabs, 6" by 9½" 5-ring binder, washable cover. $9.95 plus $1.50 post. J Rommel Associates, HG1, Box 1461, Pomona, CA 91769.



FIDDLEBACK FLATWARE OF 1776

–Reproduced As Authentic Replicas In Satin-Finish Stainless! 48-Piece Service For 8 Plus FREE 6-Piece Hostess Serving Set

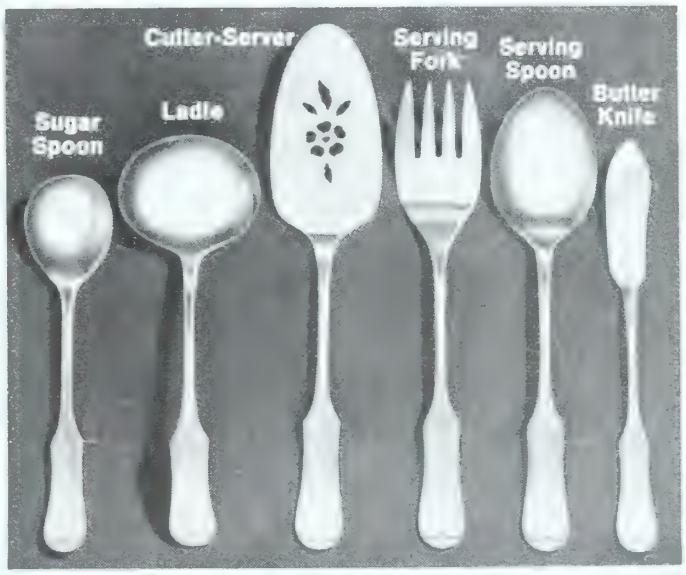
NOT $39.95! NOT $29.95! ONLY $17.76

Your home can reflect the gracious living of Early American Colonial elegance when you grace your table with this incredibly beautiful service. To celebrate the 200th Anniversary of our country, we are offering the famous Americana Fiddleback Flatware in magnificent, satin-finish stainless steel at just a fraction of what you would expect to pay for such a luxurious matched set. Imagine! 48 piece service for 8 plus a FREE GIFT of 6 Fiddleback Serving Pieces—54 pieces in all and all for the incredibly low price of ONLY $17.76!

LIMITED SUPPLY AVAILABLE AT THIS $17.76 SALE PRICE

Don't be disappointed! Take advantage of this amazing low price while our supplies last. Order now and we'll send you the complete service for 8 including 8 Knives; 8 Dinner Forks; 8 Salad Forks; 8 Soup Spoons; 16 Teaspoons PLUS a SPECIAL FREE GIFT of a matching 6-Piece Hostess Serving Set that includes a Pastry Cutter-Server, Gravy or Punch Ladle, Serving Spoon, Serving Fork, Sugar Spoon and a Butter Knife—54 pieces in all! The entire set is yours for just $17.76 on full money back guarantee if you are not absolutely delighted. At this special low price, you'll want to order one set for yourself and another as a special gift for a cherished friend. But don't delay. Supplies are truly limited. Mail coupon today to avoid disappointment.

FREE! 6-PIECE HOSTESS SERVING SET!



CROWN-CASTLE Ltd., Dept. FB-31
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Please send me the 48-Piece Stainless Steel Americana Fiddleback Flatware Set plus the FREE 6-Piece Fiddleback Hostess Serving Set for just $17.76 on full Money Back Guarantee if I am not absolutely delighted. Please add $2.00 for postage and handling.

☐ Enclosed is $_____

Charge my ☐ BankAmericard ☐ Master Charge ☐ American Express

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☐ **SAVE MORE!** Order two sets including two FREE Hostess Serving Sets for only $34.95 plus $2.00 post. & handling.

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Leaf of Life



Amazing! Mystical!

The Leaf of Life is so amazing the Yogis of India believe that these mystical leaves possess the Secret of Life.

Wherever a leaf falls, a new plant starts to grow

Yes, the Leaf of Life can start to grow on air alone. New plants grow from the edges of each leaf.

After it starts, put the leaf in a pot. The bigger the pot, the bigger the plant will grow — from one to six feet tall. You can have the size you want and put it [illegible] sun or shade.

It blossoms with fragrant pink & lime bell-like flowers that look like jeweled, oriental lanterns.

The Leaf of Life makes a thoughtful gift, symbolic of wishing your friends a long life and happiness.

It comes with complete instructions and is easy to grow.

Three Leaves of Life for **$1.00** Nine for $2.50

Please add 25¢ for handling and postage

ROBERTA'S Dept. HA-3
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Box 2221, Walkerville, P. O., Windsor, Ont. Canada

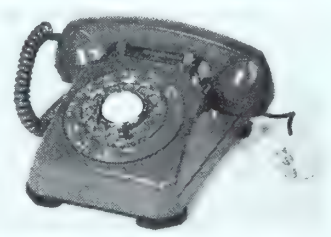
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Start or add to your collection, with this magnificent group of enamelled spoons, made by Czechoslovakian artisans. Silvery plated Fruit and Bird spoons have enamel bowls and handles; silvery Flower spoon and golden Old Masters have enamelled bowl, solid filigree design handles. All enamel is hand painted, authentically colored. Spoons are 5¼" long; superbly crafted. Specify Fruit, Flower, Bird, Old Masters. **$3.50 each; all 4 for only $12.50. Postpaid.**

FERRY HOUSE, Dept. G-176 Briarcliff Manor, N.Y. 10510

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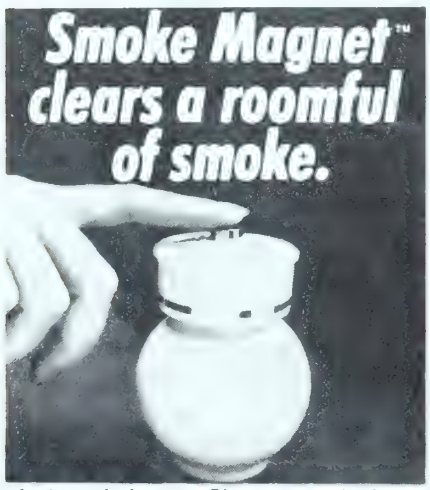


For your extra phone, the modern standard is a late model equipped with a standard cord and plug ready for instant use. Phones rebuilt. Choose white, ivory, green, red, yellow, beige, pink, blue. Only **$23.95** (Shpg. Charge $2.00)

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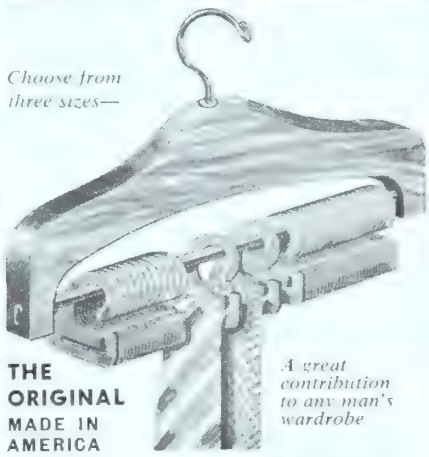
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A great contribution to any man's wardrobe

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Made of solid walnut with beautiful hand rubbed finish, complemented with brass hook and cross bar. Plastic removable riders for individual hanging are designed for wide ties. 6", 25 tie size $6.95 • 10", 45 tie size $9.10 • 16", 75 tie size $11.10 pd. (Less capacity with heavy ties) Send check, or charge to MasterCharge or BankAmericard. Send No. & exp. date.

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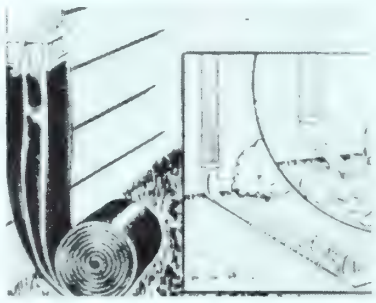
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Shoulder sling briefcase combinations: navy/gold, dar green/taupe, rust/beige "dea suede." Three initial monogra in Old English letters. 16" by 11 by 3½" carries her everywhere $35 plus $1.50 post. Bags Totes, Dept. HG-601E, 1993 Campaign Dr., Carson, CA 90746



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Precious family silver piec marred by a missing part her a dent there can be restored b Simmons, fine silver platers, re pairers of silver, gold, pewte brass and copper. Free cata logue. Simmons Silver Platin Co., Inc., HG1, 409 Whiteha St., S.W., Atlanta, GA 30303.



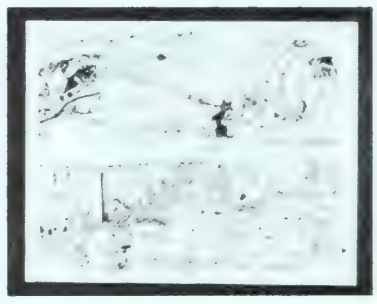
OFF, OFF AND AWAY

Green plastic sleeve distribute rain water away from down spou across lawn, shrubbery. Sleev stays rolled until it rains the unrolls, water flows and spread through sprinkler holes. 9' L $1.49 plus 20c post. Anthon Enterprises, HG1, 556 Missio St., San Francisco, CA 94105.



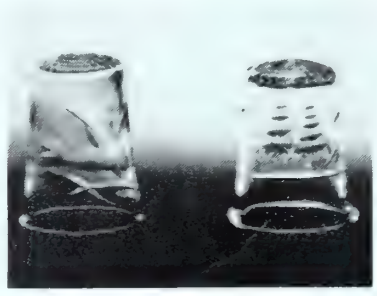
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Beautiful antique-finish pewte clock not only tells time but is distinctive wall decoration. Mad in Germany with fascinating de tails, it's battery-operated so yo can hang it anywhere. 9" dia $59 plus $1.50 post. Hilde garde's, HG1, 597 Farmingto Ave., Hartford, CT 06105.



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Exquisitely hand-cut crysta thimbles are bound to be the delight of a stitchery enthusiast Wild Goose in Flight, $9.98 Windjammer, $8.98; both $18.50. Ppd. Catalogue, 50c The Sewing Corner, HG16E, 150 11 14th Ave., Whitestone, NY 11357.



WHAT'S IN STORE?

Take a look into the future with fortune-telling cards that friends will find fun, too. Each card has a different picture or sign for answering questions on love, happiness, finance. $2.98 plus 25c post. Anthony Enterprises, HG1, 556 Mission St., San Francisco, CA 94105.

"They had to pay me to show a photo of myself 14 days ago... Not now!"



"I lost 10 pounds of unwanted weight and 7⅛ inches off my waistline in 14 days...It's a new world!"

Pamela Benyas tells us... Case #R-050

"I felt I was wearing a "tire" around my waistline until I used the "5" Minute Body Shaper Plan...to lose pounds and inches...without stringent diets or complicated exercises."

Here are the 6 reasons why you, like Pamela, can start looking years trimmer...in 14 days...if you start using our '5' Minute Body Shaper Plan right away!

1. **It concentrates its slimming action on your fatty areas; waist, hips, upper thighs — that give you an aging look.** Because it works most of your muscles at once, not body part by body part, the Plan stimulates total slimming action. It help you start to develop a more youthful looking figure in 14 days.

2. **Simple to use. No disrobing.** Attach it to any door knob, stretch out comfortably on the floor. Do one '5' Minute continuous, rhythmic, enjoyable exercise twice daily, whenever you have the time, even while watching TV.

3. **Designed to slim fatty problem areas.** Choose from 4 different '5' Minute exercises, each created to help trim down the problem fatty areas of your figure in 14 days.

4. **No rigid dieting.** We suggest you temporarily eat 20% less until you reach your normal weight, without giving up any of the foods you love—eat Ice Cream, Cakes, Pasta, whatever! (It's all in the guide.)

5. **Safer and saves time.** No more running to gyms for complicated, exhausting workouts that can strain you. This simple '5' Minute Plan, that you do at home, leaves you refreshed.

6. **Weighs only 16 ounces.** Fits any wallet-size case. Stores anywhere. Travels with you so you never have to miss a trimming session. Remember it's the daily sessions that firm, shape, and fashion you a more youthful-looking figure.

It's Fun, With Results..."5" Minutes And Out.

THE SECRET WHY IT BEATS FASTING ALONE, MAKING YOUR FIGURE LOOK YEARS YOUNGER. Unlike our Plan, fasting programs usually burn off more active tissue (muscles) during weight loss, which can cause your skin to wrinkle, muscles to sag, and create dragging fatigue. Our Plan increases active tissue growth — through the use of the '5' Minute exerciser — while concentrating greater fat loss (by exercise and temporary 20 percent food reduction), making you look years younger as you slim. Within the first '5' minutes you use the exerciser, you start burning off fat, speeding up your metabolism to help burn up stored calories, releasing excess water. Helps curb your appetite without suppressants. Increases energy and well-being. It's so simple and enjoyable a Plan to follow, we guarantee you can stay with it, remaining slim without regaining those inches and pounds. It can put an end to your "gain-and-loss-cycles."

Use Our "5" Minute Body Shaper Plan And We Guarantee These Results:

"Do one "5" Minute Exercise twice daily, eat anything you like (JUST 20% LESS), you'll lose pounds and inches, improve vitality, fitness within 14 days — or your $7.98 will be refunded."

EXPERTS AND CUSTOMERS AGREE:

It's the no-nonsense way to shape up fast!

Scientific reports and many of our 600,000 customers inform us that sauna wraps, inflated belts, weighted belts, and other 'effortless exercisers' are of little or no value in firming, shaping, and muscularizing your body. "YOU MUST WORK OFF THE INCHES," experts say. We believe, and results prove, ours is the simplest, safest, most enjoyable Plan to do it.

Here's a sampling of what the customers who have shaped up on our Plan tell us happened to them: **"I lost 25 pounds, 5½ inches off my waist in 14 days,"** G. C. **"Lost 32 pounds, 6⅜ inches off my waist in 24 days,"** M. F. **"I lost 7 pounds and 5½ inches off my waistline in 9 days,"** I. S.

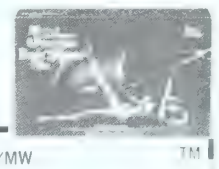
START SHAPING UP NOW!

It is America's most successful body trimmer and shaper. Over 600,000 customers have purchased our '5' Minute Plan to slim down fast. Results are proved and some notarized. Our guarantee to you is in writing. Experts agree our Plan works—and works fast. Now, can you think of any reason for not ordering your '5' Minute Body Shaper Plan and start slimming down today?

Satisfaction Guaranteed!!!

"Use our improved '5' Minute Body Shaper Plan for 14 days! See what it can do for you! If it is not what we say it is, simply return it to us, in good condition, for your $7.98 refund."

Weighs 10 ounces





Joe Weider! Dept. LG/MW TM

Builder of Beautiful Bodies since 1936

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I will feel glorious and begin to look slimmer in just 3 days

☐ **I am enclosing $7.98 plus $1.00 for shipping and handling.** (Calif. residents add 6% sales tax.)

Check ☐ Money Order. Please allow 2 weeks for delivery. Rush '5' Minute Body Shaper and Illustrated Guide—in plain package to:

Name . Age

Address.

City....

State Zip.

Patented © Joe Weider, 1975 Another Fine Product of Weider Health and Fitness

IN CANADA 5 Minute Body Shaper 2875 Bates Road Montreal 0



DRY CLOTHES— RAIN OR SHINE

"Drip-Dri Bar" hooks over shower rod and locks in place. Attaches in seconds. No screws, no adhesive. Can't mar wall. Adjustable from 25" to 31" to fit standard bathtub. Holds full-length garments. Water drips into the tub, not on the floor.

DRIP DRY BAR $4.98
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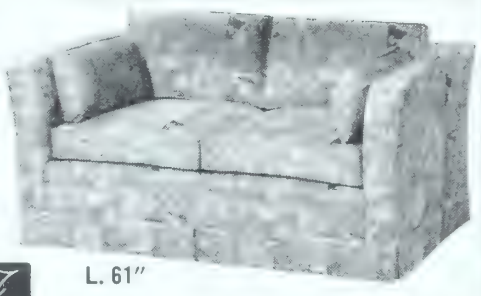
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Satisfaction Guaranteed or Your Money Back

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61" TUXEDO LOVE SEAT
(available in 72", 88" sofas)

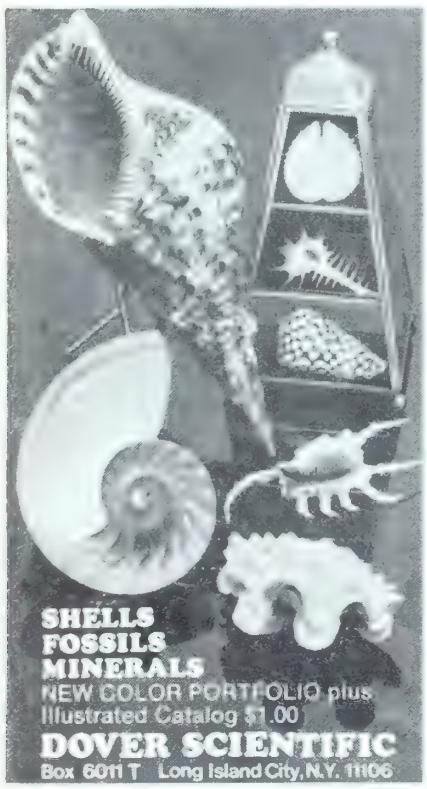
Beauty, elegance and comfort make this [illegible] a joy to own. Seat and back cushions zippered and reversible, arm pillows and arm protector included. Available in [illegible] shades and type of fabric [illegible] solid prints cut and [illegible] velvets etc. You specify type and colors desired.
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L. 61"

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Write for FREE catalog of gifts.

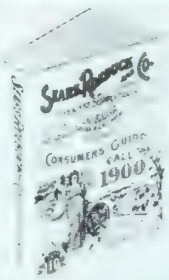
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Designed to hold plants, seven unique styles molded in white metal: bird, fish, butterfly, coat hanger, hoop (hanging styles); cat and owl (stand-up only). About 30" l. for indoors or out; each $12.50 plus $2.50 post. A Little Bit of Everything, HG1, Box 7207, Dallas, TX 75209.



'WAY BACK WHEN

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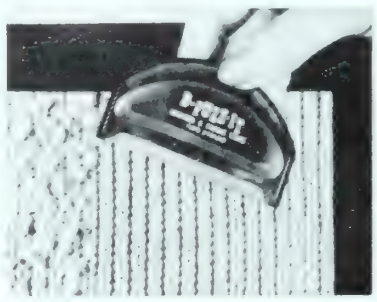
TAXPAYER'S LAMENT

"The Lord giveth, the government taketh away" is a solid pine plaque to lift tax blues. Antique-looking plaque in "aged" colors. 10½" x 7¼" x ¾". With hanging chain, $3.98; three, $10.98. Add 60c post. Lillian Vernon, G1E, 510 So. Fulton Ave., Mt. Vernon, NY 10550.



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A rose mist sprayer is made of white porcelain, hand painted with floral decoration. A push of the plunger produces a fine mist of droplets to help house plants thrive and flowers last. $4.98 plus $1.10 post. Carol Ann Gifts, HG-2085L, Box 21026, Philadelphia, PA 19154.



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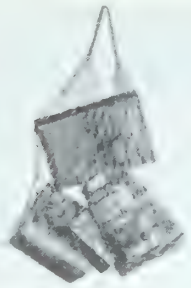
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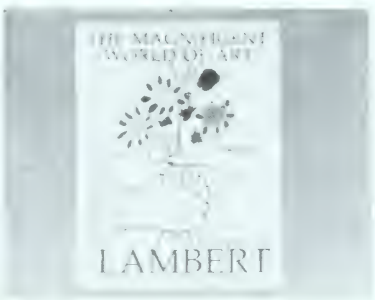
Holds books, beauty aids on two wood shelves. Natural, $12.95. Painted white or black, H&G parrot green, pineapple yellow, bittersweet, space blue, azalea, add $3. 18" by 15" by 7". Add $2 post. Catalogue 25c. Fran's Basket House, HG1, Route 10, Succasunna, NJ 07876.

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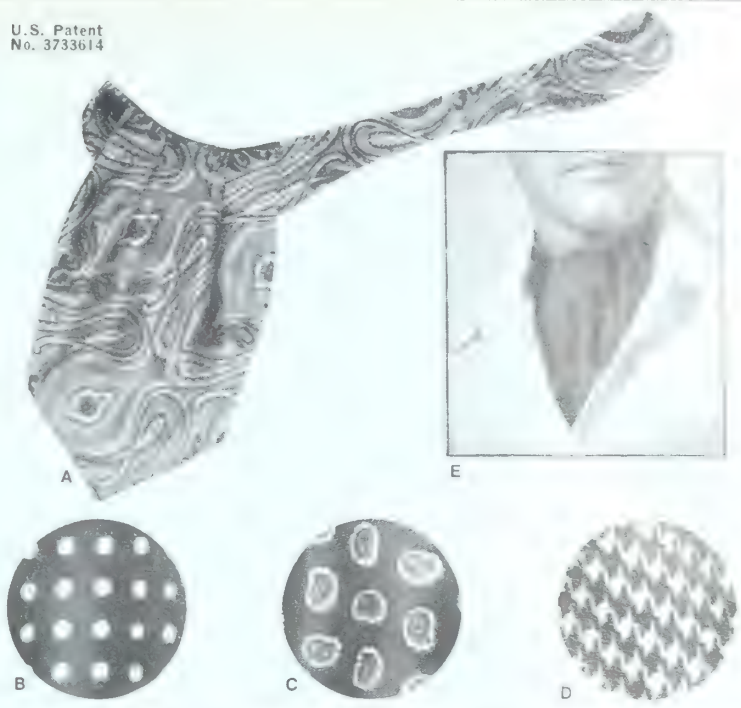
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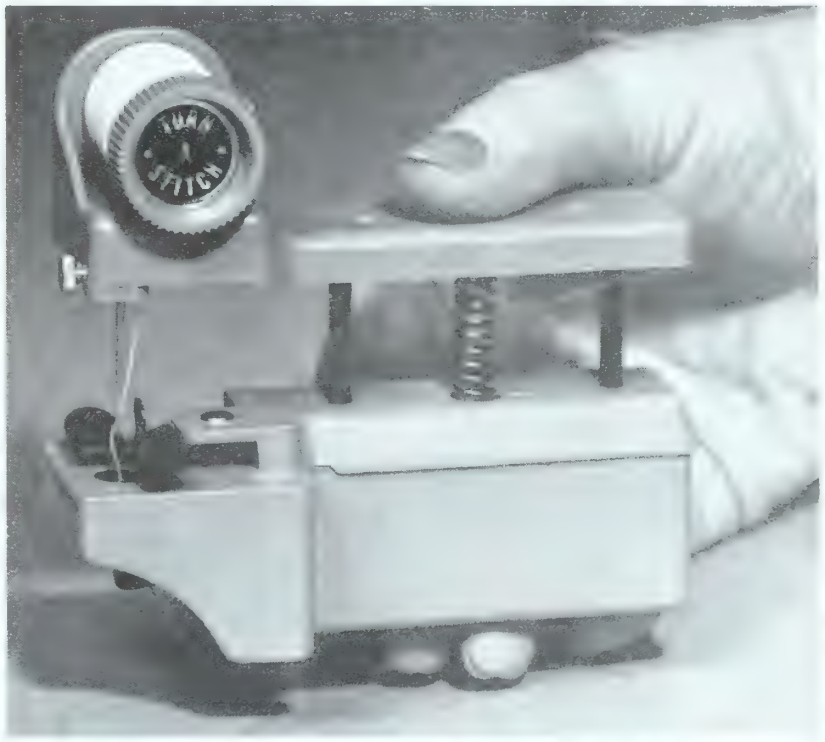
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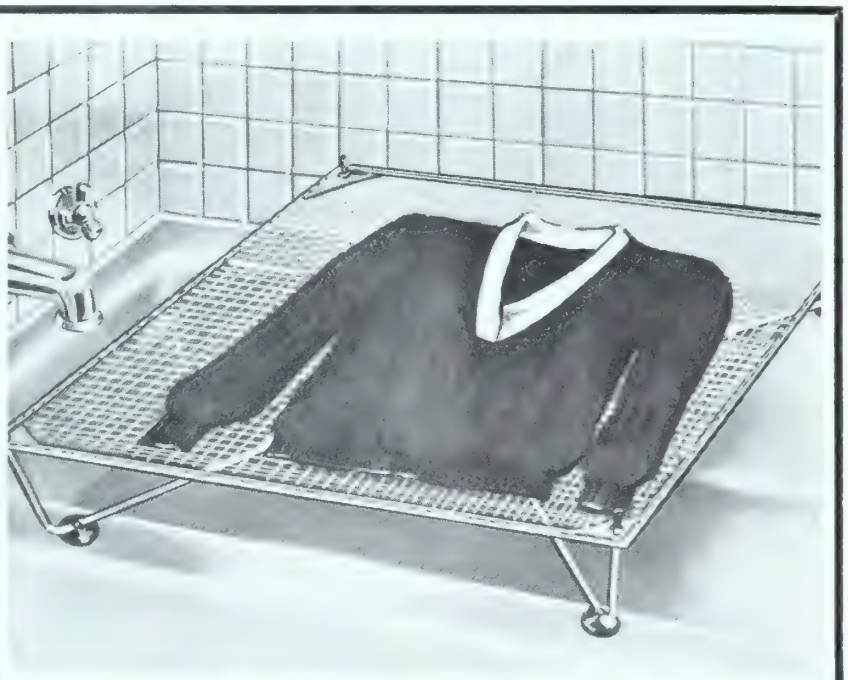
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SWEATER DRYER

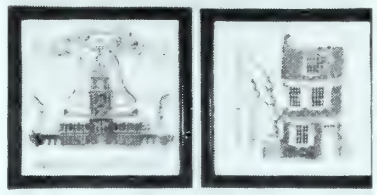
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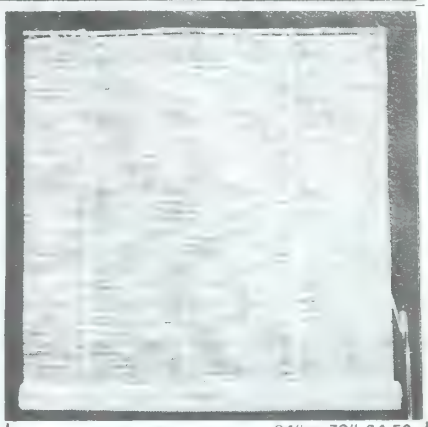
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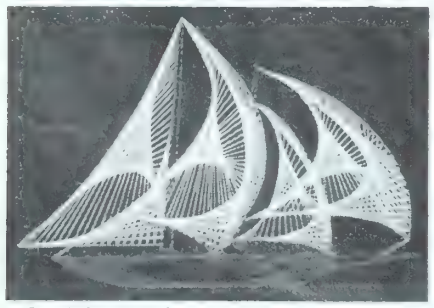
STITCH

some pretty pots and plants on a make-believe bookshelf . . .



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macramé wall hanging

Complete this dramatically beautiful 48"x18" wall hanging using only 3 simple knots. Kit contains jute cording, dowel, hoop, stoneware beads, and easy step by step instructions. Only $14.95 postpaid. Send check or money order payable to Tumbleweed, Dept. HG1, Box 80358, Los Angeles, Ca. 90080.

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14" diameter on 14 mono canvas

No hours of background with this fun piece. Sixteen bright, dynamite colors. Her gown of turquoise, lavender comfort, bright canary and black in the background to set off lots of red, blue, green, pink and white. A bright piece for any room. Hand-painted canvas and Paterna yarn.

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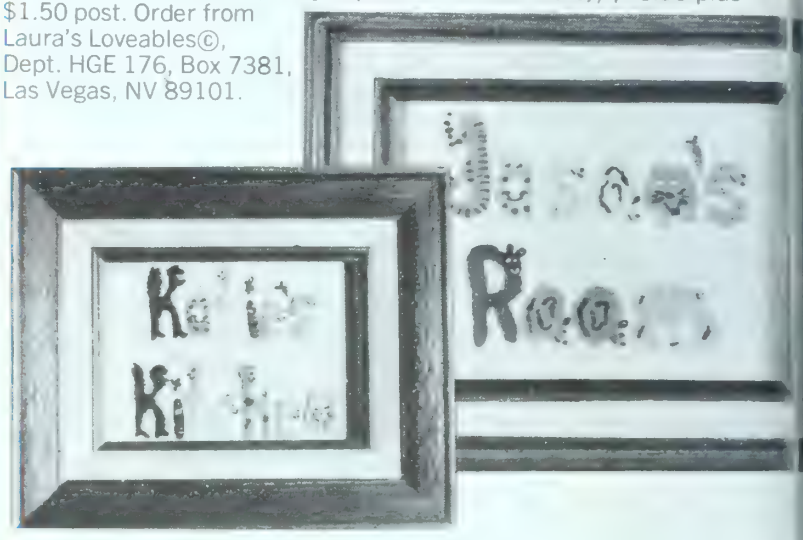
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LOVEABLE STITCHERY

Spell out the message with amusing animal alphabet. Lively colored cotton thread, natural background material and transfer letters that can be applied to other materials as well. 9" by 12", up to eight letters, instructions. $7.95. Each additional letter, 50c. Complete alphabet 14" by 18" (specify capitals or small letters), $16.95 plus $1.50 post. Order from Laura's Loveables©, Dept. HGE 176, Box 7381, Las Vegas, NV 89101.



SONG BIRDS QUILT

Make an heirloom quilt the easy way with the Jiffy Cross Stitch kit. Stamped on fine quality cotton white percale with sufficient batting. Instructions for embroidery, padding and quilting included. Double kit, 90" by 103", $14.95; floss for double quilt, $14.95; king size kit, 108" by 103", $16.95 and floss for king size quilt, $16.95 plus $1 post. Classic Corner, 12 H Water St., Bryn Mawr, PA 19010.





CREATIVE ART

Everything you need for the art of macrame. Materials, equipment, accessories, including beads in full color, starter kit with Evelyn Stiles Stewart's book, "The Right Way to Macrame", also weaving equipment and list of craft guides. New 31-page catalogue, $1. Macrame Studio, HG1, 3001 Indianola Ave., Columbus, OH 43202.



PICTURE SHOW

Frame your favorites in fabric, ribbon, needlepoint or shells. Molded wood frame kit, glass, instructions for covering, 8″ by 10″, $12; 5″ by 7″, $10; 4″ by 4″, $8. Color-coordinated fabric kit, green, yellow or blue with white (specify) 8″ by 10″, $5; 5″ by 7″, $4; 4″ by 4″, $3. Frames finished as shown or your fabric, 8″ by 10″, $33; 5″ by 7″, $27; 4″ by 4″, $18. plus $1 post. Fun Frames, HG1, Box 6122, Charlotte, NC 28207.



AT YOUR SERVICE

Supplies for the designer of jewelry and macrame include semi-precious gemstones, sterling silver, wood, porcelain and glass beads, macrame cords, silver wire findings, jewelry tools plus listing of how-to-books on metal crafts, stitchery, weaving. Free catalogue, Northeast Bead Trading Co., HG1, 12 Depot St., Kennebunk, ME 04043.



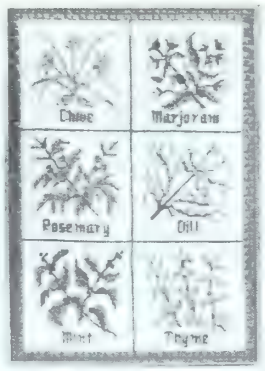
TASSELED ACCENT

The Irish Fisherman pillow is a real charmer. Twelve different stitches make a distinctive design on ecru, ice green, ice blue or ice yellow. 14″ by 14″. Kit includes detailed instructions, needle, Paternayan yarn. $22.50 plus $1 post. Magic Needle, HG1, 44 Green Bay Rd., Winnetka, IL 60093.



HAPPY GARDENER

An easy cross stitch creates this perky little miss for a decorative pillow. Kit includes stamped design on 100% cotton, pure cotton embroidery thread, zipper, needle and instructions. Green with red, gold accents on white. 12″ by 12″. $6 plus 50c post. Color catalogue, 25c. Tower Crafts, HG1, Box 575, Champaign, IL 61820.



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Our own exquisite **HERB CHART** design hand-painted on #14 mono canvas, complete with colorful Paternayan Persian yarns. Easy instructions and suggestions for border stitches. Finished size 10 x 14½″. Also available our companion

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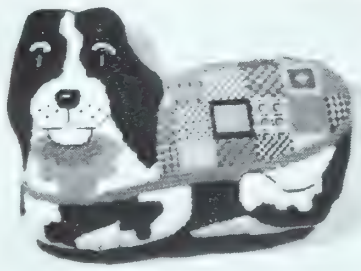
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MAGIC NEEDLE
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Shows charming scenes of country children in crewel embroidery. Each kit includes design stamped on linen, crewel yarns, cotton floss, needle, wood frame, and instructions. Size 5 x 7″.

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Lithographs on porcelain in Copenhagen blue. Hanging loop. (Shown) Homestead in Winter; also Farmer's House, Old Homestead, Home in Wilderness. 8⅛". $3 plus 50c post.; set of four $9.98 plus $1 post. American Consumer, UH-30, Caroline Rd., Philadelphia, PA 19176.



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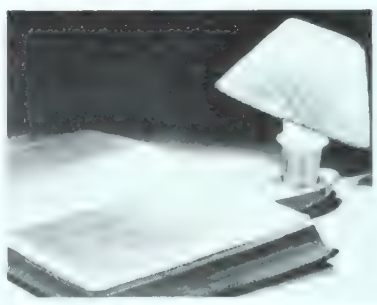
ON THE BEAM

Watch that announces "I Love Gymnastics" on its face features a drawing of Cathy Rigby in her balance pose. In red, white and blue with striped wrist band, baked enamel dial. $22 ppd. Southern California Acro Team, Inc., HG1, Box 14388, Long Beach, CA 90814.



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Butcher block circles become ovals on single oak wood pedestal. 36" circle (becomes 54" l., one 18" leaf, included), $295; 42" (to 66" l., two 12"), $395; 48" (72" l., two 12"), $430. Add $20 post. J & D Brauner, Inc., HG1, 1331 S. Michigan Ave., Chicago, IL 60605.



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Just plug in 5′ cord and attach clothespin-type clip to shelf, desk, even book cover. Sturdy spring, on-off switch. Neutral tone high-impact plastic. 5 oz. 15/25-watt bulb (not included). $3.98 plus 65c post. Anthony Enterprises, HG1, 556 Mission St., San Francisco, CA 94105.

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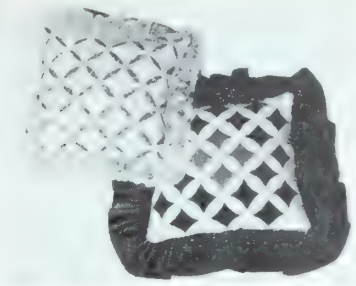
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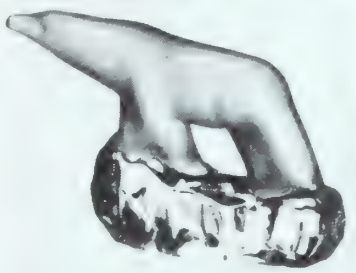
QUILTER KIT

Quilting bees are abuzz about a metal templates kit that helps create quilts or pillows without frames. Includes three templates for cutting, pressing plus instructions for Cathedral Window and Petal designs. Kit, $4 ppd. Quilt Easy, HG1, P.O. Box 321, Stone Mountain, GA 30083.



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Polar bear of frosted crystal standing majestically on block of sparkling clear crystal ice. Signed by its Swedish designer, Tyko. An unusual creation for crystal collectors. 4″ wide by 2½″ high. $12.98; two $25. Ppd. Ferry House, HG1, Briarcliff Manor, NY 10510.



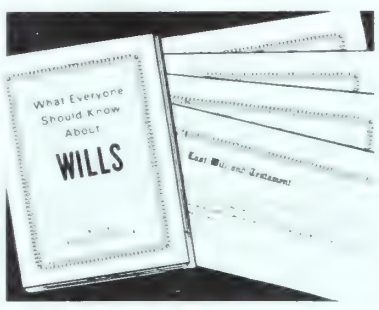
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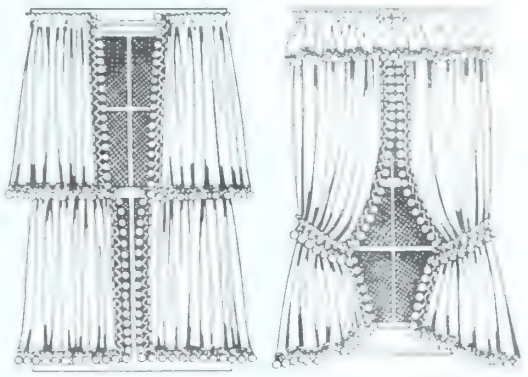
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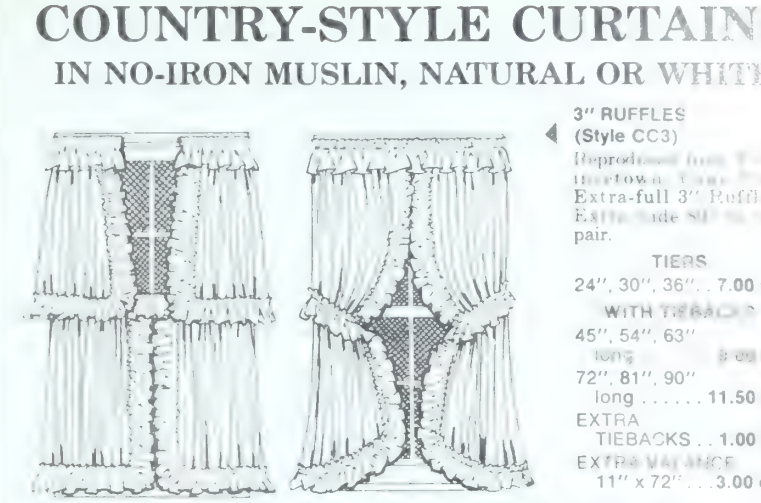
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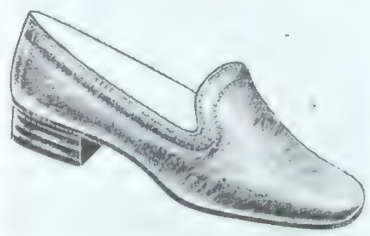
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Fifth in series of needlework kits for dated ornaments, 3½" dia. Hand-painted white tape-bound canvas, Persian yarn and needle. $5.50 plus 25c post. Also available: 1975 candle and 1974 church, $5.50; 1973 angel, $7.50; 1972 dove, $8.50. Downs, 1401-Z, Evanston, IL 60204.



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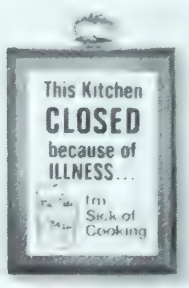
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"Mandy" is a princess of a shoe with regal good looks in glove soft leather. Cushioned insoles, ⅝" heel, sizes 4-12, N, M, W Choose black, camel or gold. $12.95. For sizes over 10, add $1. Add 90c post. Sofwear Shoes, HG1, 1711 Main, Houston, TX 77002.



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HAPPY RETURNS



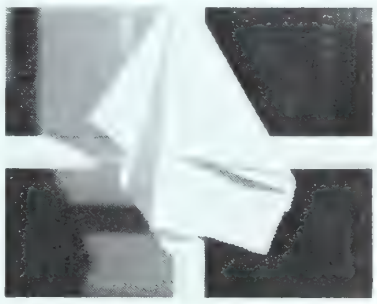
For throwing practice and fun, try a boomerang! Replica of famous hunting weapon used by Australian Aborigines soars hundreds of feet, then circles back. Scientific air-foil design. $2.98 plus 45c post. Anthony Enterprises, HG1, 556 Mission St., San Francisco, CA 94105.

ETERNAL LINK



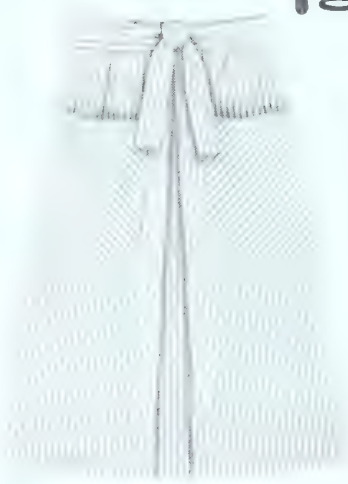
Bride and groom's coats of arms, linked by helmet and mantle, hand-engraved on a wedding band of 14k gold. 10mm wide. Send drawings for both names or request coat-of-arms research. $155 ppd. Free color catalogue. Heraldica Imports, HG1, 21 W. 46th St., New York, NY 10036.

WINDOW WONDER

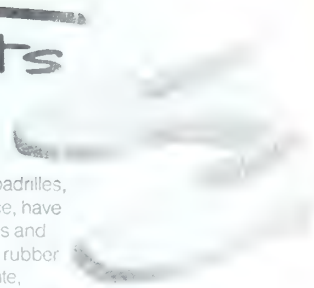


Chemically-treated glass cleaning cloth makes windows shine—a "dry-cleaning" way! Washable cloth works its zip-clean wonders on car windshields, mirrors, too. $1.49 plus 15c post. Order from Anthony Enterprises, HG1, 556 Mission St., San Francisco, CA 94105.

The Talbots



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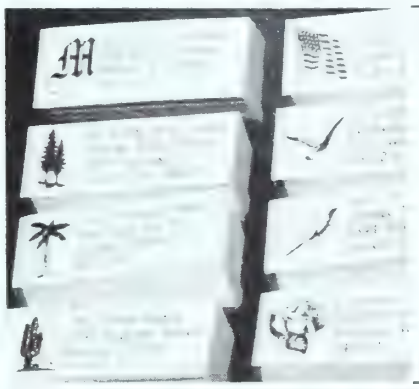
Our comfortable espadrilles, imported from France, have sturdy canvas uppers and rope-trimmed crepe rubber soles. Navy, red, white, green, yellow, sand or sky blue. Whole sizes 5-10, N and M widths. $15.00.



Tote our ticking-striped monogrammed bag with double strap, inner pocket [illegible] white with red monogram (underline last initial). 9½" x 10". $26.00.

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Any Initial, American Flag, Pine, Gull, Palm, Roadrunner, Saguaro, Rose. [Also available are Texas Flag, Maple Tree, Treble Clef, or Palette]. Up to 20 letters per line, 4 lines. Printed in black on white or gold gummed labels 1½x½". 500 on white or 250 on gold for $2.50 ppd. Or on DELUXE SIZE, 1¾" long, $3.50 with design or $2.50 without, ppd. Specify Initial or Design desired. Via air, add 39¢ per order. Useful Gifts Catalog, 25¢. Bruce Bolind, 21-L Bolind Bldg., Boulder, Colo. 80302. Since 1956, Thanks To You!



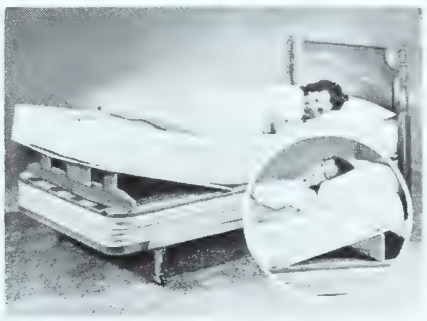
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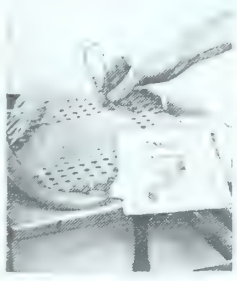


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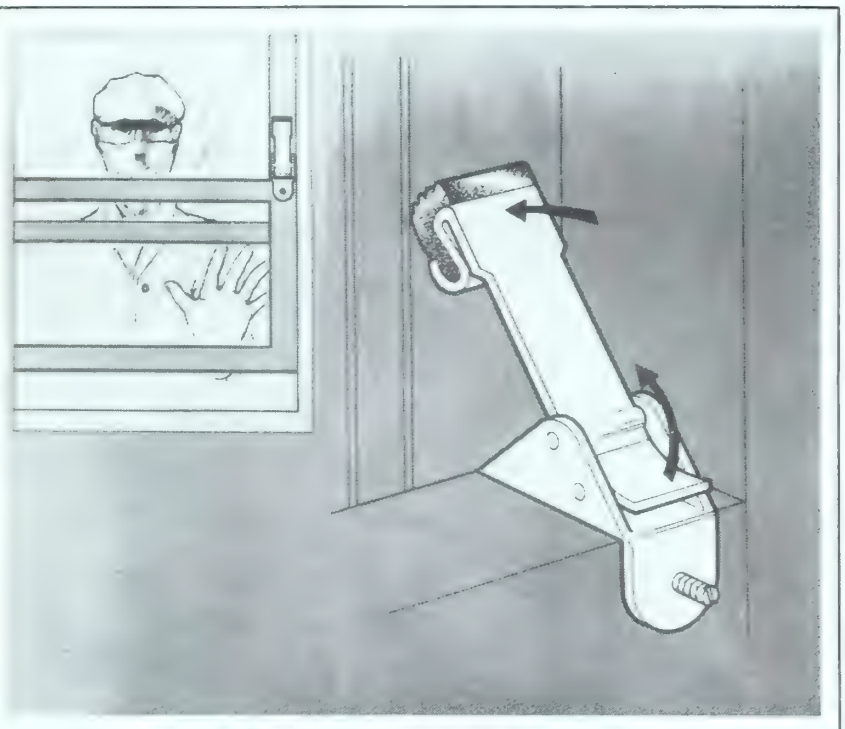
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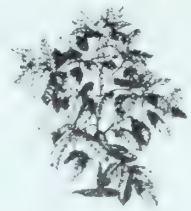
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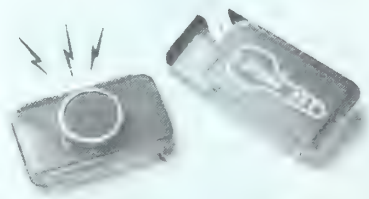
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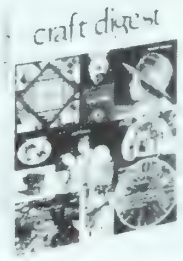
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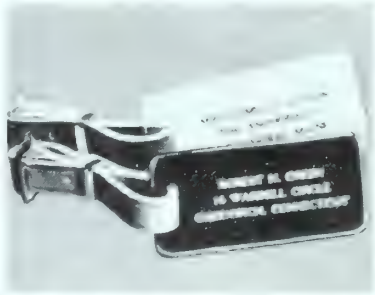
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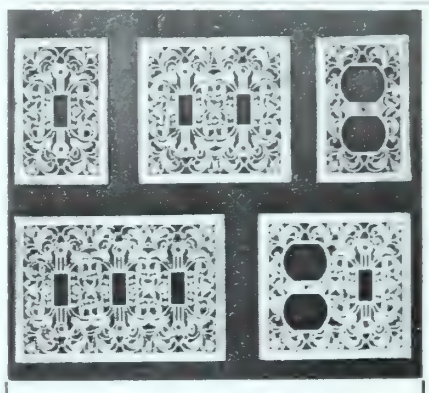
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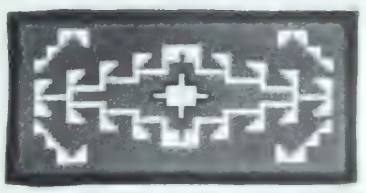
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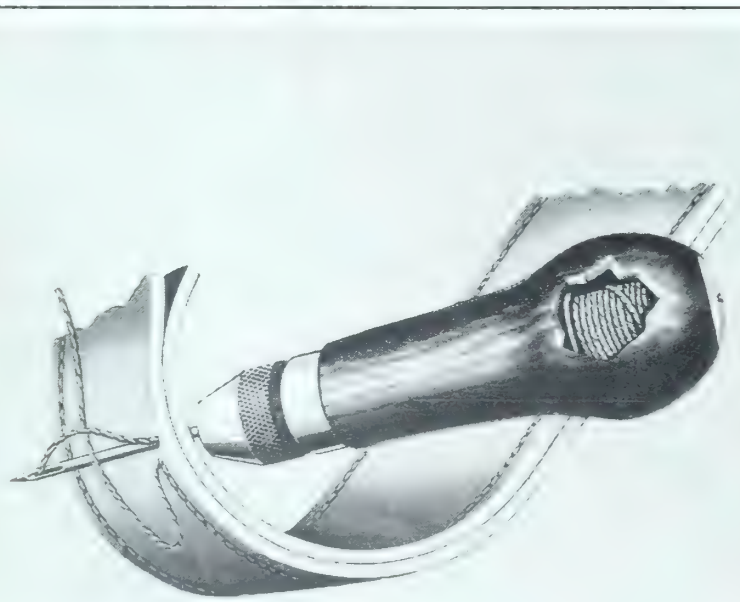
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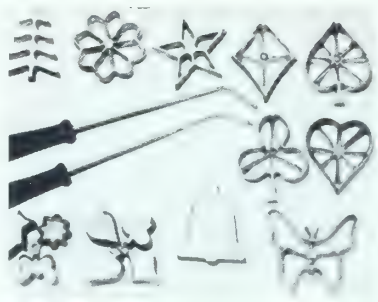
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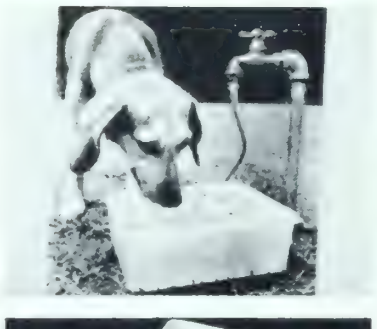
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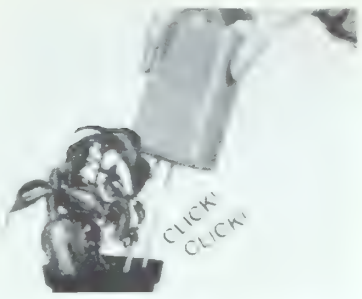
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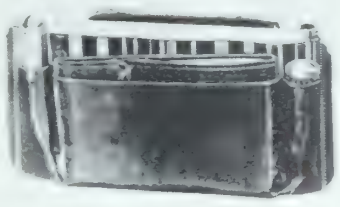
PLANT ADVISER

Green Genie is a battery operated instrument that tells if plant is overwatered, underwatered or just right. Insert probes into soil and listen. Instructions, watering chart, battery included. $10.95 ppd. Petite Lagniappe, HG1, 1026 Hibernia Bldg., New Orleans, LA 70112.



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Changing handbags is hazardous, especially if you tote a bureau drawer's worth of gear. If you insist, be wise with a purse organizer—seven pockets. In multi-toned fabrics. 7" by 3½". $1.98 plus 25c post. Anthony Enterprises, HG1, 556 Mission St., San Francisco, CA 94105.



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Wedge your way into comfortable feet with "Diana." Soft baby calf: black, filly brown, white, malt chocolate, bone malt, navy, light blue strips. Wedgie is 1¼". AAAA to EE, 2½-10 $26.95; 10½-12 $27.95. Add $1 post. Free catalogue. Solby Bayes, HG1, 45 Winter St., Boston, MA 02108.



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Framed Award of Merit on parchment paper 13" by 10". Space for hand lettering name, event, date and organization. Black and red printing; black wooden frame. $3.49 plus 50c post. Order #107 Anthony Enterprises, HG1, 556 Mission St., San Francisco, CA 94105.



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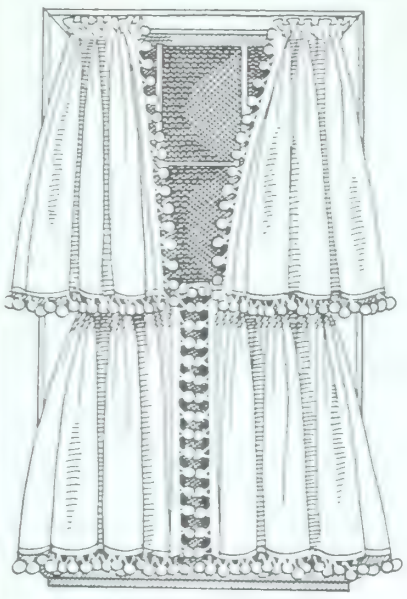
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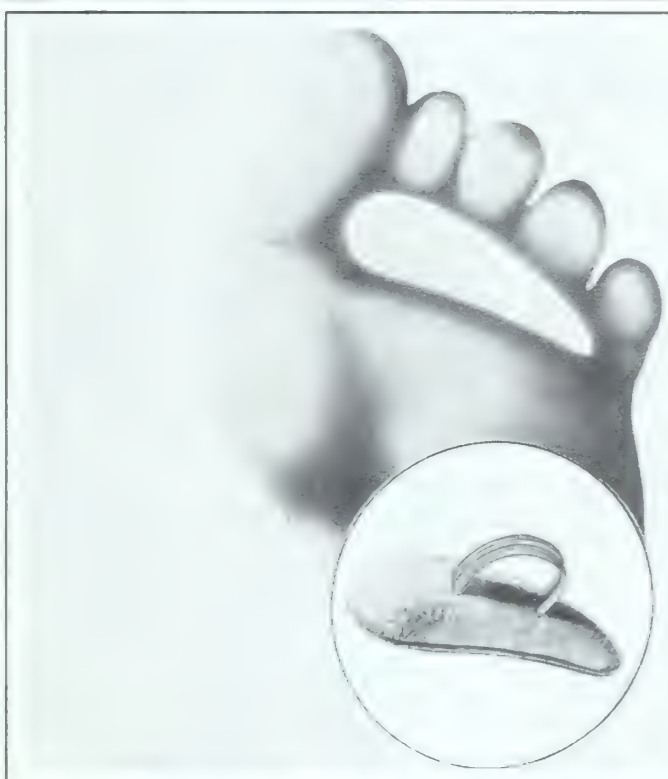
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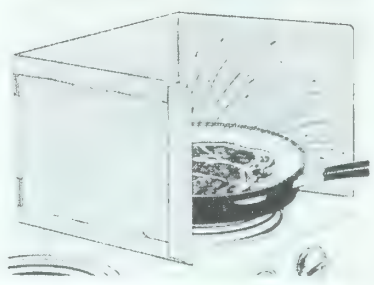
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SHOPPING AROUND



TAKE THE WHEEL

Unique table makes for clear sailing ahead in decorating. All teak, with glass top, wooden anchor crosspiece underneath 15½" h., 28" dia. $139.95 exp. charges coll. Catalogue, 50c. Pat Baird Ship's Wheel, Inc., Dept. HGE6, Nottingham Sq. Rd., Epping, NH 03042.



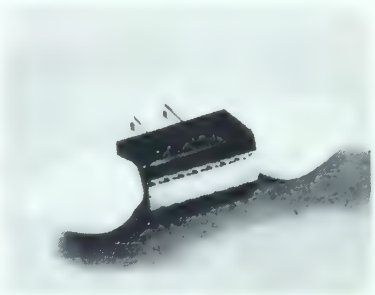
SPLATTER CATCHER

Cooks love the efficient work of a pure aluminum splatter shield that protects against flying frying spots, mixing bowl batter. Three hinged panels, 9" h., fold flat for storage. $2.98 plus 45c post. Anthony Enterprises, HG1, 556 Mission St., San Francisco, CA 94105.



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Multicolor "gems." Cushioned insoles, adjustable backs. White, black, gold, silver; pink, blue, yellow, green pastels (specify alternate colors). N 5½-12; M 4-12; W 5-12. (No half sizes over 10.) $11.99 plus 75c post. Morgan's Cove, HG1, 28 W. Prospect, East Brunswick, NJ 08816.



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Ingenious night light is said to last 36500 nights—that is, a hundred years! Stays cool, plugs into wall socket to light dim areas softly. Continuous operation costs just 2c a week. $1.98 plus 25c post. Anthony Enterprises, HG1, 556 Mission St., San Francisco, CA 94105.



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SEA WHIMSY



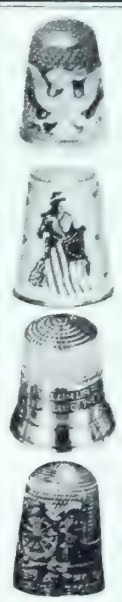
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The Sewing Corner
Dept. HG-16, Whitestone, N.Y. 11357

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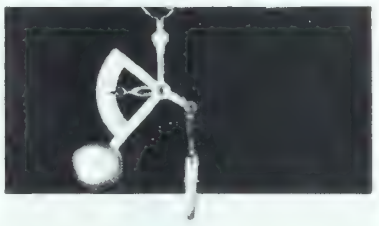
Canvas shoulder bag for casual clothes. Zippered closure and inner zipper envelope. 12″ by 8½″. Monogram (underline last initial) in contrasting leather. Green/navy or sand/brown. $17 plus $1.50 post. Catalogue free. The Talbots, Dept. SV, Hingham, MA 02043.

WALL WIZARDRY

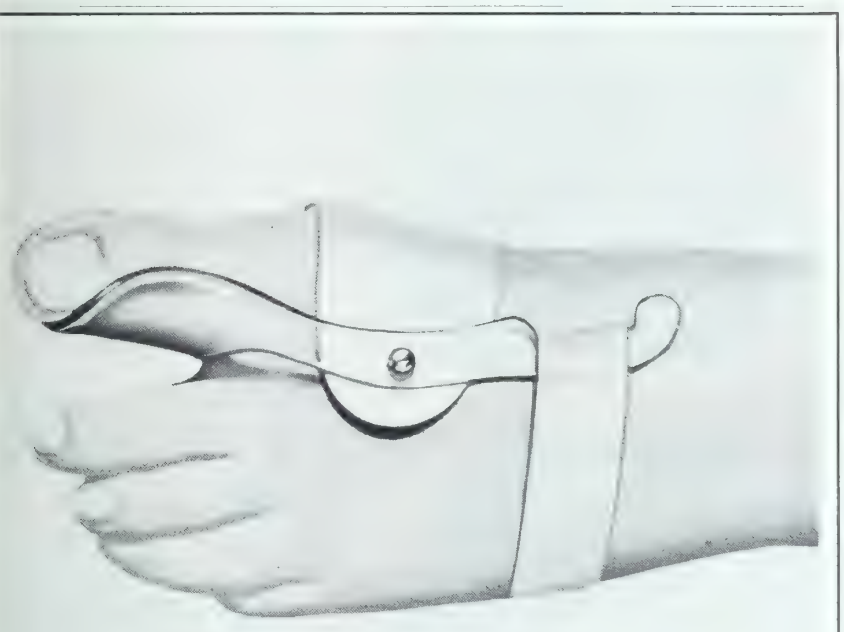


Stunning wall murals are easy even for non-artists with place-trace-paint by numbers. Up to three color schemes, up to 12′ wide, 74 designs; kits include paints, patterns, $2.95 to $49.95. Catalogue, 25c. Magic Murals, HG601E, Box 8500, Fountain Valley, CA 92708.

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American Century

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Add 75c post. & hdlg., N.Y. res. add taxes

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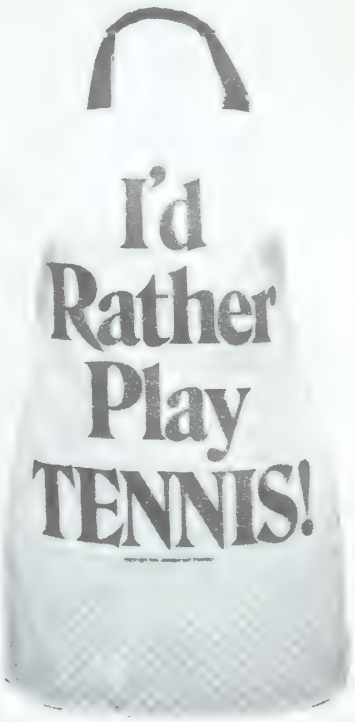
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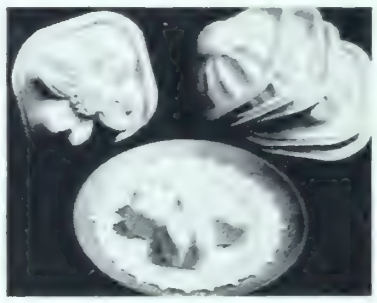
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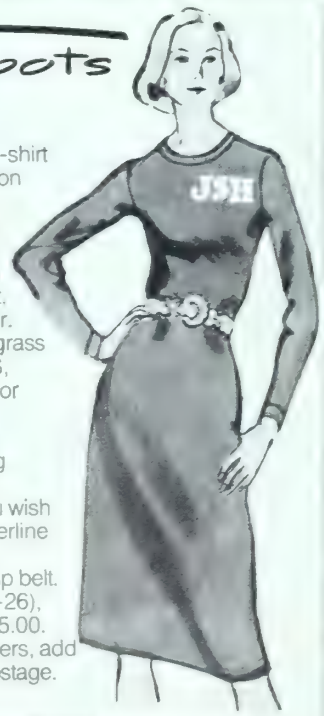
Zip into a uniquely designed sauna exercise suit and go about chores or relaxing and excess body moisture is shed. For men and women. One size fits all. $9.98 plus $1 post. Anthony Enterprises, HG11, 556 Mission St., San Francisco, CA 94105.



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Congers Color Labs
Dept. HG-16, Congers, N.Y. 10920

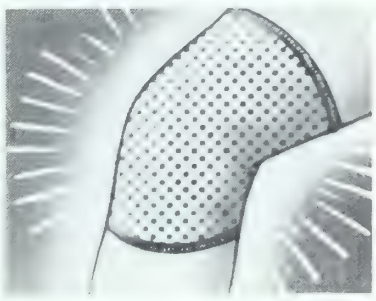
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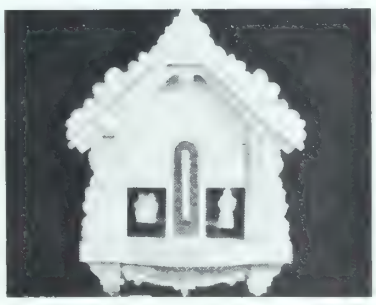
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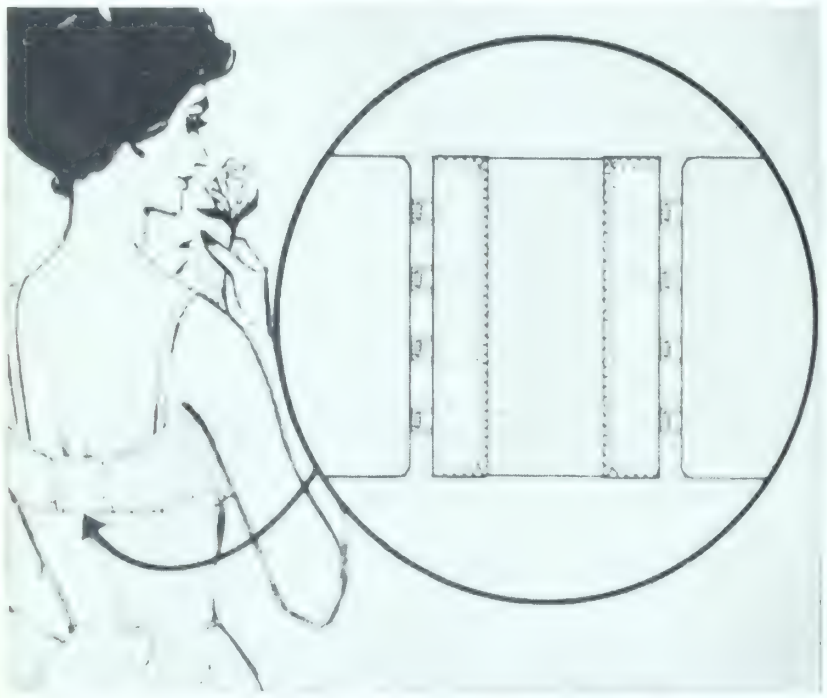
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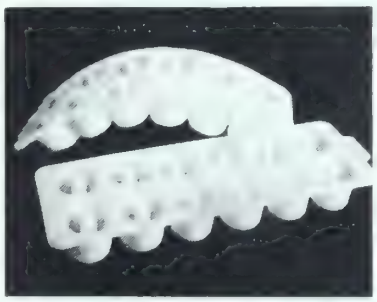
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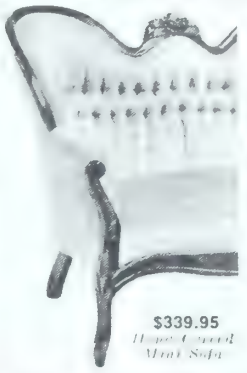
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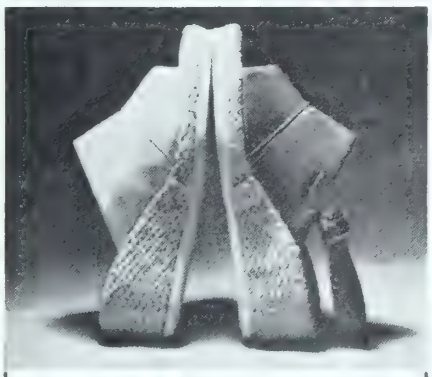
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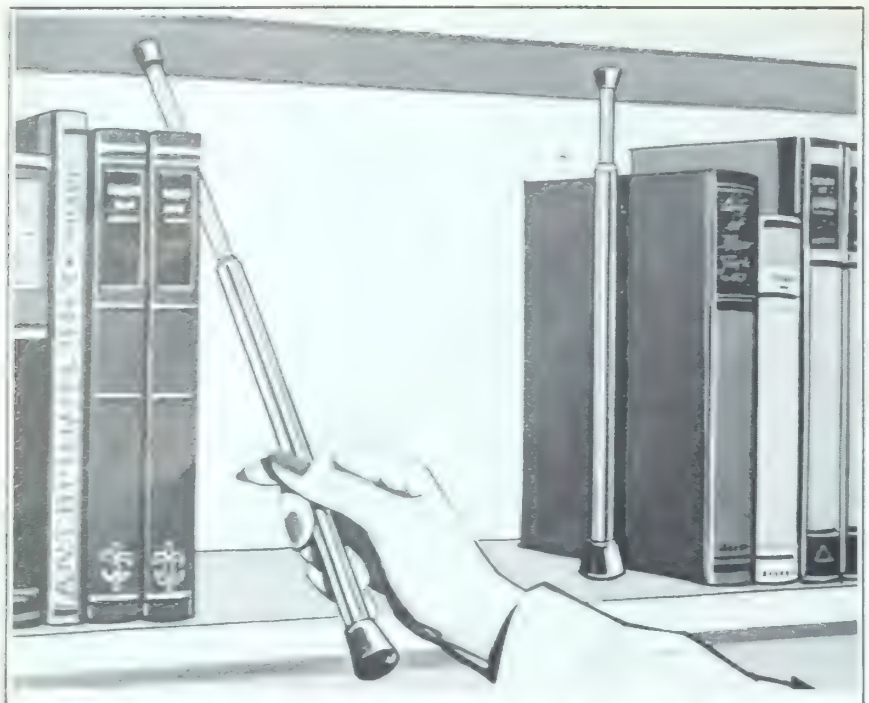
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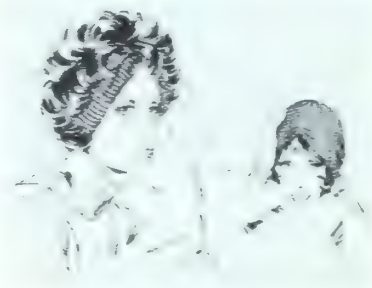
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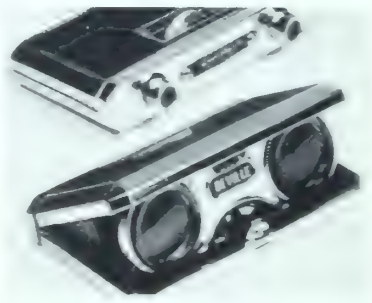
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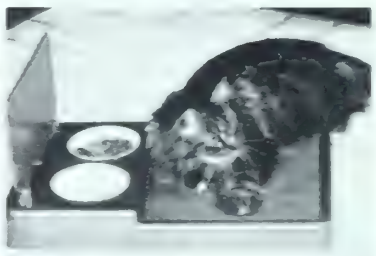
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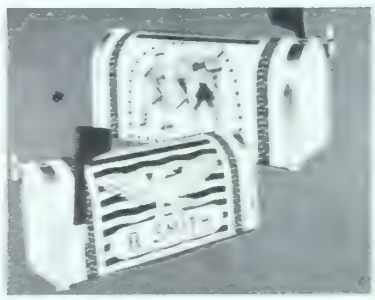
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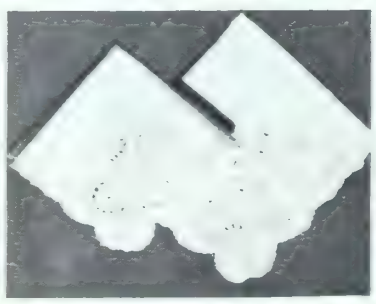
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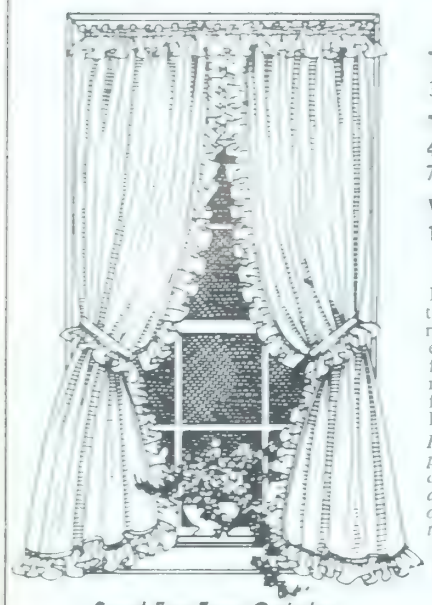
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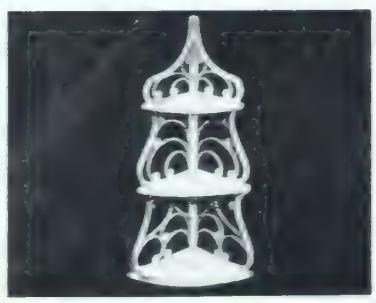
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Indian-style Minnetonka moccasins in brown glove suede; cushioned inner soles. Men, 6-13 full sizes, $10.98; women, 4-10, half, full, $9.98; children, 7-3, full, $8.50; infant, 1-6, full, $5.50. Add $1 post. Free catalogue. Postamatic, HG176, Lafayette Hill, PA 19444.



FAMILY AFFAIR

Clever clear-plastic cabinet keeps all toothbrushes free from dust and mix-ups. Holds 5 in separate compartments, each with its own door, ever ready and sanitary. $1.69 plus 25c post. Anthony Enterprises, HG1, 556 Mission St., San Francisco, CA 94105.



TRIPLE TREAT

Big 36½" high corner shelf has three roomy tiers for books, plants, ornamental boxes, favorite photos. In hand woven wicker with the glow of natural rattan; ideal for foyer corner. $11.95 plus $4.40 post. Catalogue, 25c. Wicker Etcetera, HG1, 192 Lexington Ave., N.Y., NY 10016.

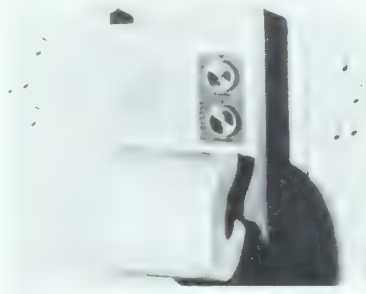
SWEET SCROLLS

From Mexico, a marvelous wrought iron baker's rack to hold plants, books, favorite treasures. Black rack is 61½" h., 36" w., 12" d. $89.95 exp. charges coll. Other models, from $39.95. New 44 page catalogue, $1. Mexico House, Dept. 87-1, Del Mar, CA 92014.



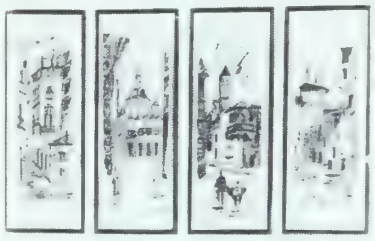
NEW DUET

Listen to your favorite program in privacy while you shower or shave. Compact AM transistor radio; complete with a standard 9 volt battery. 6½" by 9". Tissue holder included. $12.98 plus $1 post each. Anthony Enterprises, HG1, 556 Mission St., San Francisco, CA 94105.



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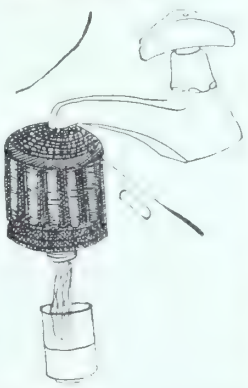
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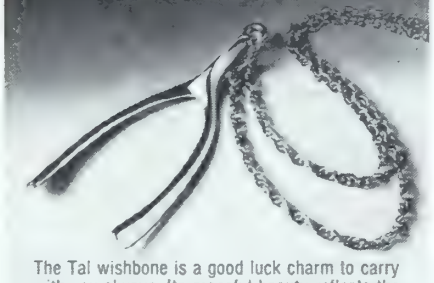


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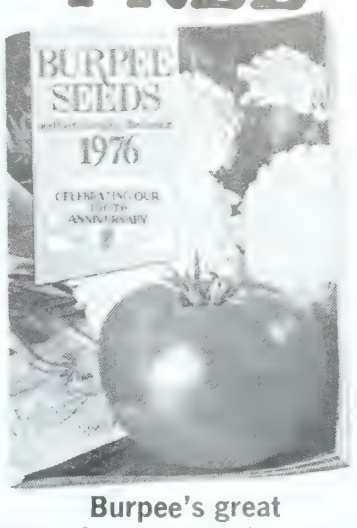
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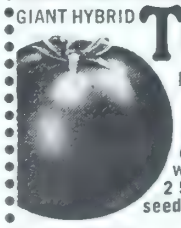
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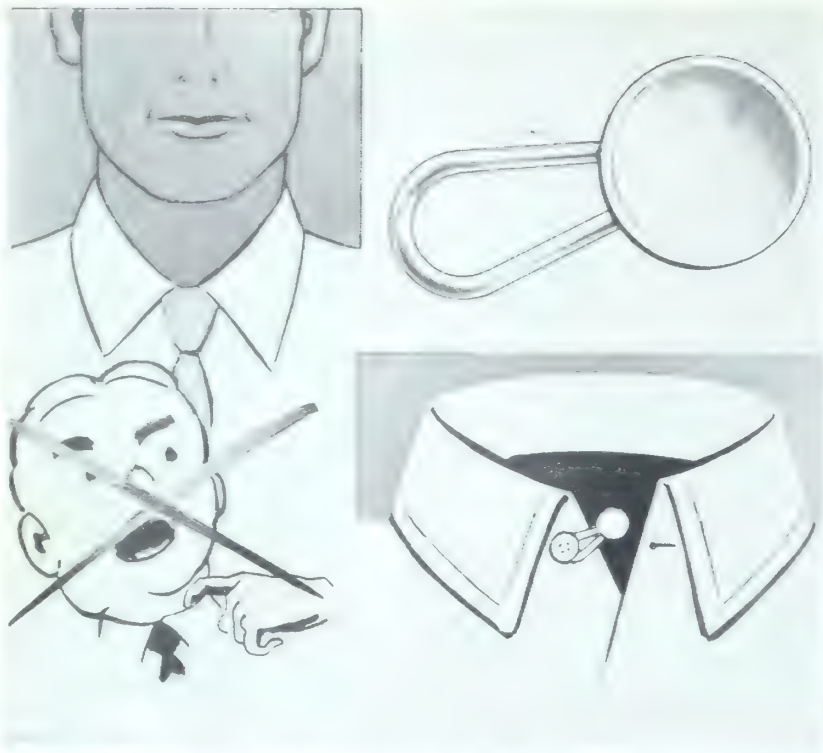
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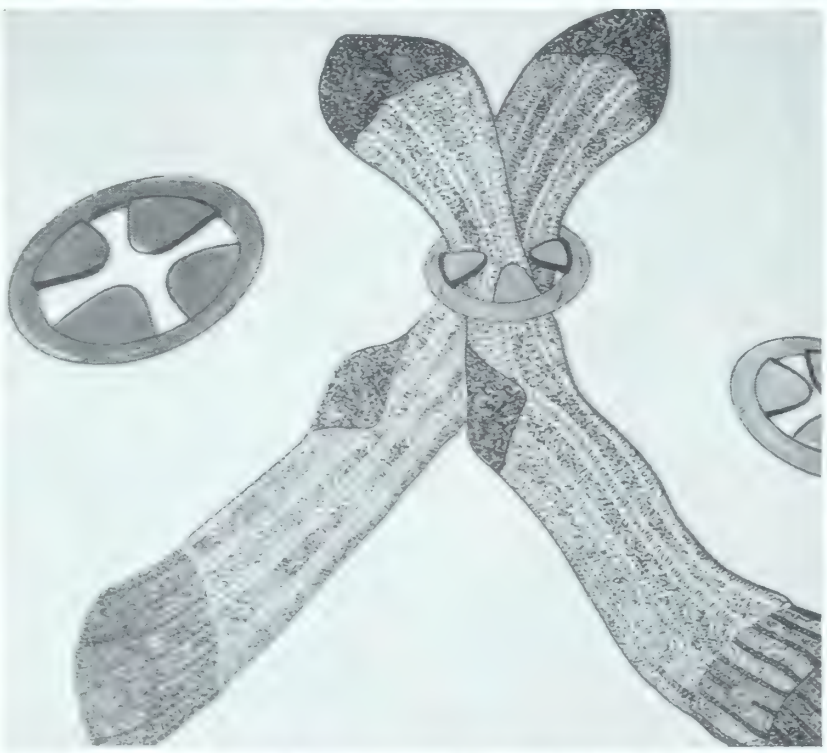
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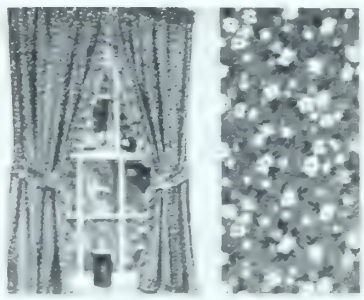
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Full flowing 100% cotton monkscloth kaftan with contrasting front panel, stand-up collar, frogs at neck and dropped shoulder. In orange or turquoise with natural. S, M, L, XL, $24.95 plus $1 post. Ah Men, HG1, 8900 Santa Monica Blvd., Hollywood, CA 90069.



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EASY-LIFT



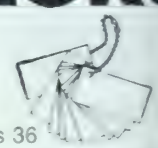
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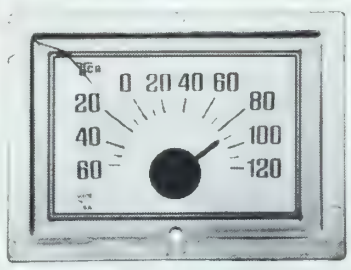
WHAT A DOLL

She's something special if you dress her yourself. Victorian doll kit has smooth china head and arms, button shoes; and the pattern for her charming dress, bonnet and bloomers. Creative and personal gift. $5.95 plus $1 post. Yield House, G61W, North Conway, NH 03860.



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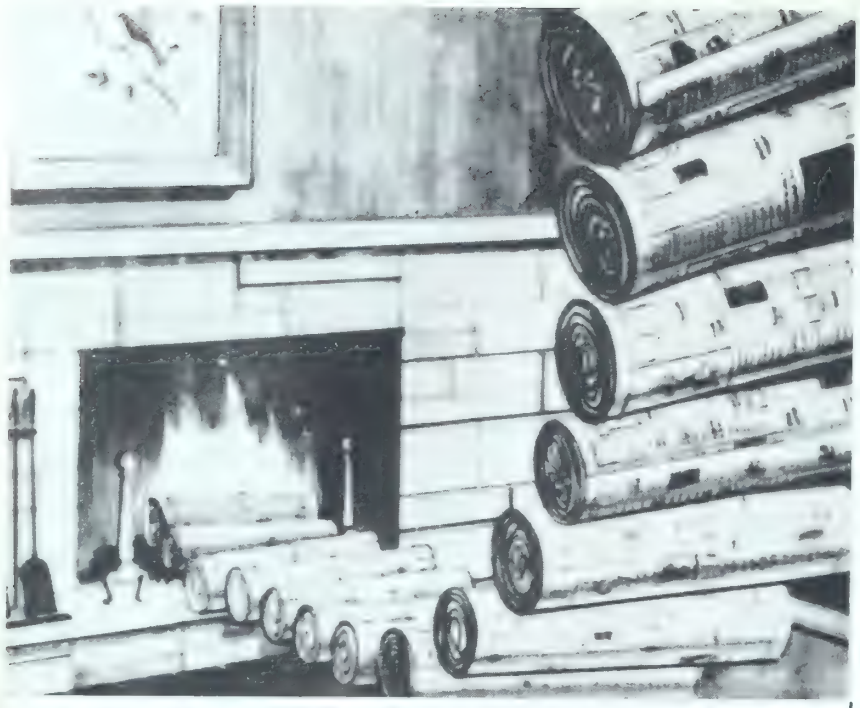
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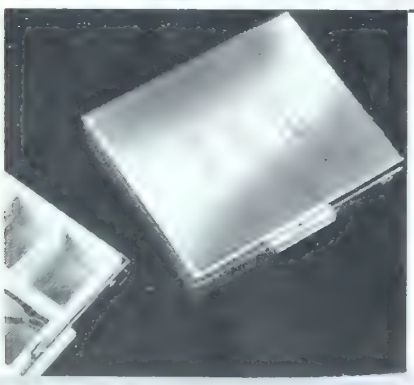
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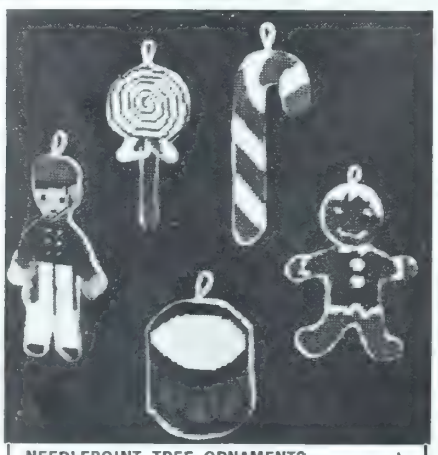
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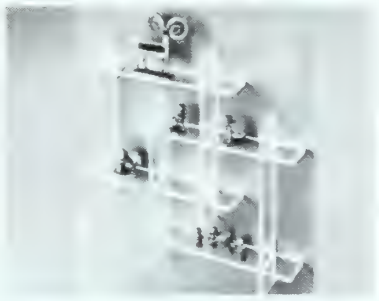
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Drink light clips over the rim; when glass is ready to be refilled, slide light down the glass and light goes on and off signalling distress. Comes with a battery. A real laugh-getter. $1.49 plus 20c post. Anthony Enterprises, HG1, 556 Mission St., San Francisco, CA 94105.



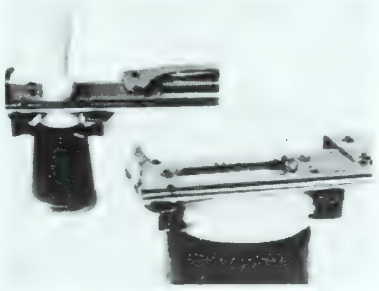
CONTEMPORARY LOOK

Handcrafted Lucite shelf shows off treasures in handsome fashion and can stand alone to be viewed from all sides. ½" thick. Complete with three supports and screws. 17½" by 17½" by 2¼". $14.98 plus $1 post. Lillian Vernon, G1E, 510 S. Fulton Ave., Mt. Vernon, NY 10550.



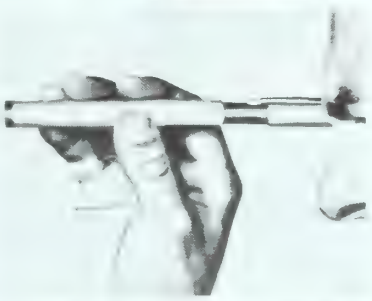
OPEN FOR BUSINESS

Indispensable Gilhoolie opener works all around the house to cope with tight caps: opens and reseals tough jobs like nail polish caps, jars, bottles, pry-off tops. Satin-finished steel. $3.98 plus 80c post. T & M Sales, HG1, 312 S. Thayer, Ann Arbor, MI 48104.



SLEUTH'S 'SCOPE

Amateur detectives have a fine time with the pen size telescope with eight power magnification; it adjusts quickly for long-range viewing and converts to 30 power microscope. $2.98 plus 20c post. Anthony Enterprises, HG1, 556 Mission St., San Francisco, CA 94105.





DEFROST FAST AND EASY

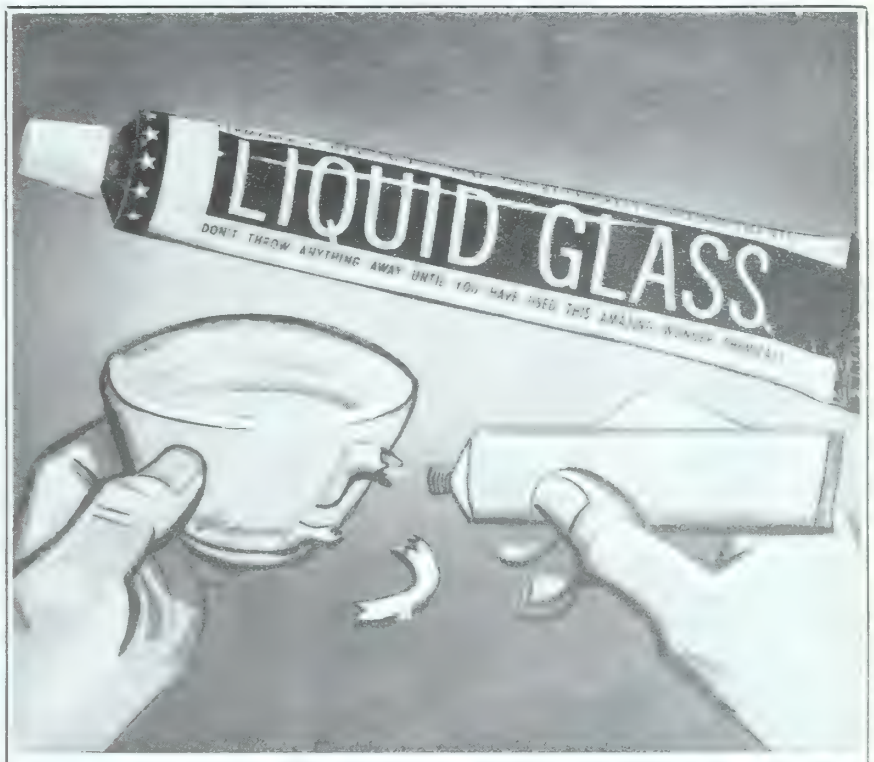
Defrost refrigerators and freezers without fuss or muss with our Infra-Red Electric Defroster. Just plug it in. No need to remove food from refrigerator. Defrosting is so quick, foods will not thaw. Gold anodized lightweight metal for controlled heat. UL listed.

ELECTRIC DEFROSTER . . . . . $9.98 + $1.00 Mailing Each

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Satisfaction Guaranteed or Your Money Back

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MAGIC MENDING

New silicone formula Liquid Glass chemical sensation for permanent mending or repair of glass, china, crockery, ceramics and porcelain. Dries clear and creates a washable, waterproof, heat-or-cold proof iron bond.

LIQUID GLASS . . . $2.98 Plus 30¢ Postage & Handling Each

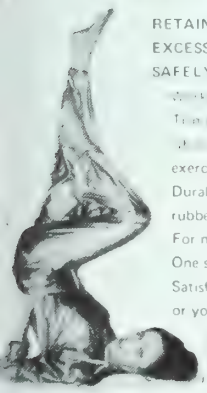
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SAUNA SLIM SUIT

POUNDS & INCHES MELTED AWAY



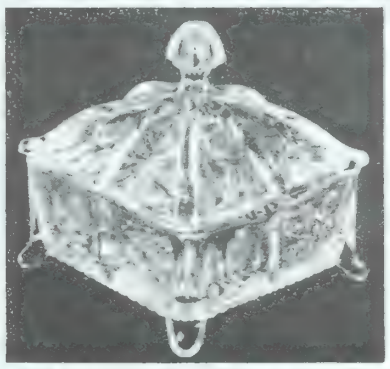
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EXCESS BODY MOISTURE
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exercise, housework, etc.
Durable, lightweight, rubberized material.
For men and women.
One size fits all . . .
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S&S enterprise

Dept. HG7, 9531 Zion Circle
Huntington Beach, California 92646



OLD TIME HONEY DISH IN DELIGHTFUL SQUARE SHAPE

Our charming glass honey dish, with its exquisite panel thistle pattern, was originally designed over 100 years ago in an unusual square shape to hold the honey comb, too. An exact copy of the original, it carries the famous "Bee" mark used by the original maker. Use it for honey, as a candy, nut or trinket dish—or cherish it as a prized collector's item. 5½" high, 5½" square.

SEND FOR FREE GIFT CATALOG

$15.50 Plus $1.85 postage

Artisan Galleries

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Women's Bracelets		Men's Bracelets	
7¼"	$2.98	8¼"	$3.98
7¾"	$3.29	9"	$4.49
8"	$3.49	9½"	$4.69
8½"	$3.69	10"	$4.98

Add 60¢ Postage & Handling Each

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GOLF TEASE

Bright plastic Golf Tees are a perfect way to insure the return of an opponent's slice or hook—or even to miss the ball entirely. He'll keep his eye on the tee when he tees-up on these. Torsos are a great bobby prize for a tournament. A set of 12 plastic tees in bright colors.

GOLF TEES . . . $2.98 Plus 30¢ Postage & Handling Each Set

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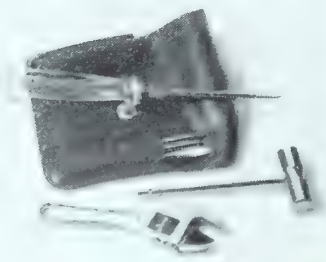
Anthony Enterprises **Dept. HG-16**
556 Mission, San Francisco, Calif. 94105

SHOPPING AROUND



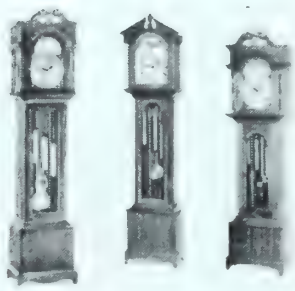
CANDLE POWER

Popular candlestick style lamp is ready to finish (instructions included). 21″ h., 3-way switch, 8′ cord. Shade in white or beige shantung, oyster or natural burlap. $15 plus $2 post. Free brochure. Baxwood Crafters, Dept. PHG-61, Box 7012, Lexington, KY 40502.



MINIATURE TOOL KIT

Kit with five handy tools. Besides a wrench, a mallet, screwdriver, awl and Phillips screwdriver share a master handle. Keep a set upstairs and save running to hubby's workshop. $1.98 plus 20c post. Anthony Enterprises, HG1, 556 Mission St., San Francisco, CA 94105.



CASE IN POINT

Grandfather and grandmother clocks can be built at home! Catalogue of unfinished and finished assembled cases, movements, dials and parts for these. 16 other clock reproductions, 50c ppd. Mason & Sullivan, Dept. HG1E, Osterville, MA 02655.



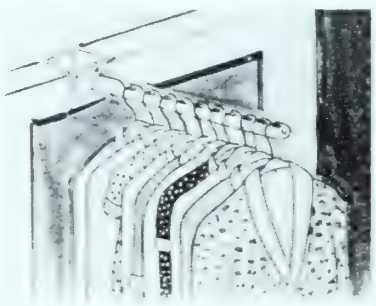
COMFORT AS YOU SLEEP

To restful, healthful repose when you use a foam wedge instead of mounds of pillow. 27″ l. with washable white cover. 4″ h. for two pillow users, $15; 7½″ h. for three pillowers, $17; 10″ h., $20, 12½″, $23. Ppd. Better Sleep, Inc., HG1, New Providence, NJ 07974.



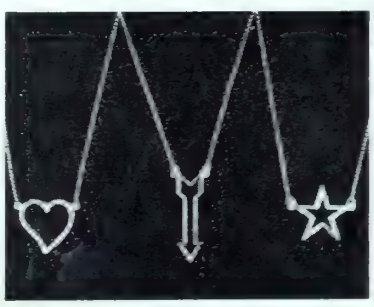
PHOTO FAIR

Favorite photographs for friends to include with Xmas greeting or job applications. For color, send color negative, photo or slide. 20 for $1.98; 32 for $2.98. Black and white, send *any* photo or negative. 36 for $1; 76 for $2 Add 30c post. Philips Foto Co. H6W5, Elmsford, NY 10523.



INSTANT CLOSET

Any door becomes extra storage space with over-the-door clothes hanger with room for 12 hangers. Heavy-duty chromed steel, fits any door; still lets it open and close. $2.98 plus 65c post. Anthony Enterprises, HG1, 556 Mission St., San Francisco, CA 94105.



LOVELY TRIO

Pendants crafted in 14k yellow gold on fine chains 15″ long. Heart ¾″, arrow 1⅛″, star ¾″, (approx.), each $14.90. Matching rings in arrow or star, $17.90. Plus $1 post. Free catalogue of rings and things for men, women. The Strongite Co., HG1, 2 W. 47th St., N.Y., NY 10036.

DON'T FORGET

Bold brass initials on a clear Lucite memo box with 750 rainbow sheets in assorted colors. Rear section for pens, etcetera, *Print* initials. 4½″ by 4⅝″ by 4⅞″. $7.98 plus 50c post. 750 refill package $2.98. Lillian Vernon, G1E, 510 So. Fulton Ave., Mt. Vernon, NY 10550.



HANGING GARDENS

Give a lift to greenery: pretty hanging baskets, hand crafted in wrought white wire, are perfect for showing off potted plants of all shapes and sizes. Sturdy and rustproof; selection of sizes, prices shown in free price list from Tonia, Inc., HG1, Box 2665, Menlo Park, CA 94025.



BIG PICTURE

Keep an eye on things the easy way—a magnifying glass with clip to attach to pocket is always handy for seeing tiny print, diagrams. 1¾″ dia. magnifier has 4″ black handle. $1 plus 20c post. #159. Anthony Enterprises, HG1, 556 Mission St., San Francisco, CA 94105.



FRINGE BENEFITS

Permanent press polyester and cotton curtains in natural color, old-fashioned fringe in green, gold, brown or red (specify). Each pair 90″ w. 30″ l., 36″, 40″, $8.50; 45″, 54″, 63″, $12; 72″, 81″, 90″, $14.50. Add $1.75 post. Country Curtains, HG1, Stockbridge, MA 01262.



WARNING
PROTECTED BY
ELECTRONIC
AUTOMATIC
ALARM SYSTEM

ALARM SYSTEM DECALS

Enlist in the war on crime with these self-adhesive vinyl stickers. Crooks don't wait to see if there's an alarm behind these decals. 4 bright-yellow green stickers for inside and outside of glass.

SET OF 4 ALARM DECALS . . . . $1.98 Plus 20¢ Postage & Handling

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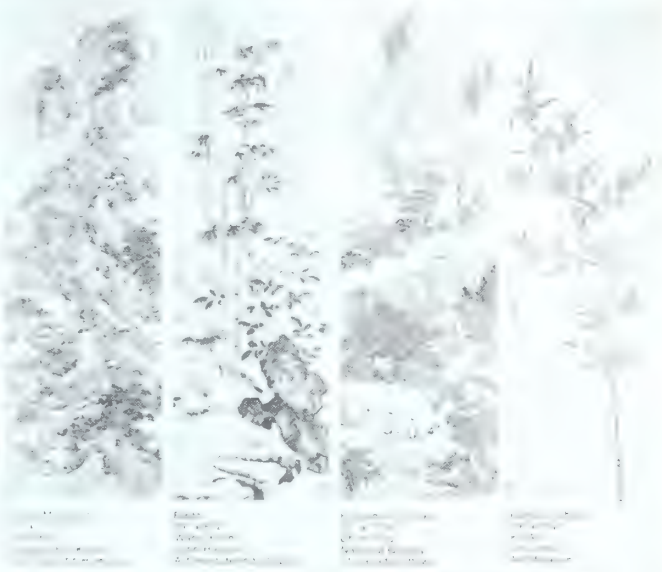
FROM FOUR WORLD-FAMOUS MUSEUMS . . .

A MILLIONAIRE'S COLLECTION OF PRICELESS ANCIENT DYNASTY PANELS

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COMPLETE SET OF 4!



Now enjoy your own private art gallery without paying high art gallery prices! You'll appreciate instantly why these centuries-old Chinese masters hang in those famous museums the moment you see these gorgeous lithographs. Only then can you appreciate the skill with which the painter captured the beauty of nature around him — the springlike green of the foliage, the awesome mountains towering above, the crystal water and virgin snow, the pastel blending of color and beauty of form which marks the best in oriental art. And only then can you appreciate the skill of the lithographer who lovingly reproduced the delicate shading and intricate detail in every tiny leaf, feather and petal with such accuracy!

And only when you place them on your own walls can you fully appreciate the beauty you can bring to your home for such a tiny price! Each panel is approximately 2½ feet long — displayed together they can form an eyecatching mural covering about 10 square feet!

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This is one of the most outstanding art print values we've ever been privileged to offer, and we expect our supply to go fast, so regretfully we must limit orders to 2 sets per customer. To avoid disappointment, mail coupon now. © 1975 ACI

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Please send me the set of 4 museum quality Ancient Dynasty Panels lithographed in full color.
[illegible] set of 4 $3.00 plus 25¢ postage and handling.
Two sets $5.50 plus 50¢ postage [illegible] save 50¢.
(Sorry — only 2 sets to a customer.)
Money refunded (except postage and handling) if you're not delighted!)
Amount Enclosed $ _____
Check or money order, no CODs please.
Name _____
Address _____ Apt. _____
City _____ State _____ Zip _____
(Add Sales Tax Where Applicable)

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These racks were designed as Gun Racks, but are equally well suited for hats, coats, towels or anything else you would like to hang on genuine steer horns.



18″ Diameter with 4 horns **$26.75**
24″ Diameter with 4 horns **$29.75**
30″ Diameter with 4 horns **$33.95**

Single YOKE RACKS 26″ long

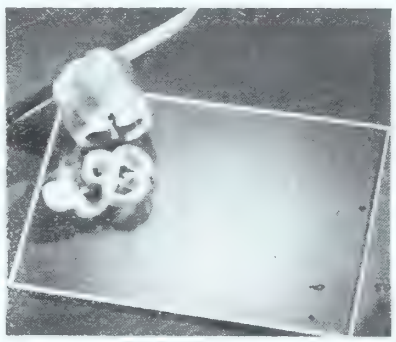


Maple w/2 horns $17.25
Maple w/4 horns $20.25
Walnut w/2 horns $17.25
Walnut w/4 horns $20.25

WAGON WHEEL RACKS
Salem Maple

THE MULLER CO.
Dept. HG1, Dogwood Hollow, Miller Place, N.Y. 11764

INVISIBLE CUTTING BOARD



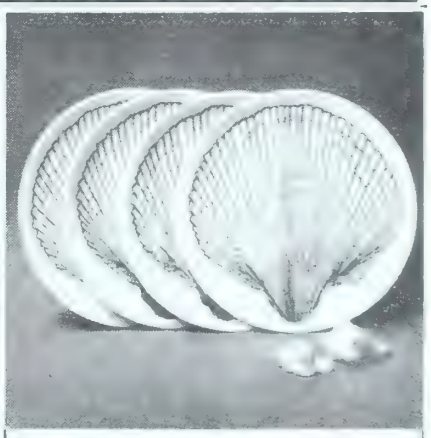
SLICE, CHOP, CARVE ON IT.

Can't see it? Well, it's there . . . taking those chops and slices and cuts while saving your table or counter top. Acts as a protective surface, yet crystal-clear Lucite lets pretty Formica or table cloth colors and patterns show through. Unbreakable, heat resistant . . . and so unobtrusive, no need to hide it when not in use.

8″ x 11″ **$2.50**; 12″ x 16″ **$3.95**.
14″ round **$5.98**. All orders postpaid.

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New! 96 page Gift-Gourmet Catalog 25¢

COLONIAL GARDEN KITCHENS
Dept. HG-1, 270 W. Merrick Rd.
Valley Stream, N.Y. 11582



Our **SEA SHELL COLLECTION** of fine porcelain plates is appealing to look at for anyone! Deep brown shells on white background. Shown here: Salad or dessert plates, 7½″ diam., set of 4, $16.00 + $2.25 postage. Matching graceful mugs, set of 4, $16.00 + $2.25 postage.

Also available: Dinner plates, 10½″ diam., set of 4, $24.95 + $2.50 postage. Canape plates, 6½″ diam., set of 4 [illegible]

Elizabeth McCaffrey
Dept. HG1 Northport, New York 11768



TUB TAPE

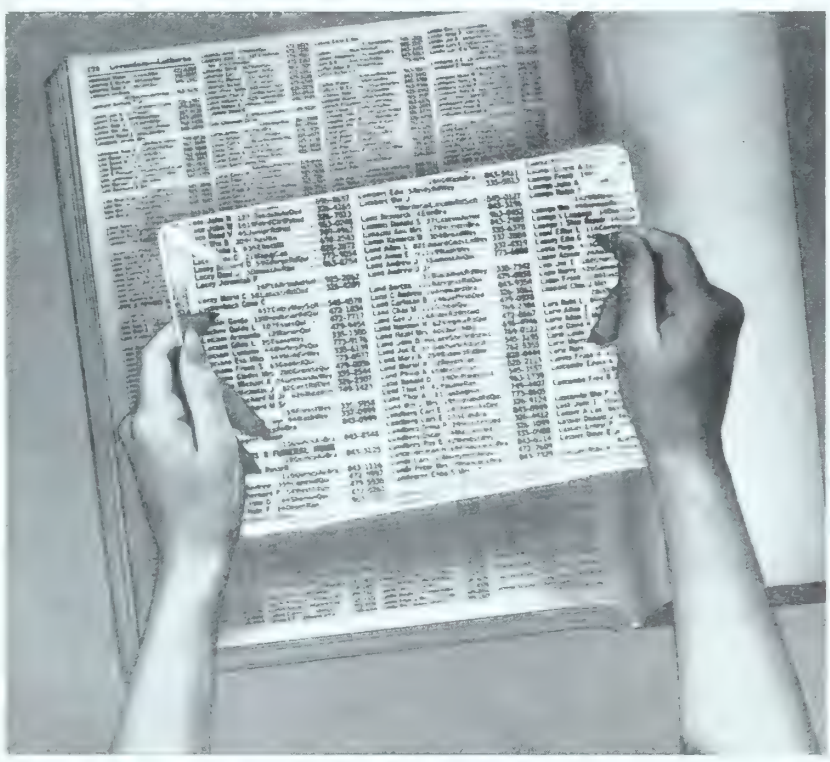
Self-adhesive white vinyl tape seals the cracks and openings around the bathtub, sink or basin. Just press tape onto surface and it's ready to work. Also Sink 'N Wall and Tub 'N Floor Tape.

Tub Tape, ¾″ x 11 ft. ..... $2.98 + 50¢ Mailing Each.
Sink 'N Wall Tape, 2″ x 6 ft. ..... $2.98 + 50¢ Mailing Each.
Tub 'N Floor Tape, 1½″ x 5½ ft. ..... $2.98 + 50¢ Mailing Each.

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PAGE SIZE MAGNIFIER

Page Magnifier is handy for looking up telephone or map directory listings, stock market reports, etc. The whole page is magnified at one time. Wafer thin and measures 7″ x 10″.

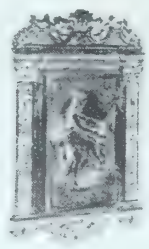
PAGE MAGNIFIER . . . . $3.98 Plus 40¢ Postage & Handling

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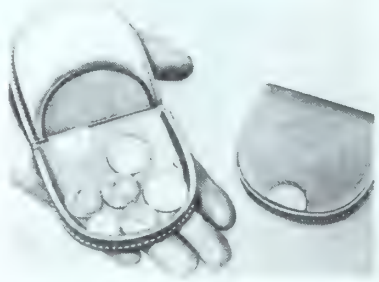
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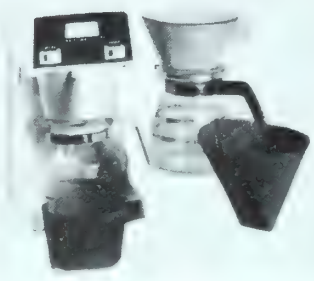
FRENCH MAILBOX

Copy, reproduced in cast aluminum. Hand-finished in white, black, verdigris, goldspun white, pewter. Latched door, hinged knob; figures in bas relief. 14″ w., 23″ h., 4″. Mail container, 12″ x 8″. $45, plus $2.40 post. The Patio, Dept. HG1, 550 Powell, San Francisco, CA 94108



THE CONTINENTAL

Tray purse opens and closes in palm of your hand. Select and count change easily. Two compartments: one can hold bills or tickets and the other coins. Tan pigskin. 3″ by 3″. $1.98 plus 25c post. Order #700. Anthony Enterprises, HG1, 556 Mission St., San Francisco, CA 94105.



COFFEE CLEANER

Krystal Klear Koffee Filter is so reusable, it outlasts more than 3,000 disposable paper filters. Two styles. Fits any coffee maker (specify brand you have). Made of long-lasting woven fibers. $4.95 ppd. Gene T. Popel Co., HG1, Box 3298, San Diego, CA 92103.



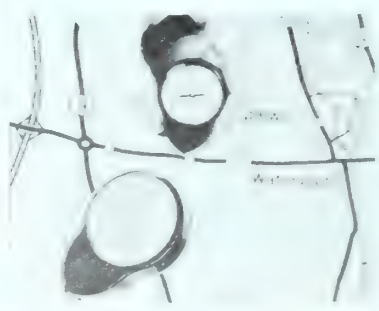
SEW YOUR OWN

A Parsenn down-filled parka is perfect for winter activities. Complete kit has pre-cut parts, goose down, zippers and thread. Forest green, red, gold, navy, medium blue. $29.95 plus $1.40 post. Free catalogue. Frostline Kits, Dept. HG-E16, 452 Burbank, Broomfield, CO 80020.



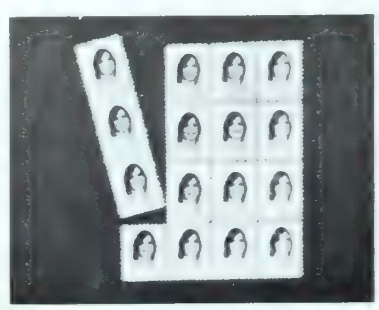
WATT'S NEW

For alert consumers who want to keep track of continuous costs, an ingenious instrument that records the cost of electricity consumed. Watt Watcher is adjustable for different rates, measures to 10 amps. $39.95 plus $1.50 post. Terra Electronics, HG1, Ivy, VA 22945.



MARK THE SPOTS

Travelers who use maps love a mileage meter. Just roll it along a map to translate inches to mileage—regular miles, kilometers or nautical. On reverse, a compass with luminous indicator. $3.98 plus 25c post. Anthony Enterprises, HG1, 556 Mission St., San Francisco, CA 94105.



SUPER STAMP

Have a favorite portrait or snapshot made into a photo stamp all perforated and gummed to decorate letters, autograph albums, special gifts. Stamps are black and white. Send original and it will be returned. 50 for $2.95. 100, $3.95 ppd. Photo Poster, X847, 210 E. 23 St., NY 10010.

SHOPPING AROUND

HANGING PLANTER



Beautiful redwood, triple strand, brass-plated chain. Planter 5″ dia., $5.95; 6½″, $6.50; 8″, $7.50; 14″, $8.90, set of four, $26 Ppd. Plants not included. (Send self-addressed envelope for brochure). Sebring Handcrafted Ind., HG1, Box 1658, Sebring, FL 33870.

IT'S A CINCH



You can turn any simple dress into a simply smashing outfit with a golden butterfly belt. Gleaming metal links backed by sturdy elastic fit waists 25″ to 42″. 1¾″ wide. Butterfly clasp 3¼″ x 3″. $4.98 plus 75c post. Ferry House, G1, Briarcliff Manor, NY 10510.

STETHOSCOPE



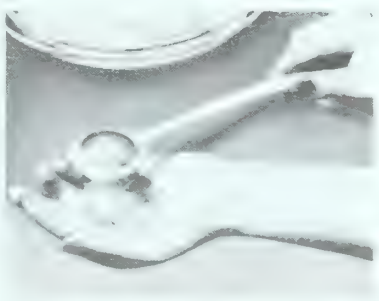
Young and old alike learn the mysteries of the heart with an authentic stethoscope. Just like doctors and nurses use. It's fitted with rubber hose, chrome plate fittings, plastic ear caps. $5.98 plus 30c post. Anthony Enterprises, HG1, 556 Mission St., San Francisco, CA 94105.

NOSTALGIC LINE-UP



Have fun sending sepia-printed postcards with old-time photos and smile-making old-time song lyrics. All different, but all have a straight-from-the-attic look of yesteryear. 5⅜″ by 3½″. Set of 40, $1.98 plus 40c post. Lillian Vernon, G1E, 510 So. Fulton Ave., Mt. Vernon, NY 10550.

ICE BREAKER



Here's a time-saving, easy-to-work gadget you'll find indispensable. One or two light taps and ice for mists, juleps, shrimp or seafood cocktails is crushed in a trice. Great gift idea. $1.98 plus 25c post. Anthony Enterprises, HG1, 556 Mission St., San Francisco, CA 94105.

KITTI-POTTI



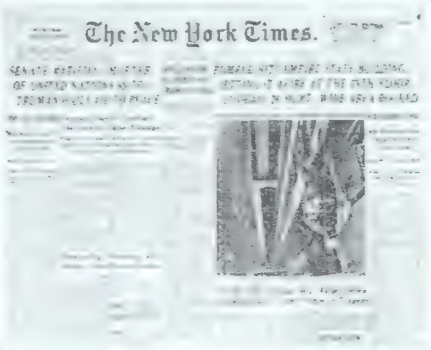
This litter pan confines odors, hides wastes and stops litter spills. Top removes. Molded plastic. 16″ w., 22″ l., 18″ h. $18.95; 20″ l. by 14″ w. by 17″ h. $16.95 Ppd. Blue, beige, yellow, avocado or white. Haugen Products, HG1, 709 W. Huron, Box 1986, Ann Arbor, MI 48105.

PICK PORCELAIN



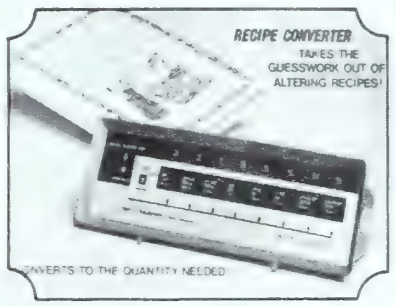
Real-looking roses, thorns and all, are 13″ tall. Put one in a bud vase or arrange a dramatic dozen. Colorful crimson, yellow, wine. One $1 or; six $4.95. Extras 79c each. Add 25c post. singles; 75c for six. American Consumer, Dept. RP-45, Caroline Rd., Philadelphia, PA 19176.

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Ever come across a recipe for 12 servings you'd like to convert down to 4 or maybe up to 24 servings? Now you can with this easy, accurate recipe converter. Easy to read windows show converted measurements. No matter what the original recipe calls for you can change it to the desired number of servings. 9½″ x 3¼″ **$3.98 each – Postage Paid. – Send to:**

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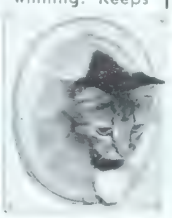


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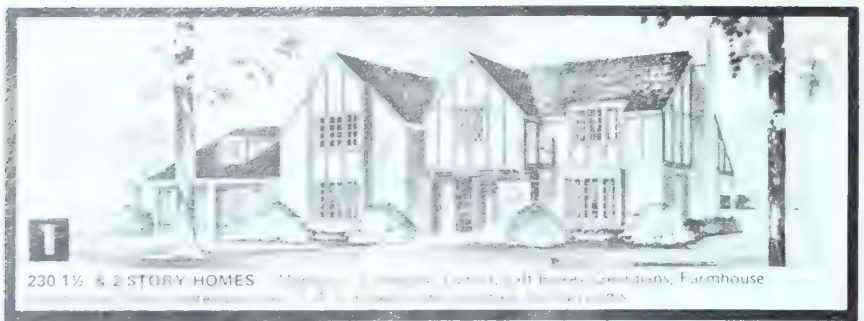
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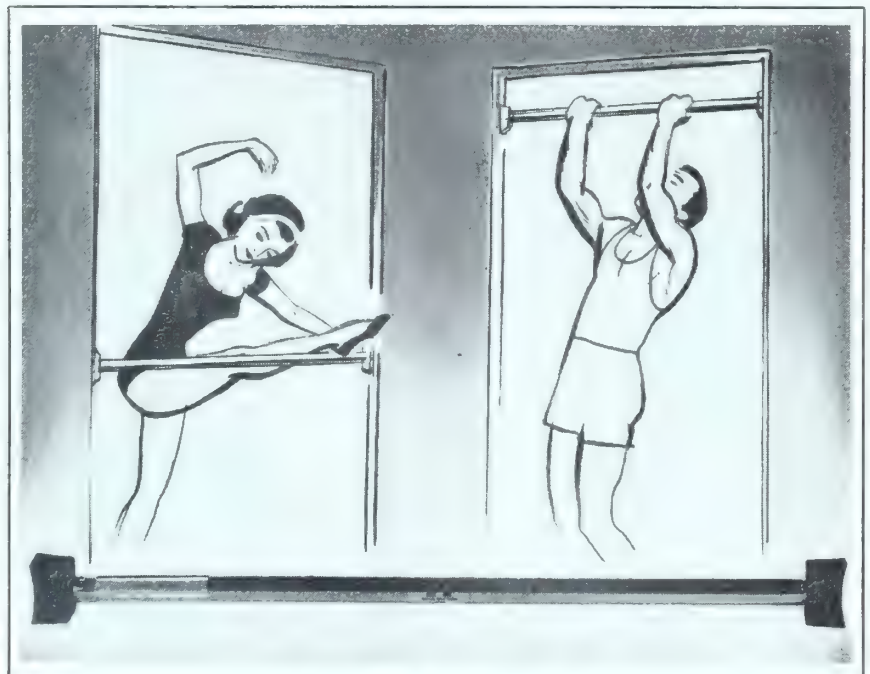
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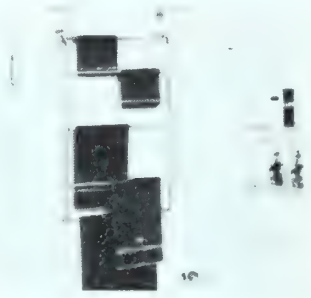
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Don Quixote, black on white; Les Petite Fleurs black/yellow/blue/green/orange. 9½" by 12", $1.98 plus 95c post. On artist bars, $3.95 plus $1.95 post; framed, $9.95 plus $1.95 post. Catalogue $1. Lambert Studios, Inc., HG34, 910 N. La Cienega Blvd., Los Angeles, CA 90069.



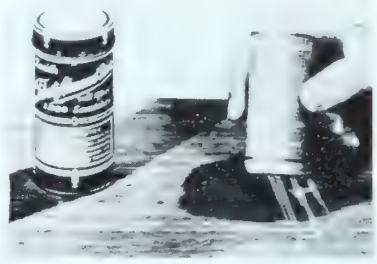
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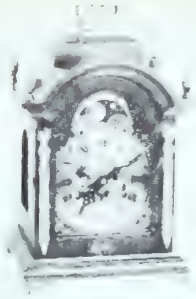
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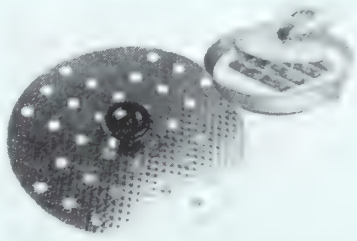
Easy-to-follow tips on how to become an expert on sleight of hand card tricks. Fascinating hobby for you, fun for your family and friends. 84 card tricks, to while away time. $1.49 plus 20c post. Anthony Enterprises, HG1, 556 Mission St., San Francisco, CA 94105.

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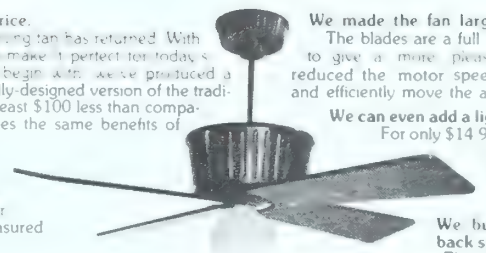
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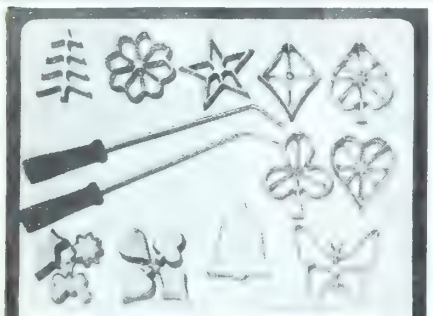
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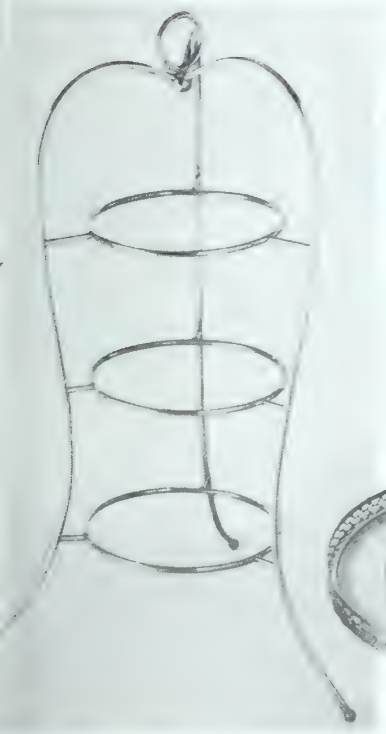
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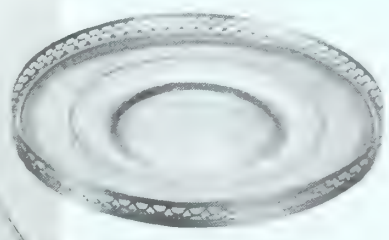
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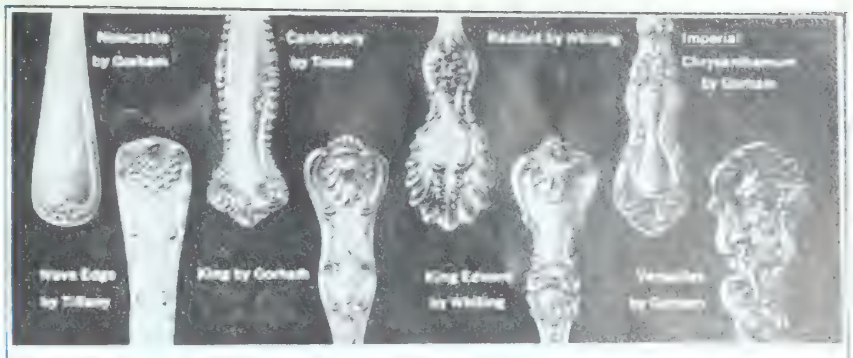
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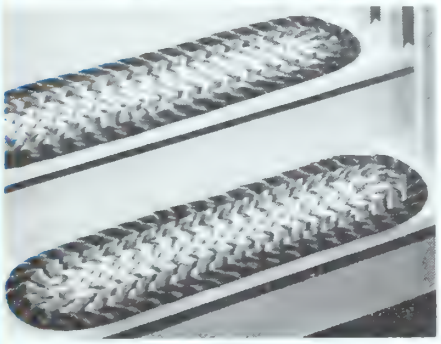
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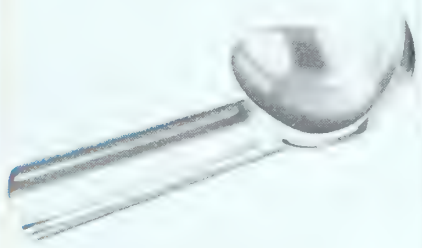
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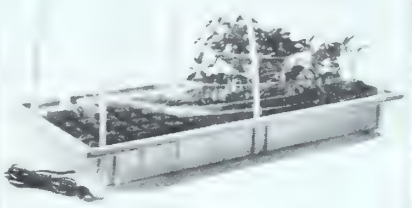
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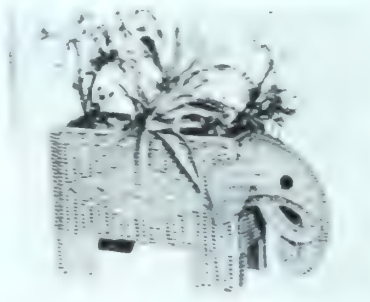
CAVALRY SABER

The "Old Wristbreaker" saber used by both armies during the Civil War is handsomely reproduced complete with black leather scabbard. Steel saber is 39" long. $19.50 ppd. Color catalogue $2. The Muller Co., HG1, Dogwood Hollow, Miller Place NY 11764.



REAL CUT-UP

If you love snipping recipes, coupons and such, [illegible] faster speeds the job. Neater and safer than scissors. Order now for your school children. $1.29 plus 20c post. from Anthony Enterprises, HG1, 556 Mission St., San Francisco, CA 94105.



PACHYDERM PLANTER

Exotic handwoven elephant in natural rattan's. 7" h., 15" l. 4½" d. with metal liner. Sized right for all-season plant service. $9.95 plus $1.50 post. Painted white, green, yellow, pink, black add $2. Catalogue 25c. Fran's Basket House, HG1, Rte. 10, Succasunna, NJ 07876.



PORTRAIT IN OIL

A true work of art painted on linen canvas from your old or new photograph. Choose from twelve portrait painters. Canvas sizes range from 12" by 16" to 30" by 40". Prices from $99.50 to $995. Catalogue, 25c. Van Dyke Oil Portraits, Ltd., HG1, 153 E. 57th St., New York, NY 10022.



HAVE A LOOK

Handy magnifying mirror offers a good look wherever you need it. A large all-rubber suction cup holds mirror firmly to any smooth and clean surface. 3½" dia. Convenient for traveling. $2.98 plus 60c post. Anthony Enterprises, HG1, 556 Mission St., San Francisco, CA 94105.



KITCHEN WORKER

Suction-based food grinder attaches to any surface; shortened handle allows full circle. With food pusher, extra attachments for sausage casing, pastry fluting. 7½" h. in avocado. $9.98 plus $1 post. The Country Gourmet, G1E, 512 S. Fulton Ave., Mt. Vernon, NY 10550.



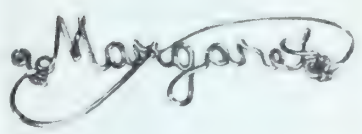
JULIET AND BABY

Signed original lithograph in full color by Edna Hibel who is represented in museums, galleries, private collections. 11" by 14" on fine paper. Write for information on others. $115 ppd. Christophersen's Collectables, HG1, 334 W. Fillmore, Eau Claire, WI 54701.

SHOPPING AROUND

LUSTROUS NAME

Stunning script name pin agleam in 12 kt gold-filled jeweler's wire is a perfect choice for a coat, scarf, sweater or dress. Pin is complete with safety catch. Try it on a fabric clutch or handbag, too. $3.99 ppd. Walter Drake, Dept. HG51, Drake Bldg., Colorado Springs, CO 80940.



JIFFY PARKER

Parallel parking dial can end the guesswork and help avoid bent fenders, frayed nerves. Fits any type of car, makes it easy to park perfectly on the first try, every time. $2.98 plus 25c post. Anthony Enterprises, HG1, 556 Mission St., San Francisco, CA 94105.



PROUD EMBLEM

First Stars & Stripes to lead American armed forces on land: at Bennington August 16, 1777 by Vermont Militia. 5′ by 3′. Cotton bunting, brass grommets, canvas heading. $12.95 plus 75c post. Catalogue 50c. Pat Baird Ship's Wheel, HGJ6, Nottingham Sq. Rd., Epping, NH 03042.



NO MORE SUDS

Foam sponge shower goggles with clear plastic lenses permit shower takers to watch while eyes are protected from both water and soap. Self-adjusting elastic strap, one size fits all. $1.29 plus 20c post. Anthony Enterprises, HG1, 556 Mission St., San Francisco. CA 94105.



DESIGNING WAYS

Create bouquets, corsages, and bridal designs as an enjoyable hobby, career or home business. Use live or artificial flowers. Learn details in "Flower Talk" magazine. Three-month subscription free. Floral Arts Center, Dept. 6DNED, 1628 E. McDowell Rd., Phoenix, AZ 85006.



ANY ANNIVERSARY

Unique anniversary gift cites recipient for "meritorious service." For charm bracelet, neck or watch chain; 1″ dia. Specify years to be engraved. Sterling silver, $10; Gold $40. Ppd. Add $1.75 for engraving two first names, date on back. Bruce Bolind, HG1, Boulder, CO 80302.



PROVINCIAL PILLOW

Cross stitch design for 16″ pillow. Kit includes design on oyster Belgian linen, wools, linen for pillow back, cording. Two tone red, blue, green, gold, brown, black/gray or rose wools. $5.95 ea.; 16″ form, $2.50. Add 50c post. Victoria Gifts, 12H Water St., Bryn Mawr, PA 19010.





WATER THIRSTY PLANTS WHILE ON A TRIP

Planning a trip but worried about your thirsty plants? Amazing wicks feed just right amount of water up to 8 weeks. Can be used all year around with all plants. Will not rot or mildew.

SET OF 4 PLANT NURSEMAIDS . . . $2.98 + 45¢ Mailing Each Set.
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CLEANS SILVER FAST

Magic Silver Leaf goes in the dishpan, or sink, and safely cleans silver as you wash dishes. No rubbing, no boiling. Keeps silver shining bright and tarnish-free. Safe for finest silverplate and sterling. Odorless and non-toxic. Lasts a lifetime, never wears out.

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I KNOW YOU BELIEVE YOU
UNDERSTAND WHAT YOU THINK
I SAID, BUT I AM NOT SURE YOU
REALIZE THAT WHAT YOU HEARD
IS NOT WHAT I MEANT. ©

COMMUNICATION GAP!

How's that again? A wall plaque which will rivet every eye. Makes a perfect gift and is guaranteed to improve the communication gap. Black letters on golden plate, solid walnut, with hook for hanging. 4" x 5".

#185 COMMUNICATIONS GAP PLAQUE
$2.98 Plus 60¢ Postage & Handling Each

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DENTURE REPAIR KIT

Be prepared for an emergency. Fix breaks, cracks or loose teeth in dentures. Avoid embarrassment when traveling. Kit includes material similar to that used by dentists. Instructions included.

DENTURE REPAIR KIT .... $2.98 Plus 50¢ Postage & Handling

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SHOPPING AROUND



LEAF OF LIFE

No wonder the Yogis of India believe these leaves hold the secret of life! Wherever a leaf falls, a new plant starts to grow. Pot size from one to six feet. Blossoms with fragrant pink and lime flowers. Three, $1; nine, $2.50. Add 25c post. Roberta's, HG1, Box 630, Shelbyville, IN 46176.



STEP SOFTLY

Women's good-looking moccasins are deftly fashioned of tanned glove leather, hand-beaded and hand-laced. Sand, brown, white or natural color. 4-10 (state exact shoe size). Soft sole, cushioned insole, $9; hard sole, $10.25. Add 50c post. Downs, 1401-Y, Evanston, IL 60204.



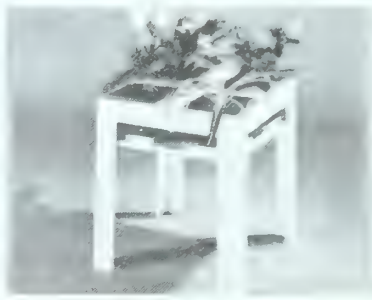
TWIRL A SHOE

Compact three level polished steel carrousel holds 36 shoes (18 pair) and twirls to make selection easy. 24" h., 15" dia; it rolls on casters. Space-saver in a closet, keeps shoes aired. $9.98 plus $1.50 post. Crown-Castle, Dept. SC505, 51 Bank St., Stamford, CT 06901.



ENLIGHTENING PEN

By daylight, a nifty ballpoint—but whisk it into darkness and it shines! Chrome-plated satin finish pen comes with penlite battery and refill. Great for jotting middle-of-the-night brainstorms. $5.98 plus 40c post. Anthony Enterprises, HG1, 556 Mission St., San Francisco, CA 94105.



GARDEN PLOT

White plant table with four 5" square dark green pots. High-impact styrene polymer, special drip tray keeps moisture from floor. Weather-resistant. No tools, easy assembly. 16" top, 19" h. $13.98 plus $1.79 post. House of Minnel, 516E, Deerpath Rd., Batavia, IL 60510.



FEMALE-DRI

Stops wet garments and bedding. Keep-Dri lining holds reusable snap-in pads. Moisture passes from body, kept out by lining. Narrow elastic belt (waist size), holder, two pads. Plain envelope. $7.95 plus 75c post. Piper Brace, HG-16FD, 811 Wyandotte, Kansas City, MO 64105.



SHUT EYE

Sleep is king night or day that you don the mask: shuts out any flicker of light that could disturb the psyche, the body's rest. Fabric and elastic band's so constructed that it fits any cranium. $2.98 plus 20c post. Anthony Enterprises, HG1, 556 Mission St., San Francisco, CA 94105.

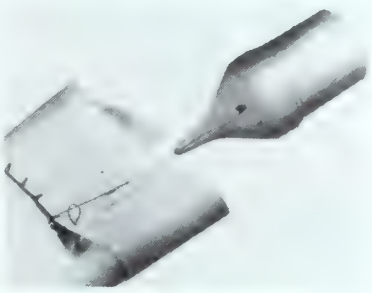
SHOPPING AROUND

ANOTHER LIFETIME



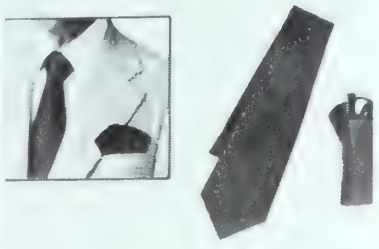
Replicas of "Moai" stone gods, the 70-ton carvings towering on Easter Island 15 centuries ago. Original volcanic textures in 5-lb. statues, 11" h. For garden accents, bookends. $8.25; two $15.50. Add $1 post. each. American Century, HG1, Box 36232, Los Angeles, CA 90036.

QUICK STITCHES



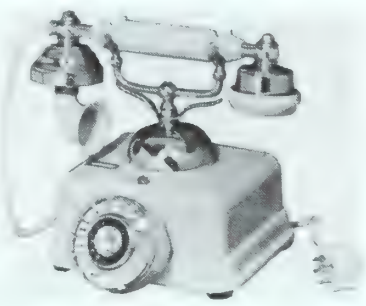
E-Z Stitcher makes hand-sewing a breeze. It holds a full spool of thread and uses a regular sewing machine needle, making a loop stitch similar to knitting. Use for hems, basting, applique. $1.29 plus 20c post. Anthony Enterprises, HG1, 556 Mission St., San Francisco, CA 94105.

SMART CAMOUFLAGE



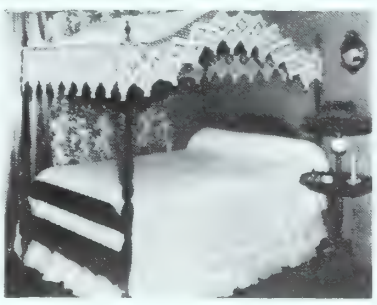
Fashionable kerchief-case with matching tie holds eyeglasses snugly and softly pocketed. Of imported polyester peau de soie in navy, brown, wine, rust, copen, green, black, white, camel, beige. Set $8.95 plus 75c post. Cartier Cravates, HG1, Box 73, Champlain, NY 12919.

FRENCH CRADLE



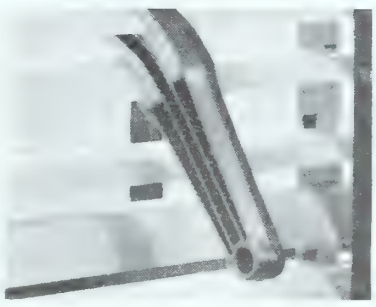
Ivory telephone with a French accent fitted with brass and built to plug in for instant use. An Old World beauty for the most elegant décor in any room of the country villa or town apartment. $69.95 plus $2 post. Catalogue, 50c. Grand Com Inc., HG1, 324 Fifth Ave., New York, NY 10001.

HONEYCOMB SPREAD



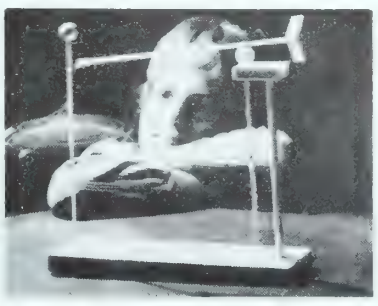
Cream, green, yellow, rose, walnut, red, indigo, delft or lt. blue, avocado on white. Single or double with fringe, $90. Fishnet canopy in white or cream in four designs. Tester, 87½" by 56½", $106.50. Ppd. Literature, 25c. Virginia Goodwin, HG1, Dilworth Sta., Charlotte, NC 28203.

KEEP IT CLEAN



Keep your Venetian blinds free of dirt with this efficient little tool. Double-duty design does two slats at a time on both sides. Dip in suds and foam pads do the cleaning with one wipe. $1.98 plus 35c post. Anthony Enterprises, HG1, 556 Mission St., San Francisco, CA 94105.

ON AND ON



Perpetual motion machine with small ball on a string wrapping and unwrapping around pivot arm, in a seemingly endless progress, is a real fascinator. Oil finished wood and string. $7.95 plus 50c post. This 'n That, Dept. EHG, Box 3121, Fort Smith, AR 72901.

An EARLY AMERICAN *KITCHEN can be yours too... the* "COUNTRY CHARM" *way!*

... with "COUNTRY CHARM" Early American Appliances!



AUTOMATIC ELECTRIC RANGE . . . authentic **CAST IRON** reproduction from original patterns. Combined with the Early American charm of this handsome antique is the convenience of fully automatic oven and burner controls, and an easy-care porcelain top. Coffee mill uniquely houses clock, oven timer and minute minder. Fits modern range space. Prices start at **$555.00,** plus freight charges.

CAST IRON WALL OVEN . . . (inset) Front is **CAST IRON** with handsome scroll design. The 18" oven is fully insulated and porcelain lined. Hearth door conceals all controls, clock and timer. Available in right or left hand door models. Prices begin at **$325.00,** plus freight charges.

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BOX HG16 ROGERS, ARK.



1976
Royal Bayreuth Easter Egg
$15.00 ppd.

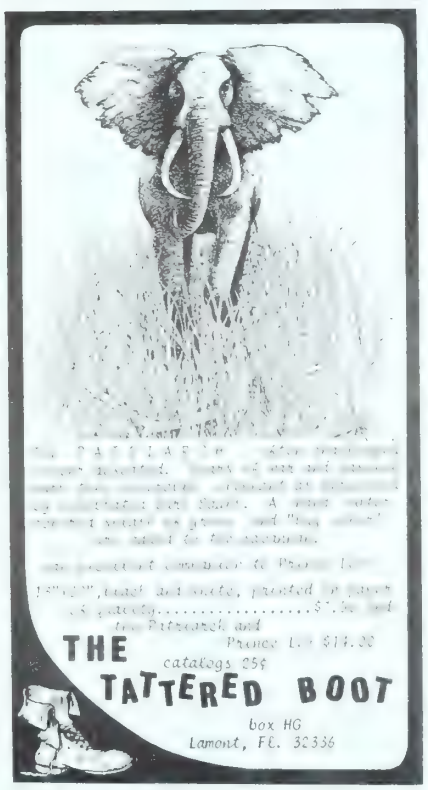
A charming and slightly nostalgic design in subtle pastel colors. Only 10,000 available.

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$13.50 ppd.

Add this lovely Easter delight to your collection.

Send for Platter chatter with price list. MasterCharge and BankAmericard accepted with complete number and expiration date.

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Hickory House, Collectors Division HG
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Phone—1-800-247-1075



The Talbots



Classic Wrap. Our button-front wrap skirt of polyester/cotton poplin is made with wide back panels and handy patch pockets. Khaki, sky blue or daffodil. XS, S, M, L for sizes 6-20. $24.00. Same sizes in brushed polyester/cotton denim. Navy. $22.00. Add $1.50 for postage

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Super Massager, 12" ..... **$9.98 + 55¢** Mailing Each

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SNATCH!

THE BANDIT BOX

Place a coin in the holder, immediately you hear a grinding of gears . . . the box starts shaking . . . slowly lid rises, a pale green hand reaches out, grabs coin, disappears and "Bang," lid slams shut. Amazing how much money you'll collect. Operates on 2 penlight batteries (not included)

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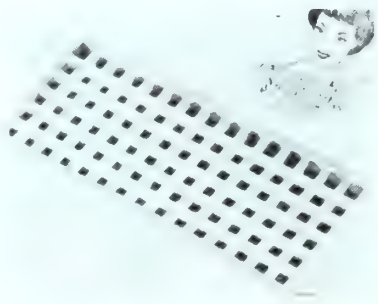
ANCIENT SYMBOL

Massive deeply carved sun head is cast in man-made materials. So rugged it can be mounted on wall or exterior brick surface. 23" dia. by 4" d. Finished in antique orange and gold. $38.50 ppd. Spanish Villa, Dept. HG1, 2145 Zercher Rd., San Antonio, TX 78209.



TIMELY LAMP

Authentic bronze-tone replica of Liberty Bell has sculptured dates on base of molded impact-resistant material. Shade fabric of colorful print laminated to polystyrene. 36" h. $39.50 plus $2.50 post. Ronen Products Inc., HG1, 902 Industrial Parkway, Elkhart, IN 46514.



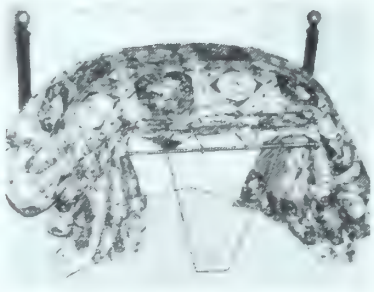
IT'S COOL

Miniature ice cubes are ideal for speedy chilling of drinks, salads and sea foods. A simple twist of the plastic tray and 90 little cubes of crushed-ice size pop right out. $1.29 plus 20c post. Anthony Enterprises, HG1, 556 Mission St., San Francisco, CA 94105.



PLAY IT AGAIN

Useful round table is for games, tea, snacks. With 24" dia. top, height adjusts from 23" to 25". Folds to store; crafted in kiln dried knotty pine. Finished in antique pine, $29.95; kit, ready to finish, $19.95. Add $3 post. Yield House, G61F, N. Conway, NH 03860.



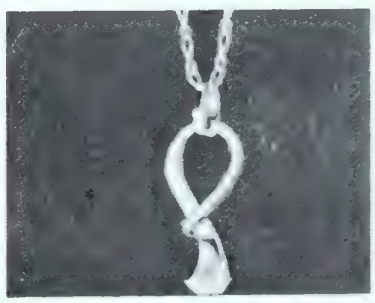
SECRET SPREAD REST

What a great idea! A caddy that hides beneath mattress of beds with low (or no) footboards. Slip it out at bedtime for a bedspread rack to simplify morning make-up. King, queen, double beds need two. $7.83 ea.; two $14.83. Add 90c post. Garrett's, HG1, Box 12274, Dallas, TX 75225.



FACE FACTS

Slim vacuum pump is scientifically designed to remove blackheads in sanitary fashion with no squeezing or pinching. Pump works by "lifting" blackheads safely. $1.98 plus 25c post. Anthony Enterprises, HG1, 556 Mission St., San Francisco, CA 94105.



TO WEAR FOR LUCK

Classically elegant pendant is artfully fashioned from a real horseshoe nail and then cast in gleaming sterling silver. 1½" long, on an 18" sterling link chain. A perfect gift for any horse lover. $21 ppd. Mark Murray, Dept. E, 297 Ardsley Rd., Longmeadow, MA 01106.

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BATHROOM PLANTER



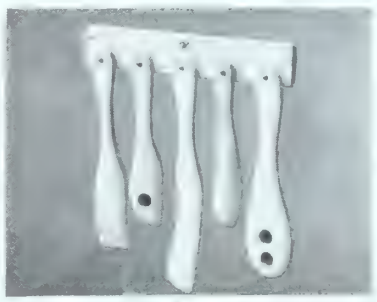
Fits top of toilet tank, waters your plants by capillary action from tank. Plants absorb odors and give off freshening oxygen. High-impact plastic in glossy white. With watering wicks, soil and instructions. $9.99 plus $1 post. Holiday Gifts, Inc., Dept. 301-E, Wheat Ridge, CO 80033.

BIG, BEAUTIFUL BENCH



The perfect pull-up for extra seating in many grades of upholstery fabrics. Hunt calls it *The Tiffany*. 44"l.; 14"w.; seat, 17½"h.; arm, 20"h. Lengths 34", 44", 54" available. $71 exp. chgs. coll. Catalogue and samples, $2. Hunt Galleries, Inc., HG761, P.O. Box 2324, Hickory, NC 28601.

WHAT'S A SPURTLE?



Do-everything utensil invented by Graham Kerr, "Galloping Gourmet." Five varieties; curved or flat to scrape pans or bowls and a hollow for spill-free draining. Solid wood 2" by 11" rack. Set, $4.98 plus 50c post. The Country Gourmet, GIE, 512 So. Fulton Ave., Mt. Vernon, NY 10550.

REST-A-PHONE



No handed talking! Phone rest adjusts for either left or right shoulder keeping hands free. Padded with nonmarking rubber. Fits all hand sets. Black, beige, white, gray, green. $2.98 plus 25c post. Anthony Enterprises, HG1, 556 Mission St., San Francisco, CA 94105.



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Now you can enjoy comfortable vision in strong sunlight while playing tennis, sailing, golfing, motoring, or reading on the beach. Adjustable dark green plastic shield slips on your glasses in a jiffy. Wear the Sport Visor on regular or sun glasses.

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commemorating stirring moments from the Great American Revolution

treasure in your family for hundreds of years.

Betsy Ross, companion and child with doll, are shown in her home display

ington, Colonel Ross (seated) and Robert Morris. They are counting out the 13 stars, each with five points on

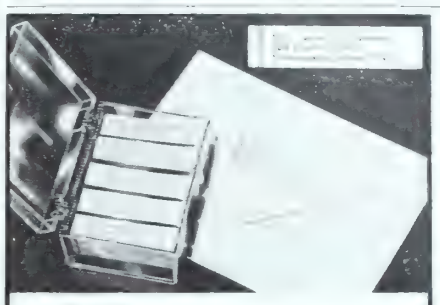
our red and white stripe.

Each highly polished 10" plate has been inserted with a [illegible] enamel plaque decorated with a painting originally done by the famous revolutionary artist, John [illegible] Moore.

Individually cast and numbered, the back of each plate has been stamped with replicas of the touchmarks of old world craftsmen. Dura-cast is a blend of 8 metals, skillfully combined for a

I, personally, chose this plate to serve you because of the soft and lovely coloring, it is easily hung (a holder is molded into the plate on the reverse side, and also it is the only plate for your Bicentennial Collection I had seen that featured a woman.

It is a certainity that each home and office in the U.S. will proudly display it [illegible] heritage.



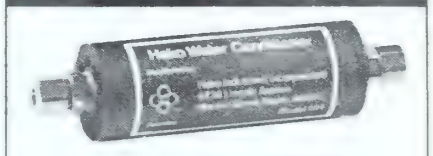
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Now home owners can have the same crust-free, trouble-free humidifier performance that big, blue-chip manufacturers have enjoyed for years. The patented HAKO WATER CONDITIONER attaches in minutes and presto, lime deposits start to "melt away"—new deposits never form! Minimal maintenance keeps it that way for years!

NO-RISK 1 Year Money Back Guarantee

Imagine! No more repair or replacement costs. No more down time. No more inefficient performance. The HAKO Water Conditioner has no moving parts, uses no chemicals, no electricity. The unit works magnetically, automatically! Write for FREE DETAILS. 1 year money back guarantee. Say "goodbye!" and "good riddance!" to humidifier crust, crud, clog AND COST forever.

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LOSE 10 TO 100 POUNDS IN THE FASTEST TIME POSSIBLE!

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HAIR SPRAY MASK

Glamorous mask stops breathing in of hair spray, keeps it out of the eyes, and leaves your make-up untouched. Clear plastic lets you see what you're doing. Triangle shaps forms a cone over your face.

HAIR SPRAY MASK . . . . $2.98 + 55¢ Mailing Each

California Residents add 6% Sales Tax

Satisfaction Guaranteed or Your Money Back

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GLAMOUR SLEEP BRA

For undreamed comfort, designed in 100% nylon stretch lace for curve caressing control and feminine flattery. Snap front closure for dressing ease. 2 sizes fit all. Specify A-B Cup or C-D Cup. White only.

SLEEP BRA . . . . . $4.98 Plus 60¢ Postage & Handling

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SHOPPING AROUND



GLOWING BOUQUET

Little lights shine softly at ends of roses on 16" green stems as night lamp or for TV. Standard 110-volt cord. (Vase not included.) $4.98 plus 85c post.; two $9.50 plus $1 post. Free catalogue. Mr. D's Inc., Dept. RHG, 6128 Broadway, Box 8167, Merrillville, IN 46410.



EYESIGHT SAVER

Do you find the eyes of needles growing smaller? Needle threader consists of a plastic funnel into which the needle is dropped, spindle to transfer thread to needle, blade to cut thread. $1.59 plus 20c post. Anthony Enterprises, HG1, 556 Mission St., San Francisco, CA 94105.



NEVER TO RETURN

For the female who has unwanted hair on her face, arms and legs, we propose Perma Tweez. Battery operated device removes the stuff professionally and permanently, does not puncture skin. $16.95 ppd. General Medical Co., HGE-51, 5701 W. Adams Blvd., Los Angeles, CA 90016.

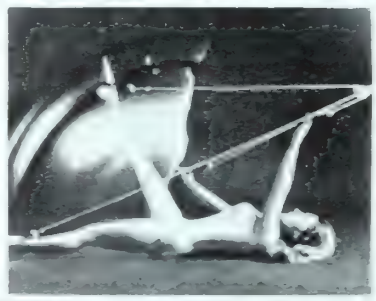


FIGURE SHAPER

Attach to doorknob, exercise twice daily for 5 minutes. Slimming action concentrates on hips, waist and thighs. For men and women. $7.98 plus $1 post. Weighs only 10 ounces. Joe Weider, Dept. LG/Y, 21200 Erwin St., Woodland Hills, CA 91364.



COUNT COINS FAST!

Sort, count, wrap pennies, nickels, dimes, quarters in sec onds. Simply slide coins into 4 channels. Shows the tota as you go. No more fumbling with the wrapper. Real time saver for merchants, cashiers, clubs, collectors, etc.

COIN TRAY **$2.98 Plus 60¢ Postage & Handling Eac**

No COD's or Billing *California Residents add 6% Sales Ta*

Satisfaction Guaranteed or Your Money Back

Anthony Enterprises Dept. HG-16
556 Mission, San Francisco, Calif. 94105

CREATIVELY YOURS

There's a variety of stimulating ideas featuring maple hardwoods as country-style dining tables, work tables, mobile carts, shelving, benches, counter tops—all shown in a 44-page catalogue 50c. From Butcher Block & More, HG1, 1600 So. Clinton, Chicago, IL 60616.



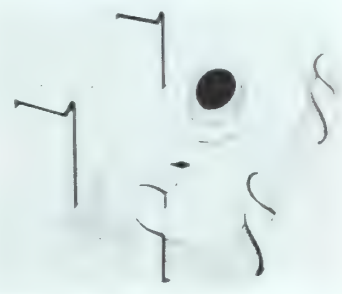
CAPITAL IDEA

Contemporary T-shirt tells all—well, almost. Initials in white (underline last initial) on red, sky blue, green, natural, yellow, navy or white cotton short-sleeved shirt. S, M, L. $12 plus $1.50 post. Free catalogue. The Talbots, Dept. SU, Hingham, MA 02043.



BLANKET CONTROL

Electric blanket control guard of metal clips to bed where most convenient to reach when reclining. Clips bend easily by hand to adjust to bed rail. Excess cord can be wound around holder. $1.98 plus 35c post. Anthony Enterprises, HG1, 556 Mission St., San Francisco, CA 94105.



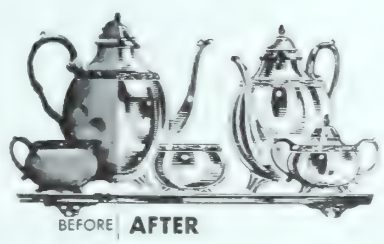
SUN'S STAND-IN

Plant Light encourages growth, aids root cuttings, boosts seed germination. 75 watt 120v bulb, standard screw-in socket to fit lamps you have. Instructions incl. $1.99; extra bulbs, $1.79. Add 50c post. Free catalogue. Saddlebrook Sales, HG1, 13462 Cordova Dr., Largo, FL 33540.



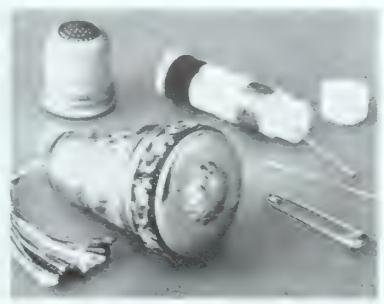
SILVER PLATING SALE

For a limited time only silver plating at sale prices. 100% guaranteed; dents are removed at no extra charge. It is a perfect time to have heirlooms fixed and quadruple silver plated. Free price list. The Senti-Metal Co., Silverplating Div., HG1, 1919 Memory Lane, Columbus, OH 43209.



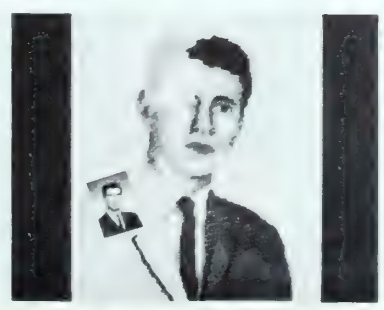
TRAVEL THIMBLE

Unique sewing kit for travelers includes three thread spools, needle, pins, safety pin and thimble inside a scrolled gold-finish metal thimble from Austria. 1½" h. with silken tassel. $9.98 plus 35c post. Lillian Vernon, G1E, 510 So. Fulton Ave., Mt. Vernon, NY 10550.



CUSTOM NEEDLEPOINT

Send any clear photo or slide. Colors are marked on 10-mesh canvas for your yarn. House, landscape, boat, car or loved one's portrait (returned). 12" by 16". $15 plus 50c post. Ask about other sizes and double-mesh. World Arts, HG1, Box 577, Wilmington, CA 90748.





SLEEPS AND EATS GOLF?

Framed and ready to hang, a tasteful joke for the serious golfer. If he doesn't put it up, his "widow" will. 6½" by 5¼" with green backing and replica golf ball. The gag gift for every golfer.

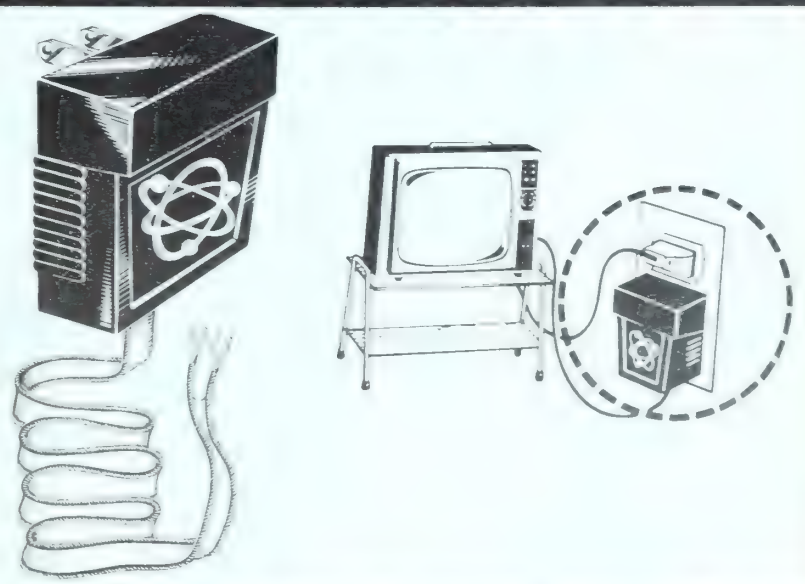
GOLFER'S DIET PLAQUE #132
$3.49 Plus 50¢ Postage & Handling Each
(First Class Postage, $1.00)

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POWER PLUG TV ANTENNA



ELIMINATES RABBIT EARS

Secret Power Antenna attaches to rear of TV set and plugs into any AC/DC outlet to bring in marvelously crisp, clear pictures and eliminate all manner of ghosts and electronic gremlins. Unseen antenna eliminates need for ugly roof equipment or old-fashioned rabbit ears. Uses no current. For AM/FM, UHF/VHF, Black & White or Color sets.

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PORTABLE FAN

Beat the heat! You can be cucumber cool anywhere, anytime. Just flick on the portable mini fan for the freshest breeze this side of the shore. Battery operated (battery not included). Lightweight plastic with stand for desk or table use.

FAN . . $2.98 Plus 40¢ Postage & Handling Each

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LINGERIE CLIPS

Gold-finished metal lingerie clips keep bra and slip straps firmly together and in place. No more embarrassing moments with slipping straps. You're safe forever. Set of 2.

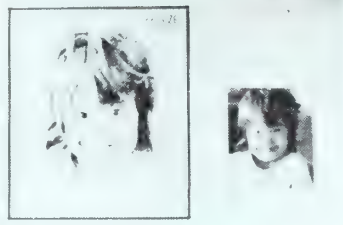
SET OF 2 LINGERIE CLIPS . . $1.98 Plus 30¢ Postage & Handling

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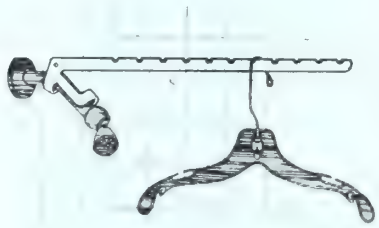
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SHOPPING AROUND



LIFELIKE DRAWING

Send photo or snapshot to this skilled artist and receive a 16" by 20" illustration. Ready to frame, rendered in black graphite on quality white paper. One subject, $19.50; two subjects in one picture $29.50. Ppd. Similis, Dept. C, 2562 San Anselmo, San Diego, CA 92109.



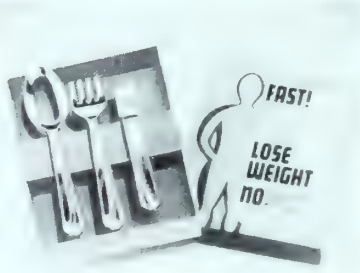
HANDY HANG-DRYER

For travel or home use, a sturdy dryer to hold all your washables is a great help. Hooks onto any showerhead, notched shaft holds 11 hangers. Steel construction, rustproof vinyl finish. $3.25; two $5.75. Add 25c post. American Century, HG1, P.O. Box 36232, Los Angeles, CA 90036.



RAPID SERVICE

Kodacolor film cartridges 110 and 126 developed, enlarged and printed on silk-finish paper. Kodak materials used exclusively. Film processed same day. Twelve jumbo prints, $1.29; twenty prints, $2.29 plus 25c post per roll. American Studios, Dept. HO-1, La Crosse, WI 54601.



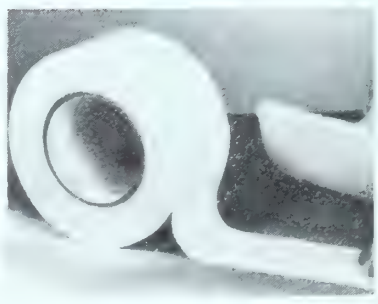
DIETERS AHOY

Gag place setting guaranteed to help in weight loss. Bottomless spoon, cut off knife and fork will keep dieters from over-eating and give them and other guests a good laugh. $1.98 plus 25c post. Anthony Enterprises, HG1, 556 Mission St., San Francisco, CA 94105.



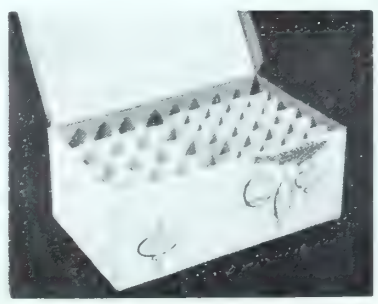
CAT AND MOUSE

Now he sees it, now he doesn't—that intelligent cat you know will love playing "mouse in the hole." The mouse is an elusive ball that will entertain him for hours. Blue plastic; 6" dia., 3" h. $3.95 ppd. Catalogue, 25c. Suburbia, Inc., Dept. 399, 366 Wacouta, St. Paul, MN 55101.



CARPET TAPE

Double-faced adhesive vinyl tape for rugs and carpets at the pool, patios and porches. 1½" wide, it is easy to apply; re-usable. Prevents skids or falls. Waterproof to withstand splashing. 12' roll $1.98 plus 25c post. Anthony Enterprises, HG1, 556 Mission St., San Francisco, CA 94105.

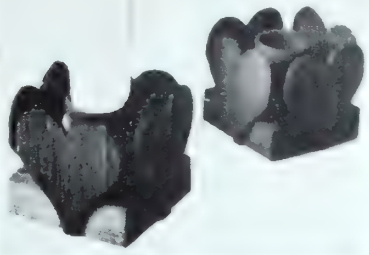


STOWAWAY

Nothing like preparing now for next Christmas. Ornament chest holds 92 ornaments of three sizes; space for eight sets lights, tinsel, other tree-trimming paraphernalia. 27" x 17" x 12". Assembles easily. $8.50; two for $16. Ppd. Write to Bruce Bolind, HG1, Boulder, CO 80302.

LOVE LIGHT

Romantic heart-shaped candle holders in bright red wood give off loving signals at an intimate dinner. Hand crafted in Sweden, each is 2″ h. gift boxed. Set of two, $2.98; three sets, $8.50. Add 40c post. Lillian Vernon, G1E, 510 So. Fulton Ave., Mt. Vernon, NY 10550.



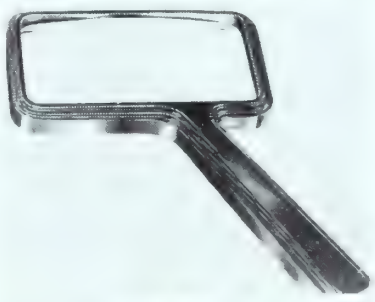
FINGERTIP TOUCH

Push button phone can be used on any dial system; an inner memory remembers the last number dialed. Fitted with standard cord and plug, it is ready to plug in. $119.95 plus $2 post. Catalogue, 50c. Grand Com Inc., HG1, 324 Fifth Ave., New York, N.Y. 10001.



EASE FOR EYES

Rectangular magnifier relieves strain of trying to read fine print or examine details of an object. Use in home, office, hobby corner. Unbreakable plastic frame, 2″ x 4″ lens. $7.98 plus 60c post. each. Anthony Enterprises, HG1, 556 Mission St., San Francisco, CA 94105.



BEAUTY PROGRAM

Kit for home use consists of bustline improvement guidebook for exercises, diet, posture; hydrotherapy massage cup for a few minutes daily use; and three special-moisturizing cremes. $19.95 ppd. Beauty-Breast of Paris, Dept. LG/Y, Box 8072, Van Nuys, CA 91409.





BED WEDGE FOAM INCLINER

An ideal solution to those people who can't sleep naturally without the aid of two or more pillows. No mattress to lift; arches well down your lower back and is lightweight. A must for all those insisting on completely relaxing rest. Equal in elevation to three down pillows. Can be used just as effectively to elevate legs. 27″ long, 27″ wide, tapered from 7½″ high. With washable cotton cover.

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HANGING PLANT HOLDER HAS GROW LAMP TOO!

■ Holds two hanging pots on sturdy 12″ arms that swing to adjust for extra wide plants. With Grunmar lamp, plants stay green—even in the darkest corner of your home or office! Lamp swivels to adjust for perfect lighting exposure, includes UL approved 12 foot cord and on/off switch—complete with 75 watt Grow Light Bulb. Sturdy bracket comes with hardware and attaches to any wall in just seconds.
Choose from Black or White baked enamel finish—**$24.95** or bright Chrome—$27.00. Include $1.50 for Shipping and Handling. N.Y. State residents add tax. Satisfaction **Guaranteed** or your money back. Master Charge or C.O.D. orders welcome. Specify Model #40250.

HOME PLANT DISPLAYERS, INC. Dept. C101
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HAND ENGRAVED FAMILY CREST RINGS



Ring #11 16x14mm top solid 14k gold $195.00 sterling silver $75.00





Ring #18 20x18mm top solid 14k gold $260.00 sterling silver $80.00

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In order to make sure you like our work before you invest in a gold ring you may order the pendant shown above in sterling silver hand-engraved with your coat of arms for only $49.00. When you order the ring you will be given credit for $49.00 AND MAY KEEP THE PENDANT FREE.

SEND FOR OUR FREE COLOR CATALOGUE . . . *This is the most beautiful jewelry, and certainly the most personal jewelry there is. Hand engraved by master European craftsmen.*

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HALL TREE



This Hall Tree is reminiscent of our Grandparent's home. It was so useful then that it has made a comeback for those who enjoy using the best of the past.
The back has a mirror with pegs for hats and coats. The lid lifts for storage. A touch of nostalgia adds warmth to a modern home.
Made of solid Pine. Finish: light or dark Pine.

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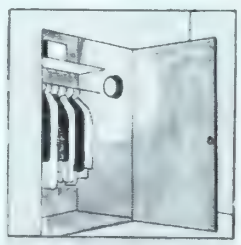
ANTI-SNORE MASK . . . $4.98 Plus 50¢ Postage & Handling

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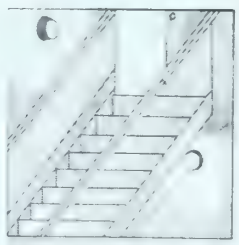
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CLOSETS OR STORAGE AREAS



ON OR UNDER STAIRWAY

CLOSET LIGHT

A practical solution for adding that extra lighting for out-of-the-way places in your home without having to pay for costly wiring. Ideal for closets, on or under stairways or storage areas. Attaches easily to wall or ceiling. Operates on standard batteries (not included).

CLOSET LIGHT . . . . . $4.98 Plus 75¢ Postage & Handling

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SHOPPING AROUND



LAMP-PLANT STAND

Three-branch plant holder attaches to tubular stand up to 1½" dia. Metal arms swing to provide space for wider plants. Three 6" drip-proof trays. Black or white enamel finish or chrome. $6.99 ppd. Home Plant Displayers, Inc., Dept. C-201, 51 E. 42nd. St., NY, NY 10017.



POETIC LOOK

You may be expected to recite in such a talented blouse. Of deliciously smooth polyester knit that drapes softly. Light blue, moss green, black, lilac. Junior 9-17; misses 10-18 $11. 14½-22½; women's 34-42 $12. Add $1 post. Lana Lobell, Dept. M2161, Hanover, PA 17331.



SEE-WORTHY

Plastic container with applicator top holds eyeglass cleaner that keeps specs sparkling all day. Just dab on and wipe with tissue; it prevents fogging, too. Gives hundreds of cleanings. $1 plus 15c post. Anthony Enterprises, HG1, 556 Mission St., San Francisco, CA 94105.



JUMBO POSTERS

Have a 2′ by 3′ poster made from any black and white, color or Polaroid photograph. The giants are great on dorm walls, as party decorations or special Christmas gifts to treasure all year. $3.50 each plus 50c post. Wallet Photo Co., Dept. 250, Box 388, Clifton, NJ 07015.



ENJOY SOUND SLEEP AGAIN

Ear Drum Silencers lock out disturbing noise that robs you of refreshing sleep . . . even snoring! Soft, pliable, with an easy-to-grasp safety flange. Slip them in every night and you'll sleep like a kitten.

EAR DRUM SILENCERS . . . $2.98 Plus 20c Postage & Handling

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Satisfaction Guaranteed or Your Money Back

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SHOPPING AROUND

ITALIAN STYLE



Tired of breaking spaghetti when you serve it? A stainless steel server will help you do the job with great flair. Measures 12″ l. with non-slip wood handles. $1.99 ea. plus 80c post. Write to Carol Ann Gifts, Dept. HG3375R, Box 21026, Philadelphia, PA 19154.

NAME DESIGN TIE



Your name makes a beautiful embroidered motif. Turned sideways it shows wearer's name with its mirror image. State color—cranberry, blue, green or brown—and name. $6.50 ea. plus $1 post. Any two, $12.95 ppd. The Writewell Co., 882 Transit Bldg., Boston, MA 02115.

GLASS TO GROW IN



Pearl mist greenhouse with redwood frame; acrylic, glass content fiber glass. Pre-cut; fabricated Dutch door. Shown 8′ by 12′, $314.95 Exp. Coll. Others from $98.95. Free catalogue. Peter Reimuller/Greenhouseman™, 980-17th Ave., Dept. 11-AP, Santa Cruz, CA 95063.

INSTANT CHANGE



Fumble-free coin purse to let you see at a glance what your holdings are. Pennies, nickels, dimes and quarters go into the slots. Slide-in pocket. Black vinyl zippered case. $1.98 plus 20c post. Order #531. Anthony Enterprises, HG1, 556 Mission St., San Francisco, CA 94105.

At Last! The First and Only Can't Miss Way To Water All Overhead Plants

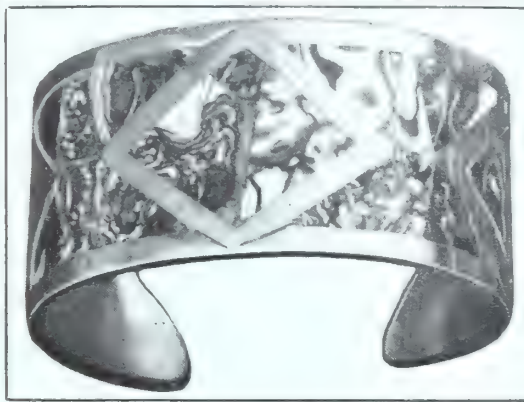
NEW, EASY WAY TO WATER, FERTILIZE HANGING PLANTS — WHERE THEY HANG!

No Need to Remove Plants

No Drip! No Leak! No Mess!

Stop lugging heavy plants. New fast watering GREEN SQUIRT waters them easily and cleanly overhead, indoors, wherever they hang. No need to remove plants. No dangerous, back-breaking lifting. No mess, no muss, just fill bottle and squirt to water. Unbreakable, lightweight, unbreakable, flexible bottle with extra long hooked spout. Easy squirting saves time, the cats or children can't tip over. Waters overhead, even tall plants. Helps turn your home into a flowering show place the envy of visitors. Excellent for flowering house plants, too. Now available for the first time to home gardeners. Perfect for succulent plants, won't drip, new, fast, economical, all-purpose what have you. Comes complete with 32 oz. liquid plant food concentrate. Instruction guide. Satisfaction guaranteed or money back. Mail coupon





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3268 Abalone Bracelet $14.98

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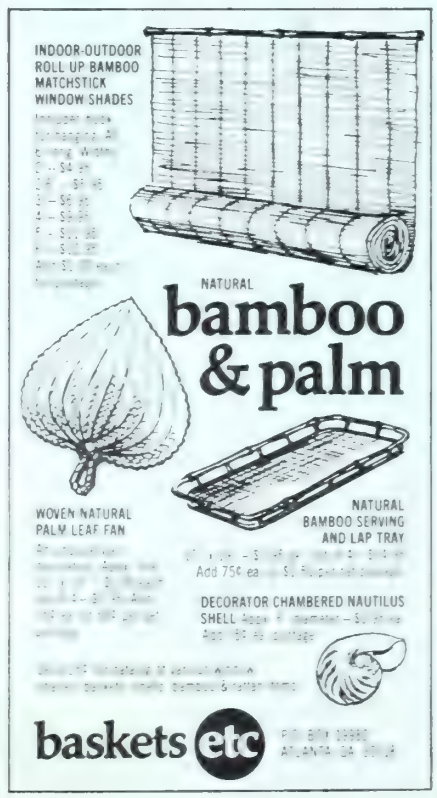
TWO VIEWS

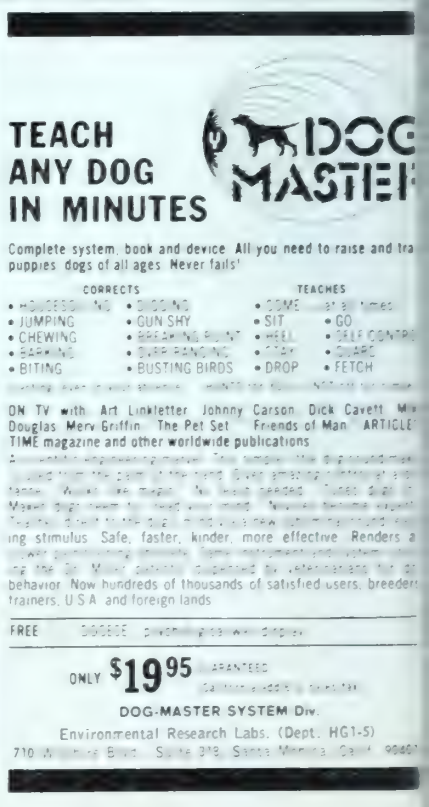
Pocket magnifier has two lenses for close-up work—four-power or eight-power magnification! Ideal for seeing small type, splinters, stamps. Lenses fold into protective case. $3.98 plus 20c post. Anthony Enterprises, HG1, 556 Mission St., San Francisco, CA 94105.



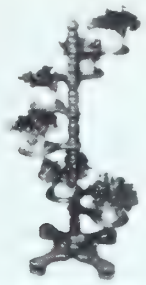
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BATTERY AIR CAR

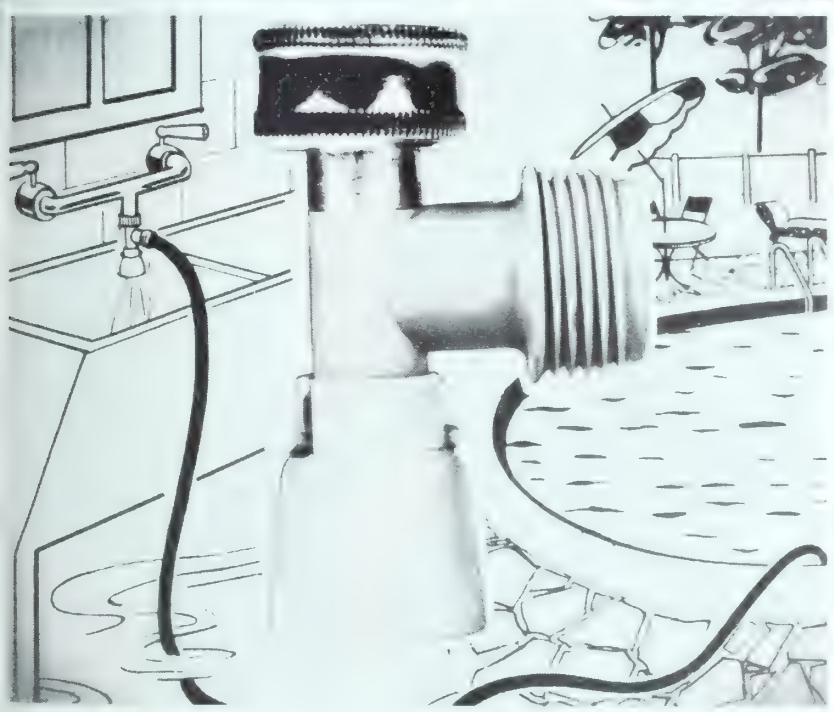


Look, Ma, no visible means of support for an 11″ car—no wheels or wings—seems to ride on air. Plastic bubble passenger compartment; stops and starts by push button. (Batteries not incl.) $5.98 plus 90c post. World Gift, HG1, 606 E. State St., Westport, CT 06880.

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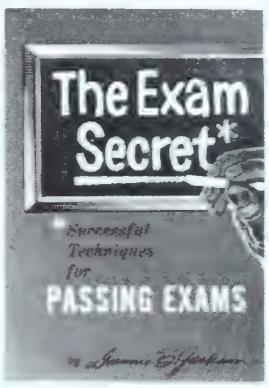
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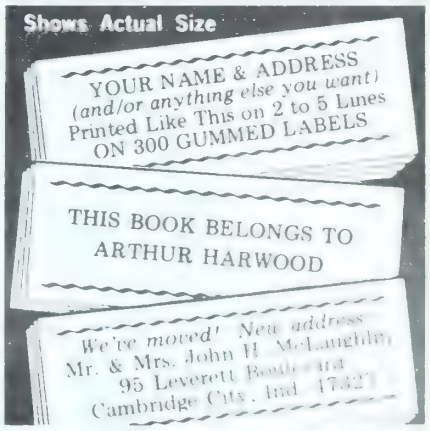
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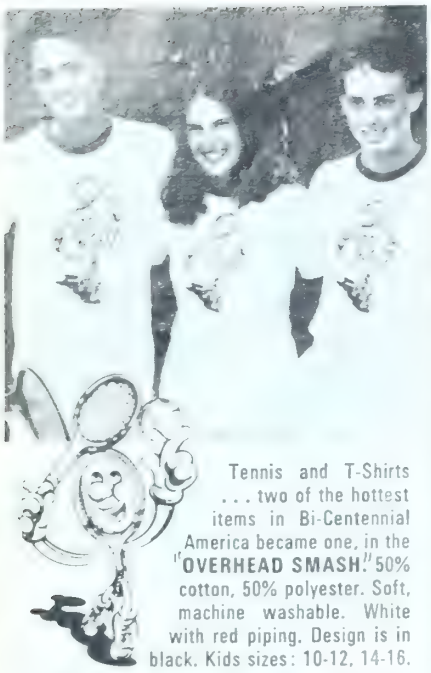


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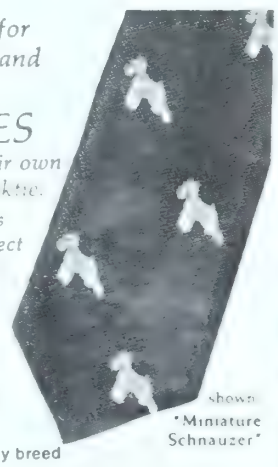
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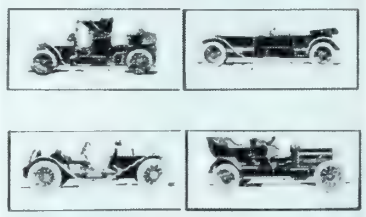
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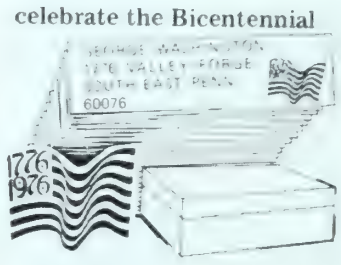
MIGHTY MAGNIFIER

Here's one magnifier you never lose. Hang it 'round your neck and free your hands to skim the Yellow Pages, crochet, manicure, needlepoint, whatever. 4½" dia. $5.98 plus 60c post. #156. Anthony Enterprises, HG1, 556 Mission St., San Francisco, CA 94105.



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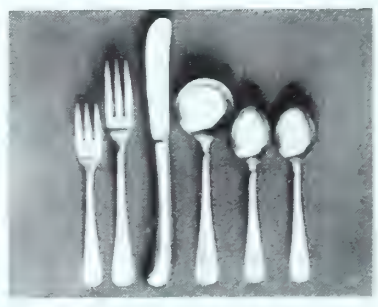
PENPAL PATRIOTISM

Show your Bicentennial colors with return address labels that feature the birthday flag. In black on white, specify name, address and zip (up to 4 lines). 1¾" w. Thousand labels, $1 ppd. Stationery Specialists, Ltd., HG1, 5 W. Orchard Pl., Mt. Prospect, IL 60656.



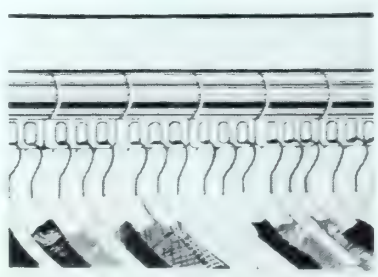
KEEP THE CHANGE

Tie clip for the new wide styles makes great "cents"—it's made of real and rare coins. Mercury dime, Indian Head penny, Standing Liberty quarter and Indian Head nickel. An excellent gift! $9.50 ppd. Decor Galore, 140 Monument Ave., Dept. 176, Barrington, IL 60010.



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SPACE RACE

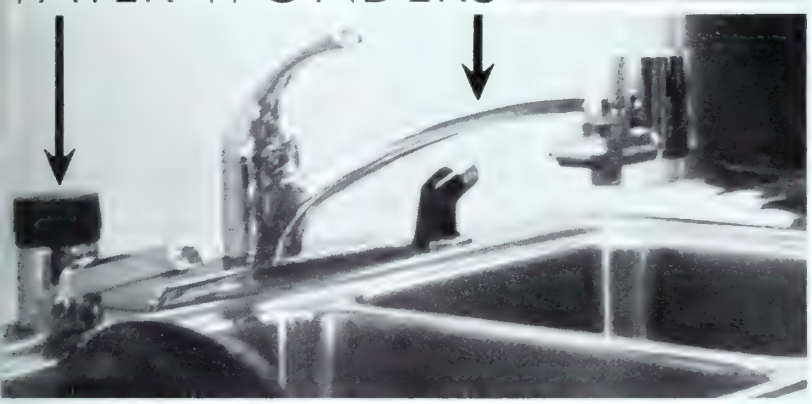
Crushed clothes and tangled hangers are a thing of the past: brass-plated steel hanger spaces snap onto closet rod to hold hangers separately. Set of 10 to hold 30 hangers, $2.98 plus 60c post. Anthony Enterprises, HG1, 556 Mission St., San Francisco, CA 94105.

More ideas for a super efficient cooking center

In this super efficient cooking, eating and planning center, several special features make particularly good sense for working cooks. Mutschler's pantry storage, for instance, right. The doors open, to reveal adjustable wooden shelves. In the center is another unit of shelving that pulls out to reveal yet more shelves behind it. Above this swing-out section is a very wide shelf for cornflakes or other large items—in all, forty-six adjustable shelves in this one tidy cabinet.



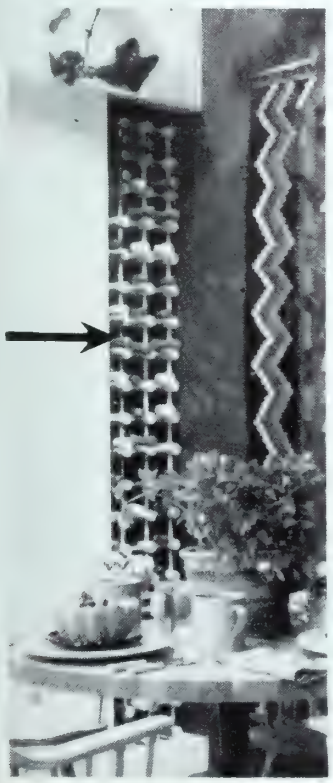
WATER WONDERS



In the Elkay sink are two time- and health-saving water ideas. On the left is KitchenAid's Instant Hot-water Dispenser—190-degree water from tap, controlled by a thermostat. On the right, Teledyne Water Pik's Water Filter—removes chlorine, sediment, odors, cleans your water.

WINE CELLAR

Assemble it yourself—beechwood modular wine rack that stacks either vertically or horizontally, by Nissen. An easy-to-reach way to store wine, and attractive, too.





STORAGE PLUS

Another organization idea that a busy cook could use—Mutschler's linen storage, under the counter in the dining area, easy to reach from the table. Linen, selection of table mats below, flatware neatly laid out in drawers above.

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Catalogue browsing

the gardener's happy and productive winter pastim

Top four roses for 1976, a hundred years for Burpee, changeover at Wayside Gardens, reappraisal of the plant wizard, and old-time seed hou

ALL-AMERICA ROSES



America is the new All-America climbing rose for the Bicentennial year

Judging for the 1976 All-America Rose Selections has brought out a bumper crop of new varieties. Climbing roses have been rare among the AARS laureates, but America, *at the top of this year's list, amply makes up for the deficiency. Created by William Warriner of Jackson and Perkins,* America *is, in effect, a climbing tea rose. The flowers are salmon pink, in a few-flowered, long-stemmed cluster just right for cutting. Blooming season is as long as that of most tea roses; the plant is completely winter har This year the renowned Irish firm of McGredy—now transplanted to Ne Zealand—has produced another winner,* Cathed —*an apricot-colored floribunda with a good fragrance. And the German rose hybridizer, Kordes, has mad the AARS list with two new varieties—the peach pink, classically shaped hybrid tea,* Seashell, *and a large-flowered, apricot-orange hybrid t* Yankee Doodle. *All four are available for spring 1976 planting.*

Burpee Centennial

It is singularly appropriate that the W. Atlee Burpee Seed Co. should be celebrating its centennial in this Bicentennial year of the USA. Three generations of American gardeners have cut their teeth on the Burpee catalogue and have reached horticultural maturity with plants grown from Burpee seeds. The name *Fordhook*—from Fordhook Farms, Burpee's trial grounds near Doylestown, Pa.—as part of the name of a garden vegetable or flower, has come to signify the topmost level of quality. The Burpee family itself has set what must be a world record, as David Burpee, still active in the company at 83, is a son of founder W. Atlee Burpee, with younger Burpees in the firm.

And then there's the white marigold. Plant geneticists said it was impossible, but a plain dirt, amateur gardener did it. Mrs. Alice Vonk, of Sully, Iowa, collected the $10,000 prize that Burpee has been offering since 1954, and the gardening public will be able to grow white marigolds in 1976. A seed mixture of next-to-white marigolds, of late-flowering varieties, at 50¢ for a packet of 20 seeds, may be ordered from any of the three Burpee offices—Warminster, Pa. 18974; Clinton, Iowa 52732; and Riverside, Cal. 92502. As always, the Burpee catalogue is free, from any of these offices.

Wayside to Park

There's a new feather in the cap of the George W. Park Seed Co. Revered Wayside Gardens, forced by economic pressure to liquidate, has placed its good name in Park's capable hands. The same top-quality seeds, bulbs, and plants that we are accustomed to finding at Wayside Gardens will be grown and shipped by Park, and that gardener's bible, the Wayside catalogue, will continue to be published. The catalogue is priced at $1, can be ordered from either the old Wayside Gardens address in Mentor, Ohio, or from the Park Seed Co. home office. Park's regular catalogue continues to be free for the asking, from the George W. Park Seed Co., Inc., Greenville, S.C. 29647.

The Plant Wizard

In the early 1900s, Luther Burbank was universally known as "The Plant Wizard." Tourists and scientists flocked to his California home, and the name Burbank on a plant or seed packet was taken as a promise of spectacular results. Later, as might have been expected, the pend lum of public opinion swung the opposite direction and Bu bank was denounced as a fra and a charlatan. In recent yea the real truth about the man a his work has been hard to find. we owe a debt of gratitude Peter Dreyer for his biograph *A Gardener Touched with G nius* (Coward, McCann & Ge hegan, $10). He tells the who story of Burbank's life and h tracked down reports and anal ses of his work by people of ma shades of opinion. The result is resounding vindication of a ga dener, more artist than scienti most of whose troubles were t result of overblown publicity.

OLD NAME AMONG SEED HOUSES

It's always kept a low profile, but the Shumway Seedsman has been pleasing home gardeners since 1870. Its Victorian-looking catalogue lists many old-favorite flowers and vegetables, but it also includes many brand-new ones that will carry the Shumway name into the forseeable future. Still free, the Shumway catalogue may be had from R. H. Shumway Seedsman, 628 Cedar St., Rockford, Ill. 61101.

n Kenneth Galbraith *continued from page 67*

rnment spending and private ding exceeding the capacity ie labor force. You combine with a measure of direct re- nt on the wage-price spiral hat doesn't take off. Some rol of bank lending is also ired. Then you need to look d to foresee shortages so that don't catch you unawares upset things. And you should a reserve of food from one to the next so that you can a certain balancing effect in food supplies. When we talk t managing money, all these gs comprise economic policy."

at changes do you ticipate?

n or fifteen years ago in one of my periodic excursions into fiction I once had an idea for a short story about changing fashions. About what would happen if there developed a cult of shabbiness, when people would not seek to be elegant, but the fashion would be how old your clothes were. It seemed so fantastic that I dropped it. And by the time I began thinking about it again, I was overtaken by the era of faded patched jeans. In my book *The Affluent Society* I argued against measuring all progress by the increase in the production of goods. It's true that people are already adjusting to different ways of living. So I remain optimistic about the future." ■

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every issue you'll see a special selection of things for the house t House & Garden has chosen as a salute to the Bicentennial ebration, things you can buy at The House & Garden Great erican Idea Centers in the following stores across America. For eighth in the series, A Living-room Garden, turn to page 78.

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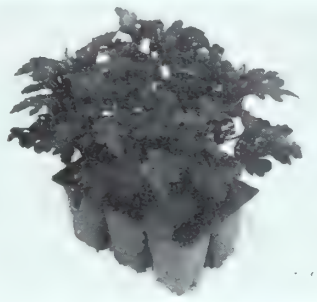
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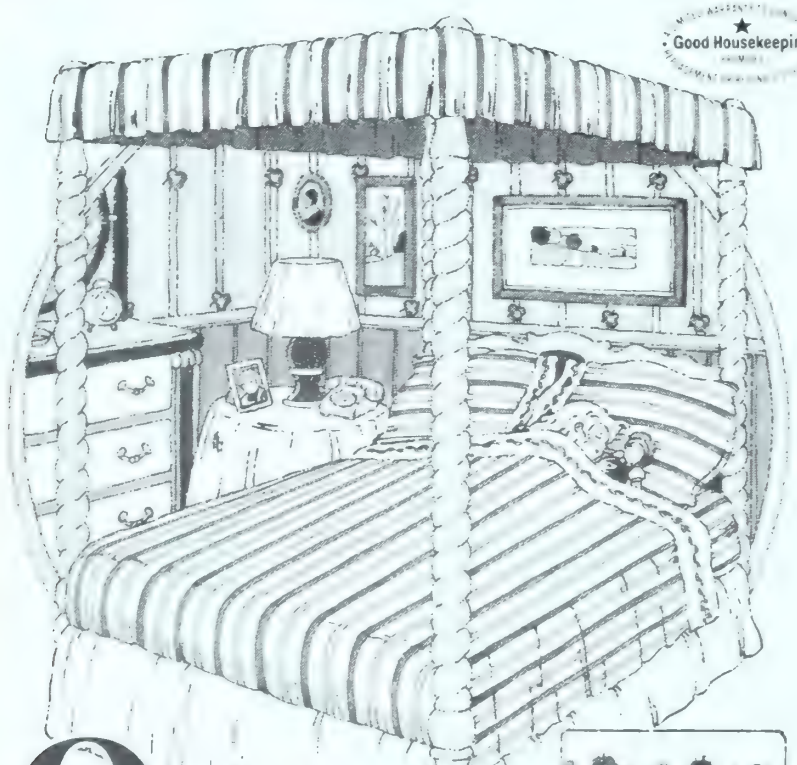
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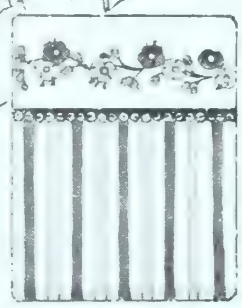
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For the first time ever...a remarkably QUICK, absolutely FOOL-PROOF way to lose all the weight you want — PERMANENTLY.

Lose Weight While You Sleep!

ENTERTAINERS, ATHLETES, TEENAGERS, EVEN FAMOUS WEIGHT-LOSS PROGRAM FLUNK-OUTS HAVE LOST 10, 20, 50 — UP TO 99 POUNDS OF UGLY FAT!





Sandra Glass lost 99 pounds! "I had let myself go to pot, weight-wise, and now I have been able to bring my weight down to the right level and bring up my spirits and my life. I previously weighed 241 pounds and now I weigh a gorgeous 142."



Domenick Griesi, teenage lost 52 pounds! "I weigh 211 pounds and am now do to 159. Being a teenager, y have no idea how much ha pier I am now."

Not a diet — a weight-loss revolution. Here is a proven alternative to every diet method ever used. The miraculous Slim-Through-Sleep Plan that has been clinically tested on over 2,000 overweight people.

Eat all the foods you ate before. For the first time, here is a weight-loss method that works even if you don't cooperate. No formulas to follow, no special foods to prepare, nothing to count or weigh. Best of all, the Slim-Through-Sleep method eliminates the single greatest cause for weight-loss failure — Will Power. That's right, the hardest part of any diet is the fight to avoid food, and STS makes painful will power a thing of the past.

Almost immediately you will begin losing weight more easily than ever before in your life . . . effortless weight loss that your friends, even your own family, will notice right away!

Yes, even if every other method you've tried has failed, you can now lose every pound you want to — and never gain it back!

STS has worked near miracles with thousands of people. (Just look at some of the pictures and comments on this page.) With the Slim-Through-Sleep Plan you won't feel the least bit deprived. It won't be a matter of pushing yourself away from the dinner table . . . or doing strenuous exercises . . . or substituting foods.

5 MINUTES A DAY FOR 5 DAYS AND POUNDS START TO DISAPPEAR. For just five minutes before you go to sleep, follow the STS Plan . . . that's all. While you are sleeping, it's actually working.

STS will actually leave you feeling more relaxed, free of tension and free of those unhealthy EXTRA pounds you've been carrying around for so long.

Before you know it, your spirits will soar to new heights. You'll have the self-confidence that comes from being pleased with your appearance. You will look and feel the way you deserve to, perhaps the way you thought was impossible before.

No "starvation," no substitutes. Eat every food you eat now.

Everything that has been unpleasant about losing weight before no longer exists. If you love mashed potatoes smothered in gravy . . . rich cheesecake . . . whipped cream on your desserts, you'll still be able to enjoy these and every delicious food you have always loved. Never again will you have to contend with pills that leave you jittery; exercises that leave you exhausted and achy; food cravings that have you climbing the walls. Spend just 5 minutes with the STS Plan the first evening you get it and we promise you results in weight loss that will startle you. Without suffering a moment of anxiety you will shed pound after pound quickly and effortlessly — and you'll never regain that weight again.

STS Method sweeping Europe, now available for the first time in this country.

Within the past year, the STS Method has become an enormous success in France, Switzerland, Germany and other European countries. Thousands and thousands of overweight people have discovered that this is the only method that provides any meaningful permanent weight-loss. In development in this country for years, only now has this wonder-working method become available in such an easy-to-use plan . . . a fool-proof plan that could be considered the most important weight-loss discovery in over 50 years!

We have been involved in researching weight-loss concepts for the past three years. Our customers have taught us that what is required is an effective, quick and safe weight-loss plan. We have spent the last year in negotiation to secure the STS Program exclusively for our mail order public. We feel the results — the fantastic STS Program — have been worth the effort.

Here's what users of the STS Method have to say:

Lee G., 25 lbs. in 1½ months: "It is such an easy and non-frustrating way to lose weight. This is the best method I have found in 15 years of dieting."

Father P., 30 lbs. in 2 months: "I recommend this program enthusiastically to anyone who seriously wants to lose weight."

Terry W., 22 lbs. in 2 months: "I tried just about every diet or pill and nothing ever helped like this. I can face myself in a mirror again."

Sarah P., 33 lbs. in 3 months: "I feel in a wonderful frame of mind, plenty of pep and energy and ambition."

Barbara B., 22 lbs.: "Thanks so much for the new 'skinny' me. No more diet pill blues or starvation cranks. You've helped me become a happy, slim female again."

Pat T., 30 lbs. in 3 months: "3 months ago I started and, not to sound like an ad, I really am a new person. Very happy!"

Harry C., 51 lbs. in 2½ months: "There are no nasty after effects. I've been on about five or six diets, all of which involved medication, and I always lost weight. But I didn't like the feeling. The drugs would make me grouchy after the pills wore off. . . . Besides, I always went up again after I stopped using the pills."

Why the STS Plan is better than any so-called diet you've ever tried:

- Diet pills make you tense and nervous — STS leaves you relaxed and energetic
- Diet Plans require change in eating habits — with STS you eat all the foods you ate before
- Almost every weight-loss method requires will power — STS eliminates that painful barrier
- Other plans require a different regimen for active, non-active, young and old — STS works remarkable results for everyone, including teenagers and children
- Other methods require a change in dining out and party habits — STS doesn't change the food you eat regardless of the occasion
- Other methods have a yo-yo effect, weight comes off, and goes right back on — with STS weight stays off permanently

Money-Back Guarantee

We promise that if you truly want to lose every exc pound you have been living with — even if it's be years since you last dieted — this will be the easi most permanent weight-loss method you have e tried. If you, for any reason, fail to lose the we you want within 30 days (and **you** are the sole ju of how much you want to lose), simply return y STS Plan and your money will be promptly refun (except postage and handling).

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Mr. Rocco's contention is: "A person can lose weight with t plan as long as they have sincere desire to lose. That the only prerequisite. They lose as much as they want, f pounds to a hundred pounds, and there is no medication volved." He has proven this in case after case, where he h given new hope and new happiness to people who had tr dozens of other weight-loss methods without lasting succe

Frank Rocco is recognized as a major authority in his fie and has been the subject of many newspaper articles a television shows.

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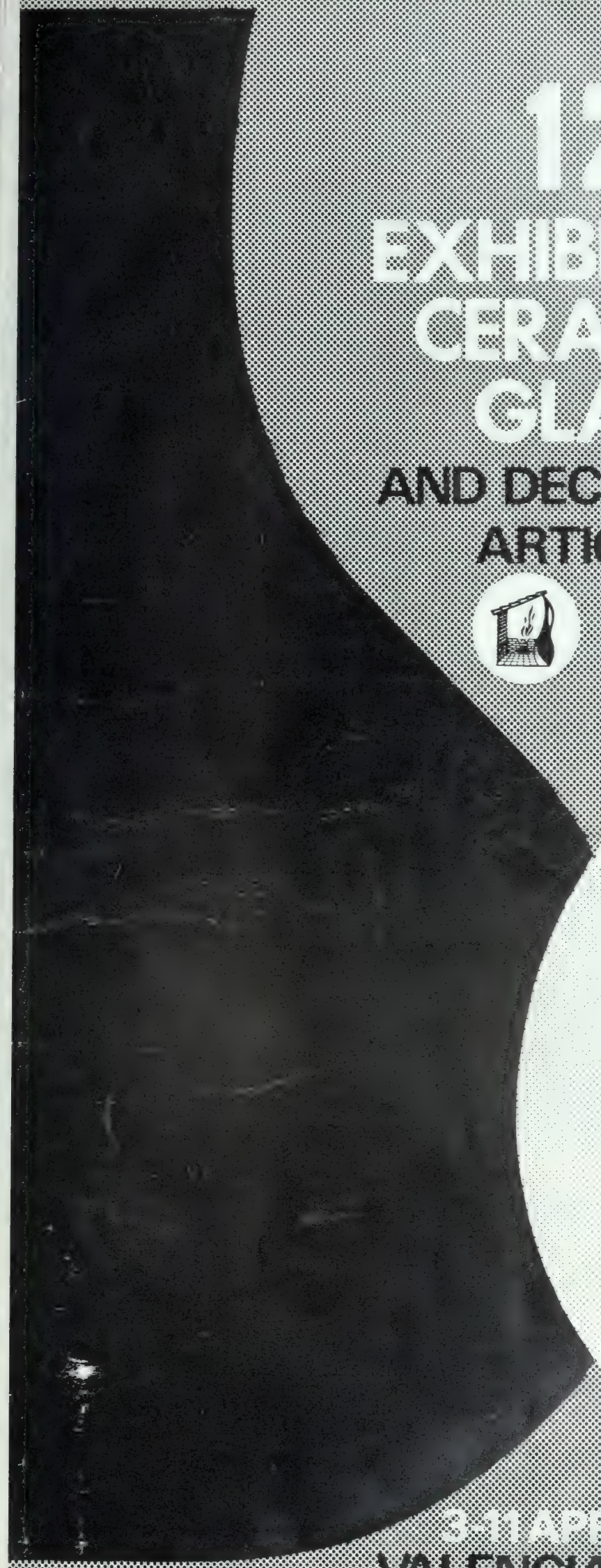
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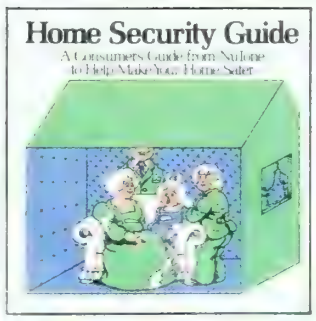
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ON THE COVER: A second-story porch designed in the style of an old Charleston veranda is part of a new wing attached to a Greek Revival house in Connecticut. The wing was added for the sole purpose of giving the hundred-year-old house the kind of light and air it had never known. For its owner, Mrs. Charles Fuller, the porch is an outdoor living room, which she furnished with great charm "and for the proverbial song. There's nothing new except the paint and the cushions, which I made myself out of just about anything that had enough pattern and color." For another view of the porch, and some of the house itself, please turn to page 80.

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Grand Rapids grand gesture

This is a remarkable idea for saving and reusing an old city building that might otherwise be torn down. Architect Emilio Ambasz plans, for the 1908 Beaux Arts Federal Building in downtown Grand Rapids, a translucent fiberglass stairway to update a familiar landmark and make it more usable today. The stairway, with water cascades down each side, covers the open court of the original U-plan, and turns the back of the building into the front. (The waterfall links the town's connection with river and rapids and also serves the air conditioning system.) Pedestrians climb the stairs and enter the building on the second floor, where the fiberglass addition becomes a lofty, grand foyer. The building, once a court house, then a post office, is now destined to be an exciting Community Arts Center. This bold architectural stroke, says Mr. Ambasz "provides a simple and economical yet strong solution" and it quickly identifies the building as a place for art. More about Beaux-Arts buildings in "A Shot in the Arm for Architecture" page 106.





♦ *Above: Federal Building updated*

♦ *Left: New foyer under stairway*

PEOPLE

Husband and wife architects, William and Serpil Rosenfeld, have just published a useful directory of diesel fuel stations for people who drive Peugeot and Mercedes diesel-engine cars. They list over 5,000 stations coast to coast. ****John Bedenkapp *is installing "The Eye of Thomas Jefferson," the largest exhibition put on by the National Gallery in Washington, which opens in June.* ****Gustav Zumsteg, *creative force behind Abraham Silks, the couture fashion fabric firm, is introducing his first collection of decorating fabrics in the U.S. this March.* ****Ronaldo Ferri, *the sculptor who works in neon, has designed a whole room with neon murals—for the discotheque at the Cricket Club, the new resort-residence in Miami.* ****Ada Louise Huxtable's *latest book* Have You Kicked a Building Lately? Comes out in May.



Antifreeze tip for skiers

Most skin moisturizers are a bl of oil and water and generally v effective for their purpose, wh is to retain water inside the sk But skiers should note that us one in a cold climate is not suc good idea. The water content v freeze and do your face more ha than good. Instead, use an un luted oil—baby oil, olive oil, flower oil, almond oil—which v not ice up.

Put feeling in handwork

"One product of the agony of the sixties in the West seems to be a new intense grassroots interest and activity in handwork," says author Bernard Leach, in his new biography of Hamada, the Japanese potter-philosopher who is known worldwide and has taught at Black Mountain College in America. For would-be potters, or anyone else hesitant about his own creative work, this book has many encouraging words. Good things are made with the hands, says Hamada, by following three natural forces, "health, naturalness, and beauty." And beauty, he adds is not in the head or the heart but a deep down gut feeling, which cannot be verbalized. Good taste is a formula anybody can acquire, but feeling is all that really matters in the end. Small details of a piece of handwork are not as important as a total "feeling" which makes a "natural impact." *Hamada: Potter* (Kodansha International, $50) is available to members of the Am ican Crafts Council at $42.50.

♦ *Hamada . . . throwing a pot in his studio, Mashiko, Japan*



During Queen Anne's reign, cabinet-makers reflected English taste in their selection of fine woods. For those who appreciate this 18th Century fashion, reproductions are available through Baker Furniture retailers.

You are invited to send two dollars to Baker Furniture, 401 Merchandise Mart, Chicago, Illinois 60654 for our Queen Anne catalogue.

Baker Furniture

LIVING

From hair to eternity

"One can have longevity without senility," declares Vidal Sassoon. Moving from hair to the whole being, Vidal and his wife, Beverly, have just published a book called *A Year of Beauty and Health* (Simon and Schuster), which gives you a program and check list of skin and hair care, exercises, and nutritional recipes for every month of the year. "Putting the right fuel in your body and exercising ensures a healthy life," Vidal believes. "If you can keep a flat stomach with tight muscles you are half way home to a good long life. I always carry a track suit when I travel and keep a bowl of fresh fruit in my room. You must utilize your natural juices. Give one hour a day to something that excites you—whether it's exercise, reading, going to a museum, walking, or just thinking. You owe that time to yourself, to make yourself more interesting." Vidal's own recipe for energy? "Yoghurt, raw wheat germ, and honey—then I can work right through the day—and forever!"



◆ *The Sassoons—a new writing team*

Stabilizing a ruin

The Friends of Historic Kingston, N.Y., are setting an important new trend in preservation. They are adopting an idea well known in Europe—stabilizing a ruin! The building they are saving dates back to 1676, is easily one of the oldest in the town and was a simple stone house for the man who operated a mill (long since demolished) for the early Colonial community. The Friends paid $1200 for the badly deteriorated building, which was about to be replaced by a fire station. The ruin will still be roofless when stabilized, the windows vacant, but it could be further restored to a proper house at a later date. The gardens are being landscaped, shrubbed and planted with red, white, and blue bulbs by the Ulster Garden Club. The cost of preservation, $8000, has been found from private funds. "We didn't want to go to too much expense," says the chairman of the ruin committee, Mr. E. Robert Johnson, "it's been tough enough to raise this amount of money, though people have reacted warmly to this idea."



◆ *Frog Alley ruin, Kingston, N. Y., saved as a ruin*

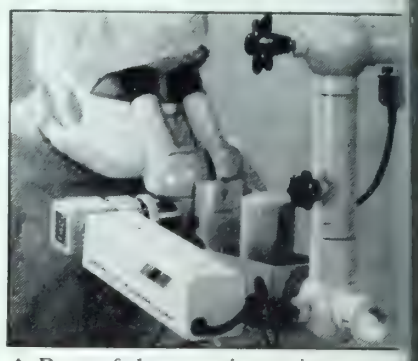
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EYE SURGERY BREAKTHROUGH



CHRIS FEINHARDT

It is always welcome news to hear that weapons research (which absorbs so much of the taxpayers' money) has some direct effect on public health. Some of the latest operating microscopes, which enable opthalmologists to obtain far superior surgical results for cataracts, corneal transplants, and glaucoma, have been developed from spy-in-the-sky, telephoto lens machinery. A new piece of equipment at St. Luke's Hospital, New York, has two incredibly powerful microscopes, one for the surgeon, one for his assistant. A miniature color television attachment relays the operative procedure to student spectators. The doctors are seated when working with the machine and use an amazingly fine needle and a suture 1/16 the diameter of a human hair. They have to train for well over a year to use it. On very experienced surgeon at th hospital says, "The difference wit this equipment is immeasurable Before I was just a good surgeon but now I do procedures I couldn' do before. My results are improved. The microscope allows m to do more exact and delicate optical surgery." Such is the desperat financial situation in New York' hospitals, that this eye surgeon who is immensely dedicated to his work, has just paid $10,000 for hi own microscope out of his own pocket. He mentions funds are urgently needed for a new opthalmic surgery room at St. Luke's Every little donation means bette sight for somebody.



◆ Powerful operating microscope for eye surgery with Circon color microvideo camera attached relays operation to students.

Plant parties

Last winter, when there were 6 inches of snow on the ground, Deborah Johnson, right, a school teacher, wife and mother in Naperville, Ill., asked a few friends over to discuss indoor gardening. She ended up by selling her own greenery. People got to hear about her, and pretty soon she was going out with a van full of thirty to forty plants to give informal evening talks in other people's houses on plant care. One year later, Mrs. Johnson has six part time helpers and the plant party idea has blossomed so fast that she has written a little book about it *Plant Parties. Pleasure and Profit.* She anticipates being the headquarters for many national plant party organizations. At such parties, the greenery is sold competitive with or somewhat below retail price, "though we don't intend to put the local flower shops or nursery out of business by severely undercutting them." It has opened up a whole new career for her. "I'm now into indoor gardening and plantscaping," she says.



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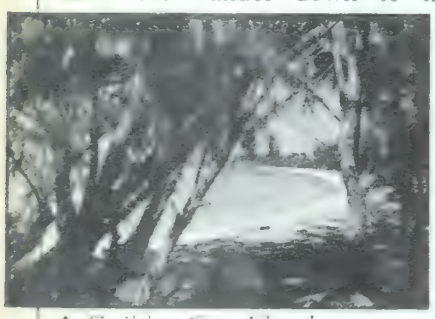
LIVING



♦ *Outdoor baking oven, Eleuthera*

Island hopping by mailboat

Are you still likely to have some free time this winter? And do you have an adventurous spirit? If so, you couldn't do better than fly or sail to Nassau and from there go island-hopping on the mailboats that ply between some of the 700 islands that make up Bahamaland. Besides yourself, these mailboats will carry provisions, building materials, and even the odd animal, to the outer isles. Nassau is the center and the starting point for all this. Just wander down to the

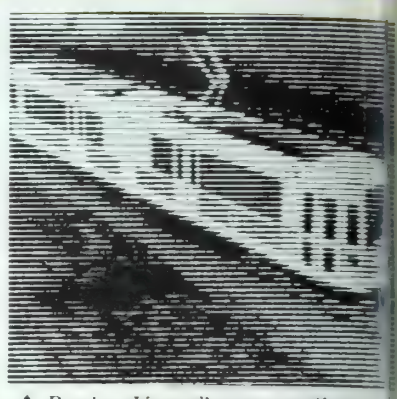


♦ *Guilden Cay, Eleuthera*

wharf under the new bridge connecting Paradise Island with the mainland and inquire from the captains of the boats tied up there when they are going on their next trip and simply arrange to join them. Payments seem to vary slightly according to the captain's whim—but it will never spoil an economical budget. As an example, the trip from Nassau to Governor's Harbor on Eleuthera takes about six hours of cruising through the island-dotted sea. Sometimes a boat stays overnight. These islands are complete small paradises with uncrowded silver beaches, underwater coral fields full of tropical fish, semi-tropical vegetation, brilliant flowers, and the best pineapples in the world. From mainland U.S.A., there are through flights to Nassau from New York, Washington, Miami, Fort Lauderdale, and West Palm Beach. There are also direct flights from Miami to many of the outer islands by

Trolley trips

In a transatlantic anniversary gesture, Blackpool, the north of England holiday resort that operated the country's first electric street car system in 1885 is sending over one of its vintage 1934 cars to Philadelphia, center of the Bicentennial, this spring. It will join five vintage American street cars being restored to make a special tourist trolley line. The cars will take visitors on a special loop past Independence Hall and other notable sites. John Michael Woodman, a trolley car enthusiast who is arranging this project, hopes it will focus attention on street car systems "which cut down noise, pollution, and energy consumption



♦ *Boeing Vertol's new trolley*

and are the quickest way of getti about towns." Street cars, in fa *are* on the increase. Boeing Ver recently produced a new light r vehicle (the first since 1952) to place old cars in San Francis and Boston. Dayton, Ohio, is pla ning a system; Rochester and B falo are considering installing o

French cooking establishment

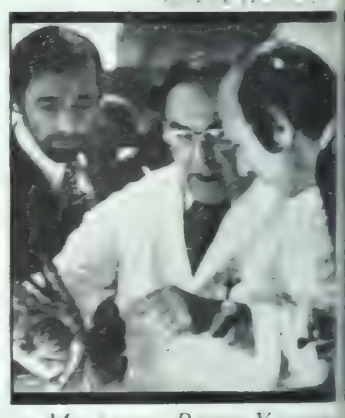


♦ *Danny Kaye, chefs Verge, Bocuse, Guerard, Pierre Troisgros*

IN LONDON WITH DANNY KAYE

Over in London, Danny Kaye joined Paul Bocuse, Michel Guerard, Pierre Troisgros, and Roger Vergé in the kitchen at Winfield House, residence of the American Ambassador in Regents Park. The special dinner they cooked—soup de truffes, escalope de saumon, canard Claude Jolly, gateau Montmorency—was a replica of the one which won Paul Bocuse the Legion D'Honneur in France. This time it was served to thirty special guests after a charity concert at which Danny Kaye conducted the London Symphony Orchestra. "All the action was beforehand in the kitchen, with Danny Kaye and the chefs," reports London contributing editor, Bettina McNulty. Danny Kaye had previously cooked the chefs a Chinese meal in Hollywood.



♦ *Oyster Bar* ♦ *Louis Outier* ♦ *Paul Bocuse* ♦ *Matthew Love, Oyster Bar's George Merjogen, Roger Yasee*

IN NEW YORK AT AN OYSTER FEAST

A marvelous tasting of nine different kinds of oysters was offered to a group of visiting French celebrity chefs at Grand Central's newly spruced Oyster Bar. This little burst of chauvinism on the part of the restaurant's Jerome Brody, cluding Paul Bocuse of Auberge Paul Bocuse, Jean Troisgros of Hôtel des Frères in Roanne and Françoise Bise of l'Auberge du Père Bis in Tailloire) a taste of America's best seafood. Paul Bocuse's favorite oyster: the Long Island Blue Point. Others were Kent Island, Box from Connecticut, Wellfleet and Cotuit from Edward Island, Apalachicola from Florida, Belon from Maine and Chincoteague from Virginia. What do you drink with oysters? This time says Food & Wine Editor Jane Ellis it was a Mondavi Fumé Blanc. The all-fish menu: sautéed tongues and cheeks of codfish, bay scallops and mussels in vinaigrette. Maryland crab cake, Philadelphia

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LIVING

Travels by tent

The recent enthusiasm for camping seems universal, stemming from desire for travel, interest in ecology, and the back-to-the-land movement. My credentials as a camper are a five and a half week trip last summer, starting in Washington, D.C., and back home to Rhode Island with my daughter. We covered 11,600 miles in a 1975 Buick Apollo, avoided all Interstate and superhighways and all big cities. We found the U.S. breathtakingly beautiful, clean, enormous, and empty. Our farthest northern stop was Glacier National Park: farthest west, Santa Barbara and farthest south was the bayou country of Louisiana. We were in thirty-two states, the Rockies, the desert, Indian reservations. We saw elk, pronghorn, bison, bear, moose and heard coyotes singing under a full moon in Texas. We had very informative booklets from the AAA on campsites. Of them all, we preferred the National Forests because they were wilder and simpler. But you cannot imagine the ecstasy of a hot shower in some of the more elaborate parks. It is easy to camp, though constant work of a pleasurable type, if you camp with good equipment, functional, not necessarily expensive. Life is much simpler if everything is stored and replaced in nylon stuff bags with the contents marked on the outside so nothing gets lost or in a muddle. If you are camping on one-night stands, do not bother to bring backgammon, needlepoint, or any other toys. By the time you have set up your tent, admired the view, gathered wood, lit the fire and the little stove, and cooked dinner, while enjoying a drink, you will be pleasantly tired. Before dark, if possible, you are wise to pack up all remaining food, wash the dishes and stow everything in the car, locked, because of possible marauding animals. After sleeping marvelously, we always left ver early in the morning after sharin an orange and thermos of blac



◆ *Tent pitched, ready for night*

coffee made the night before. W stopped in small towns for breal fast, always at a café where we sav the locals, not tourists. We pic nicked by the roadside—yoghurt granola, and fruit. At night w cooked dinners from food bough at local supermarkets. Camper have a fine sense of camaraderi and great respect for each other privacy. There is the recognitio that all are involved in a marvelou adventure. Americans on th move. We are, in fact, the com pany of the free. —EDITH CAM



◆ *Above: Breakfast on the wood fire*

◆ *Left: Sleeping bag rolls up*



AFRAID OF FARMLAND DISAPPEARING?

When farmland in your locality is under threat from developers, what can you do to save it being lost to suburbia? Write John Klein, above. *Suffolk County Executive, Hauppauge, N.Y., who has just succeeded in creating a new law. Briefly it works this way. Farmers can apply to the local legislature for a sum of money equal to the difference between the value of their property as agricultural land and its value for residential purposes. In exchange for this money, the farmer must agree to let the land remain agricultural in perpetuity. Suffolk County is floating a $60 million, thirty-year bond to pay farmers' claims. "The idea would work anywhere," says Mr. Klein.*

Chicago architecture new view

As a Bicentennial celebration, Chicago is producing "Form, Space and Symbol in Chicago Architecture." Everything about the exhibition promises to be exciting. Chicago is rich in glass buildings by Mies van der Rohe (there are around forty-five) but what is not generally known is that the city has some stunning examples of other modern architecture. Now this rich treasure will come into the open with sixty works by thirty-five architects, including David Adler, George Fred Keck, and Andrew Rebori. Says Stanley Tigerman who with Stuart Cohen is organizing the show: "Art historians canonized Mies and passed over others. Our show is going to



◆ *"House of Tomorrow," 1934, metal and glass by George Fred Keck*

exhibition previews in New York at Cooper Union, February 27, goes to the Carpenter Center at Harvard, before opening in Chicago May 20. To put it together, Mr. Tigerman, Mr. Cohen, and associates Benjamin Weese, and Laurence Booth have a grant from the Illinois Arts Council.

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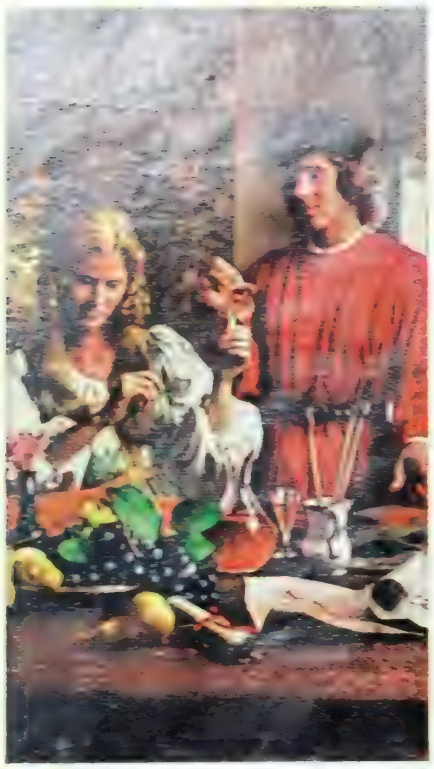
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History has lost most of the answers—even her name—leaving us nothing but Luini's stunning fresco in the Sanctuary of Santa Maria delle Grazie in Saronno, Italy. And...her



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Water, your skin and cosmic forces

With tips for helping dry skin from expert Dr. Diane G. Tanenbaum

By Caroline Seebohm

Almost 65 percent of your body weight is water. This water acts as a lubricant for limbs, joints, and blood supply—just as the lubricant in a car engine keeps it running smoothly. In short, according to Dr. Laurence E. Morehouse, Professor of Exercise Physiology, UCLA and author of *Total Fitness in 30 Minutes a Week*, "water is the most important thing you take into your body. Fat doesn't contain much water. Water comes out of muscle and blood. This is why diets that take off water are so harmful, and why, if you go on a total fast, it is not lack of food you die of, but dehydration."

Keeping this vital water in your body is the function of the skin. Without the water barrier provided by skin, you would dry up. However, social customs being what they are, you are going to be much more interested in how to keep your skin moist (and therefore beautiful) than your body. So here is Dr. Diane G. Tanenbaum, Associate Professor of Dermatology, New York University, and Attending Physician, Lenox Hill Hospital, to explain some rather surprising facts about water on skin.

"Water is what keeps the skin young-looking and smooth," she says. "It acts, as in all of our body, as a lubricant. As we get older, we lose moisture in both our bodies and in our skin, which makes the skin dryer. (Aging skin means that the substance of the skin itself deteriorates, however—it has nothing to do with the water loss.)

"To keep your skin supple, therefore, you need to add moisture. But here is the surprising thing: *Water applied externally to the skin tends to dry it.* This is because when externally applied water meets the moisture in the skin, the elements contained in both tend to equalize, creating a balance—a natural process known as osmosis. And when these elements are sucked out of your skin, water comes with them, thus drying the skin. Hard water, being more full of chemicals and minerals, is the worst offender. Distilled water should cause the least drying.

"In order to prevent this problem, when you apply water to your skin, you should apply oil, too, to postpone evaporation and keep the water in. Most moisturizers on the market, which are oil and water emulsions, do exactly this. It is also possible to moisturize the skin effectively by putting water on it and then immediately applying petroleum jelly, which acts like a sealant for the water.

"Oily-skinned people often have better lubricated skin for the same reason—the oil keeps the water in. This does not mean, of course, that an oily-skinned person does not ever have dry skin. In fact, dry skin is sometimes the result of oily skin: dandruff, for instance. Oily skin [or scalp] does not flake in the normal way, but in large clumps. You may notice this in certain parts of your face at certain times."

Dr. Tanenbaum makes the following recommendations for

Skin care

- **Use water softeners or an emulsifying bath oil (one that is dispersible, rather than one that stays in the water in large drops) when you bathe.**
- **Choose nonalkaline soaps. As your skin is slightly acidic, an alkaline soap will upset the balance and reduce the protective agents that work best when the skin is at its correct acidic level.**
- **Do not bathe too much (twice a week is enough) if you have *very* dry skin, because of the osmosis effect of water on skin. Avoid hard water.**
- **If you use rubber gloves when washing dishes or clothes, use gloves with cotton linings that absorb moisture.**

There are three main enemies of a moist skin: prolonged exposure to sunlight (which is directly correlated to wrinkling), too much exposure to harsh soaps and detergents, and exposure to over-heated rooms.

Drinking lots of water, according to Dr. Tanenbaum, does *not* help dry skin. "It goes straight to the kidneys—that is why people

Continued on page 2-

leritage, the furniture that makes the room, is available at these and other fine stores:



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GOOD LOOKS AND GOOD HEALTH

Water, your skin



Harriet Kelley is an interior designer with a large furniture store. She tells us:
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Dan

"So many people automatically think of light walls and dark upholstery. But, for a really dramatic effect, try the reverse. You can see what a wonderful background those deep brown w[illegible] for Heritage's Antique Ivory leather sofas."

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3506 Kitsap Way

Marian's Interiors
811 Pacific Avenue

Lynnwood
Ken Schoenfeld Furniture
19909 40th West

Olympia
Goldberg Furniture Co.
403 Capitol Way

Seattle
Masins Fine Furniture
220 Second Street South

Tacoma
Saxton's Incorporated
6030 South Tacoma Way

Wenatchee
Doré Interiors
119 North Wenatchee Ave.

WEST VIRGINIA

Bluefield
McQuail's, Inc.
821 Bluefield Ave.

Morgantown
Royal Furniture Company
146-152 High Street

When you apply water to your skin, you should apply oil, too, to postpone evaporation and keep the water in

Water, your skin, and cosmic forces *continued from page 16*

with kidney infections are asked to drink a lot of water: It works as a cleanser. Water has also been known among water addicts [those who drink gallons of water a day] to produce a 'high'—in other words, it goes to the brain!"

According to biologist Lyall Watson, our brains are already 80 percent water, which he thinks links us more closely to cosmic forces (the rhythm of the moon, sun, and earth) than we realize. "Every drop of water in the ocean responds to this force," he says in his book *Supernature*, "and every living marine animal and plant is made aware of the rhythm." So why not us? Furthermore, according to Elaine Morgan in *The Descent of Woman*, the human race was in fact once an aquatic species (hence, so some people say, the salt in our sweat).

So you see, the problem of a well-moisturized skin is a mere drop in the ocean beside all the other wonderful mysteries surrounding the human body and the elixir of life—water.

(For more on water, please turn to page 68)

BEAUTY AND HEALTH PRODUCTS NEW THIS MONTH IN THE STORES

After you see the fabulous private spas on pages 70 through 77 you'll want to try some of these new bath soothers to make your own bath a relaxing, renewing experience . . . Eight natural minerals, salts, and oils turn the water a lovely, fresh blue and leave the skin feeling smoothed and refreshed. **Vaseline Intensive Care Mineral Bath Beads** from *Chesebrough-Pond's* is the newest in its line of skin soothers. A large 16-ounce package is $1.69, a luxury at any price . . . If you prefer to shower there's a clear blue bath gel from *Yves Saint Laurent* in his **"Rive Gauche" contemporary fragrance.** Use a bath mitt and spread a little over it to cleanse face and body and encourage circulation. It's in a shower-safe 4-ounce plastic tube for $5.50. At Altman's; Carson Pirie Scott; I. Magnin; Rich's . . . Good time-sense—pick out makeups at the same time you have your hair done. The *Redken* people, long famous for their shampoo and conditioning formulas that keep the acid mantle of the hair at its best, have applied the principle to keeping skin fresh and smooth with oil of egg, egg protein, and emollients. **pH plus Conditioning Creme Blusher** and **pH plus Conditioning Pressed Powder** are two new additions to the Redken makeups that help skin retain its ever-important moisture. The powders are slightly pearlized and the blushers are the colors of ripe fruit—three of each to choose from. They're available at beauty salons across the country where you can count on professional advice to help you look your best . . . Dry skin always needs help and here's some from *Charlie*. **More Moisture Concentrate** is a new gel cream for those with sensitive, dry skin who need day and night moisturizing. It's very light, but gives special protection on super-cold or windy, skin-chapping days. 0 ounce, $6. Available late Ja from *Revlon* . . . How about cleaning" for oily skin? *Sc* **Stimulus** collection has thre additions, one of which with a minimum of water **Cleaner** with natural oat is a fine-milled pink powder slightly moistened and worke the skin before it's rinsed Cleans thoroughly. 4 ounce follow up with **Stimulus Mo Balancing Gel,** airy-light and pletely oil-free, it helps ke and water levels equal lon ounces. $8.50. **Stimulus N Clay Mask** cleanses, firms dries quickly so that a fres is only minutes away. 2 ou $6.50. . . . A new manicuri called **Cuticle Crayons** by *Barr* could be a great help— 4-inch-long crayons in a ric ganic formula of lanolin, aloe gel, glycerine, vitamins, and cial waxes. They come neste small tray for $2.49 at drug everywhere.



MIRROR MIRROR.





ON THE WALL.

ON THE DESK.



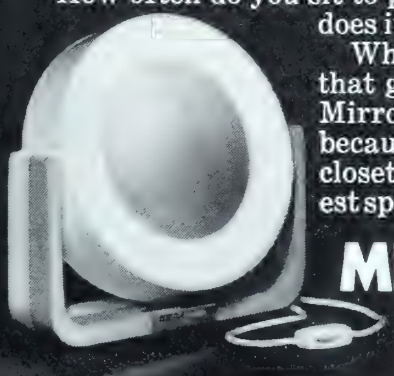


ON THE DOOR.

ON WHATEVER.

At last, a mirror that doesn't have to sit on a vanity. How often do you sit to put on make-up? How long does it take to comb your hair?

What you need is a mirror that goes where you go. Mirror Mirror can go in the bathroom because it won't fog up. Or in a closet. Because even in the darkest spot, you can still see the light.



And the light's just a simple 40 watt bulb hidden behind the mirror. It's glare free. And it's a snap to replace. Just snap out the mirror.

Use the magnified side to inspect your blemishes. Or tweeze your eyebrows. Use the regular side for a fast flip of your bangs. Or a quick flick of lipstick.

Mirror Mirror comes in two-toned yellow and white. At a light fantastic price.

Mirror Mirror. On whatever.

MIRROR MIRROR. BY CLAIROL.

One of the beautiful machines.

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Start a tradition in your home.

White of Mebane

Living With Tradition by White. 22 pages, many in color. Handcrafted occasional pieces by the South's oldest maker of fine furniture. To see the entire collection send 50¢ to Dept. HG-2A, White Furniture Company, Mebane, N.C. 27302.



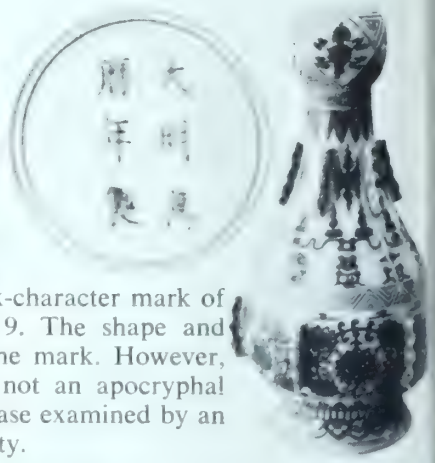
For color brochures and the name of the store near you write Woodard, 317 Elm St., Owosso, Mich. 48867

QUESTIONS & ANSWERS

Antiques

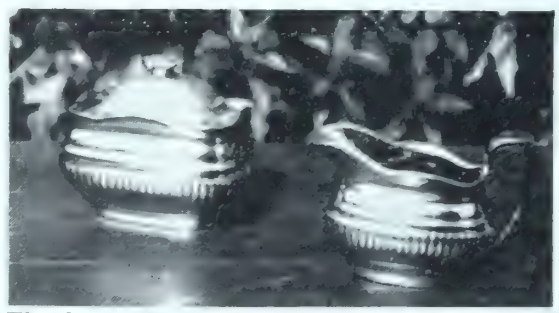
By Louise Ade Boge

Oriental vase



I bought this vase in Nagoya, Japan and was told it's about 300 years old, designed to hold peacock feathers. Is it really that old?
B.P.—Columbus, Miss.

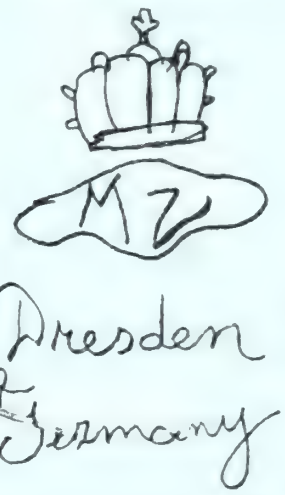
Your pyriform vase bears the six-character mark of the Wan Li Dynasty, 1573-1619. The shape and decoration are consistent with the mark. However, to be absolutely sure that it is not an apocryphal mark, we suggest you have the vase examined by an expert to determine its authenticity.



English milk jug, sugar bowl

What can you tell n about the material us in my milk jug and co ered sugar bowl? It h the appearance of silve
J.M.
—Ft. Lauderdale, Fl

The form of your English luster cream or milk jug and covered sug bowl with melon reeding has been borrowed from contemporary silve dating about 1820-1825. Late in the 18th century, new processes we introduced in English industrial pottery to make pottery in imitation copper and silver. This metallic film was rather thick and showed t natural color of the metal. Platinum salts were reduced to produce silver surface.



German porcelain mark

I have a "coach and four" porcelain piece with the mark that I have sketched for you on it. Does this mark mean that my piece is really Dresden? If so, what is "M V"? D.C.J.—Omaha, Neb.

The word "Dresden" on your mark indicates that your "coach and four" was modeled in the Dresden manner. Your mark, which bears the distinguishing initials "M V" belongs to Muller & Company, which started a "luxury" porcelain factory in 1907. It was located at Volkstedt-Rudolstadt, Thuringia, Germany.



High chair-carriage

We've had this child's chair for long time and have no idea wh you call this type of furnitur Have you any information abo it? G.C.W.—St. Paul, Min

The 1902 Sears, Roebuck cat logue, in referring to a child's cha such as yours, calls it a Combin tion High Chair and Carriage. Th catalogue further states: "Easil changed from a stationary hig chair, which will not roll, to a lo go-cart, making a very useful piec of furniture . . . has a golden oa finish . . . our reduced price $2.45.

Continued on page 2

Denney Treasures



This make-up is one of the costliest in the world. Why is it worth $22.50 an ounce?

For a certain kind of woman, Incandescent Make-Up isn't a luxury. It's a beautiful necessity. An investment that makes a lovely, immediate difference. A change the world can see.

Incandescent covers perfectly. Blends edgelessly. Hides little lines, instead of settling into them. But the great difference is the finish. The incandescent glow. Like light from within. A look that outdoes dewy. The look of satin-smooth, truly beautiful skin.

It's a small price to pay for something priceless.

Incandescent Make-Up

 continued from page 26



American secretary

We know our American secretary dates back to at least 1855, but we can't find where it was made. What identifies it? W.B.R.—Springfield, Ill.
Country Victorian desks such as yours, circa 1860-1870, all look alike no matter in what part of our country they were made, as they were copied from pattern books. About the only difference was in the arrangement of the pigeonholes.



Viennese figure

Although I bought this china figure in an antiques shop, I suspect it's fairly contemporary. Can you identify it?
L.M.—Port Washington, N.Y.
Your porcelain figure, made by the Augarten Porcelain Manufactory started in Vienna in 1922, exemplifies the skill of this factory in combining older traditions of richness with its own version of elegance in the modern style.



New York clock

Our clock has an Ansonia nameplate on it. Can you date and identify it? R.M.B.—Springfield, Ill.
Your wall clock is shown in the 1886/87 catalogue of the Ansonia Clock Company of Brooklyn, N.Y. as the "General" model. It was undoubtedly offered for several years before and after 1886. In ash or black walnut, it was 68 inches high with an 18-inch dial. The 1886 price list shows it sold for $47.



Fruit knife ferrule

What can you tell me about the silver band that is on my old pearl-handled fruit knives? W.H.—Quincy, Ill.
The silver band or ring is a ferrule. It strengthens and covers the unattractive joining and prevents the handle from wearing or splitting. The ferrule was usually the only sterling silver part on pearl-handled flatware, widely popular here about 1880-1910. It appears that cutlery firms such as Landers, Frary and Clark, who operated the Aetna works at New Britain, Conn., bought handles and ferrules and assembled them.

Special offer to House & Garden readers—

Copies of Louise Ade Boger's book, *House & Garden's Antiques: Questions & Answers*—over 900 items from past columns arranged by category for easy reference. Only $9.95 per copy, plus 45¢ for postage and handling. Write to Condé Nast Books, P.O. Box 3308, Grand Central Station, New York, N.Y. 10017.



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Wayzata ..... American Home Furn

Missouri—Sweepstakes void
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Columbia ..... Rust & Martin
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Seattle ..... Ryan's Colonial House
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2. Winners will be determined in random drawings from among all entries received under the supervision of an independent judging organization. Decisions of the judges are final. Limit one prize per family.
3. This Sweepstakes is open to residents of the United States and is void in the States of Missouri and Wisconsin and wherever prohibited by law. Voided States are noted above by star(*). Residents of Ohio may mail their entries to their participating Pennsylvania House dealer to be received no later than February 28, 1976. Void at retail stores in Maryland except the counties of Anne Arundel, Calvert, Caroline, Carroll, Charles, Dorchester, Frederick, Kent, Queen Anne, St. Mary's, Wicomico and Worcester. Residents of voided counties in Maryland *only* may mail their entry to Pennsylvania House "Bicentennial" Sweepstakes, P.O. Box 5012, Blair, Nebraska 68009. Employees and their families of Pennsylvania House and their respective subsidiaries, distributors, dealers, advertising and production agencies are not eligible. All Federal, State and Local regulations apply.
4. No substitution for any prize permitted. Taxes on any prize are the responsibility of the prize winner. For a list of major prize winners, send a self-addressed, stamped envelope to: Pennsylvania House Winner's List, Lewisburg, Pa. 17837.

OFFICIAL ENTRY BLANK — HG 26

THE PENNSYLVANIA HOUSE "BICENTENNIAL SWEEPSTAKES"

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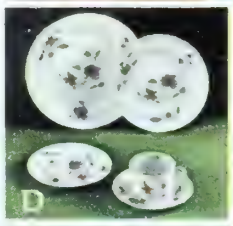
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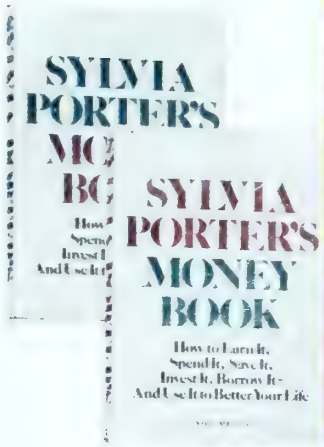




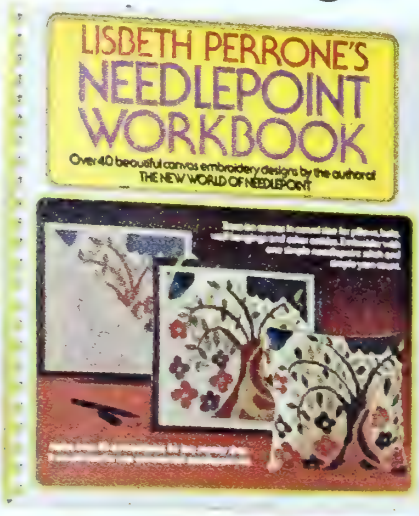


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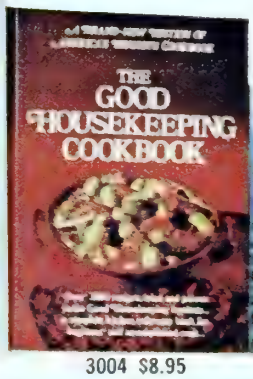
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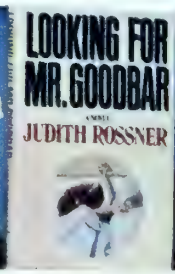
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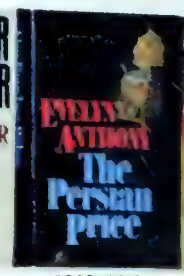
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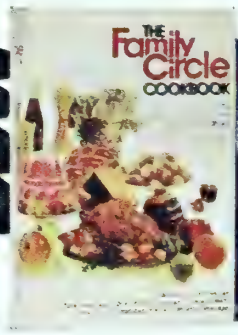
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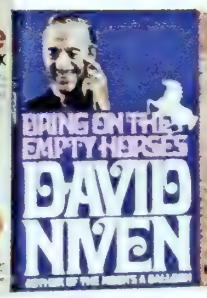
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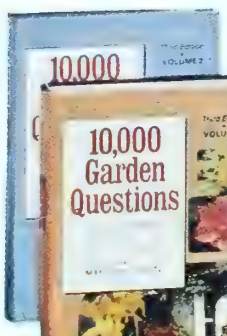
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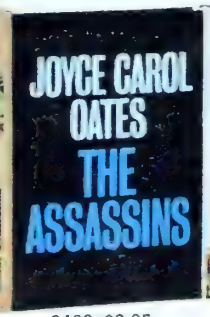
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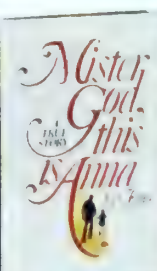
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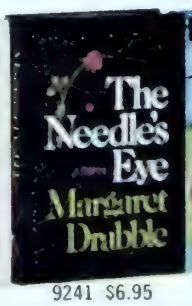
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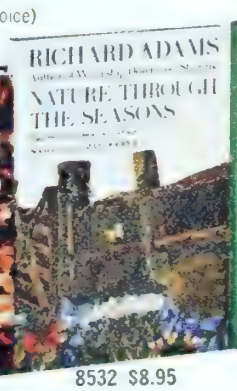
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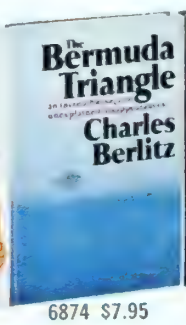
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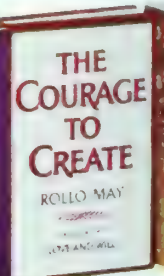
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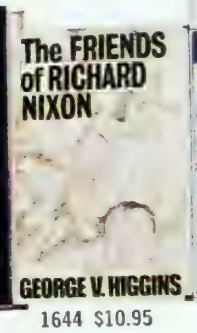
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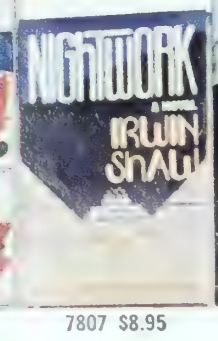
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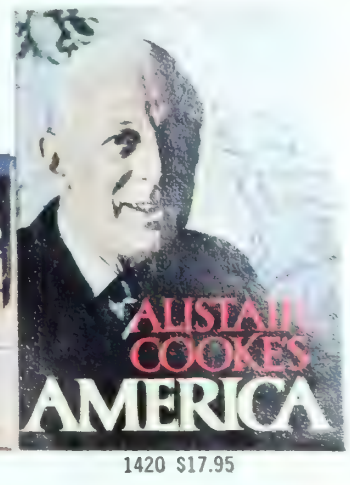
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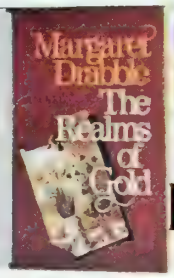
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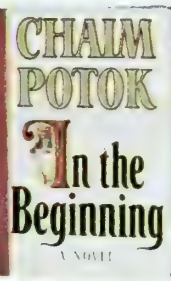
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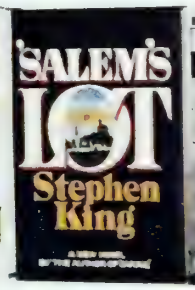
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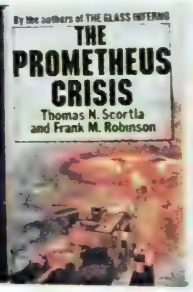
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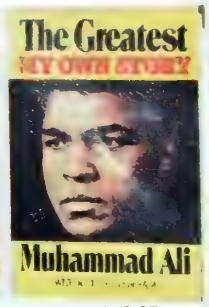
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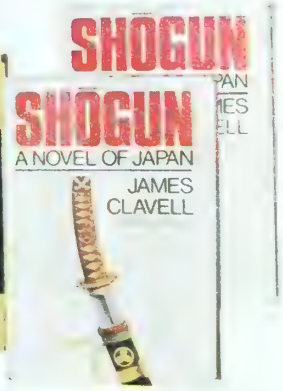
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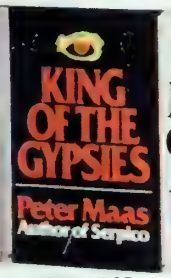
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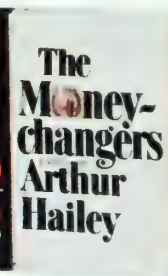
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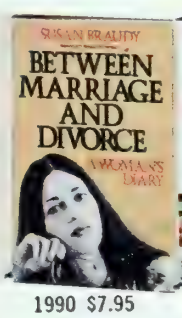
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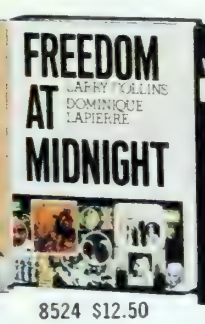
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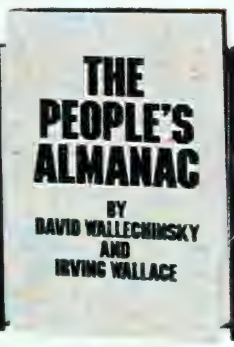
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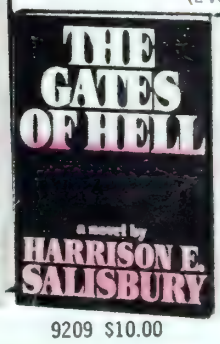
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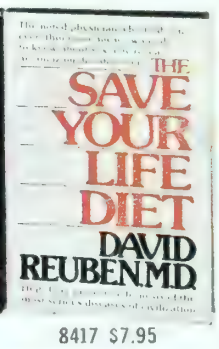
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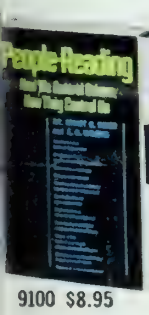
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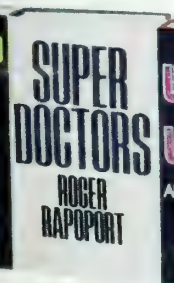
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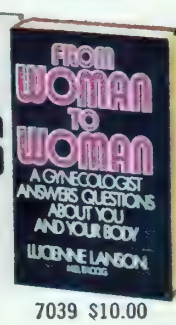
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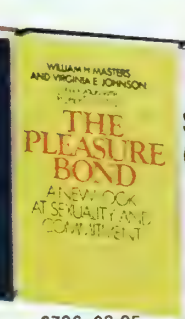
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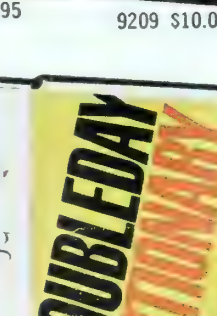
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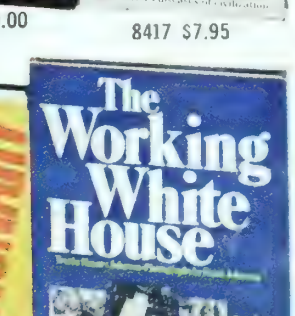
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How music can help you

Personal stories from five spare-time music makers and their families, who play for pleasure and individual satisfaction

By Beverly Russe

You love music; you learned all the right piano pieces as a child, practiced your scales and arpeggios. But now you'd like to sit down and amuse your family or friends with anything they want to hear, your fingers simply won't find the right notes.

Don't be discouraged. You can break through this barrier. Fritz Coudert, an international lawyer, who has been a spare time music maker at the piano since he was in grade school, liberated himself from classical music with the help of a good teacher. "There is nothing like it," he says. "When I get going I play jazz improvizations that come right from the unconscious mind, through the muscles to the keyboard. It's very exhilarating, jazz musicians call this stringing out, it's the ultimate goal."

Mr. Coudert advises the way to get hold of a new approach to music is simply to do it. Don't be scared. "Be confident, make mistakes, it doesn't matter," he insists, "the main object is to have fun." Because he prefers playing piano trio—"I like to be out front. I'm not a background personality"—his wife Dale recently got herself a set of drums so she's not left out. She also plays piano, they have two grands in their living room, and sometimes they try duets, back to back. "I started learning 1½ years ago," she says, "and it opened up a whole new world for me. I think anyone can learn, most people are musical and have a sense of rhythm and time."

Music brings an upbeat liveliness to the household. Mr. Coudert often plays for ten minutes before he leaves for the office. Any one of their four daughters may dance. The children are also studying piano, guitar, cello, recorder, and flute. "But they're not little Mozarts," Mr. Coudert insists. "The object of it all is simply to have a family combo and play to friends, let go and be creative."

Of course, it isn't always necessary to play an instrument to get your full quota of musical creativity. Some people's talent lies in singing. The Boynton family, r example, let go with their voic Stuart Boynton turned to singi when he gave up piano playing his twenties. Now he belongs t choral group and sings baroq and renaissance oratorios after day's work in a book publishi company.

"Singing is a wonderful way capture children's enthusiasm f music," he remarks, "and to ma them realize that participating making sound is more inspirin and rewarding than sitting an listening all the time." Robe Boynton, twelve, and Susan Boyn ton, nine, play clarinet and record er respectively, orchestral instru ments their father feels will b more useful to them in future tha solo instruments. They began the musical education by singin rounds in the family car. "Whene ever we'd go off on a long trip we'd start a song," Mr. Boynto explains. "The children would ge very excited by the sense of bein in a group and hearing harmonie The cooperation needed for grou singing stimulates a musical inter est. And it's a helpful way of get ting children around the earl years with instruments when thei technique isn't good enough fo them to tackle anything very in teresting or grown up."

The Caine family sing, too. Bu as Charles Caine is a designer fo the Metropolitan Opera, New York, their vocal activities cente around operas. He and his wif Lorna have two daughters, Eliza beth, five, and Clare, two. Mr Caine plays scores on the piano and encourages them to sing "Clare has a very good ear and can repeat melodies and tunes or pitch and in the right key. When she listens to music on the radio it's obvious she relates emotiona feelings to music. It's a shame if you have a gift for music, not to develop it. All the world is full of music. How much more you can enjoy a concert or opera, if you know something about it. Playing at home is for fun, education, enlightenment. It satisfies something inside." *(Continued on page 128,*



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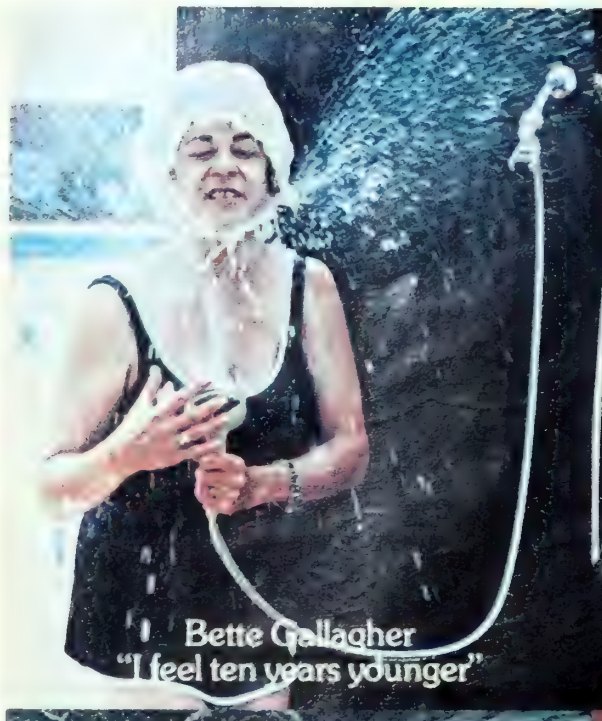


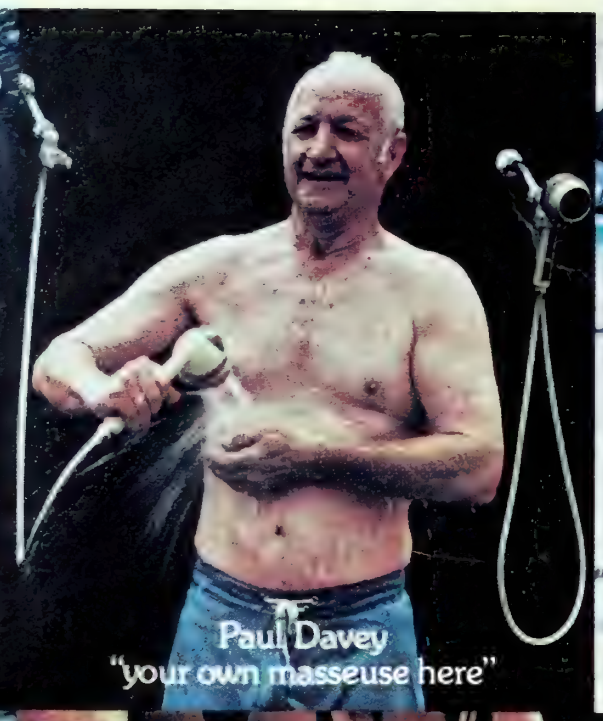
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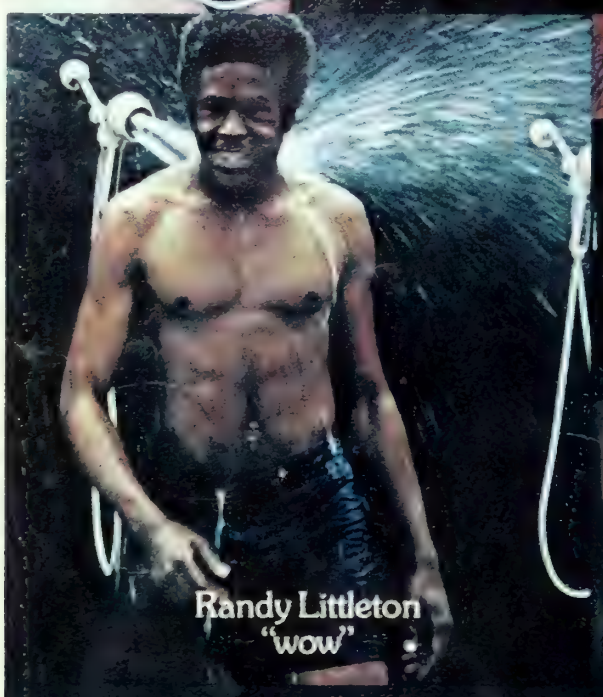
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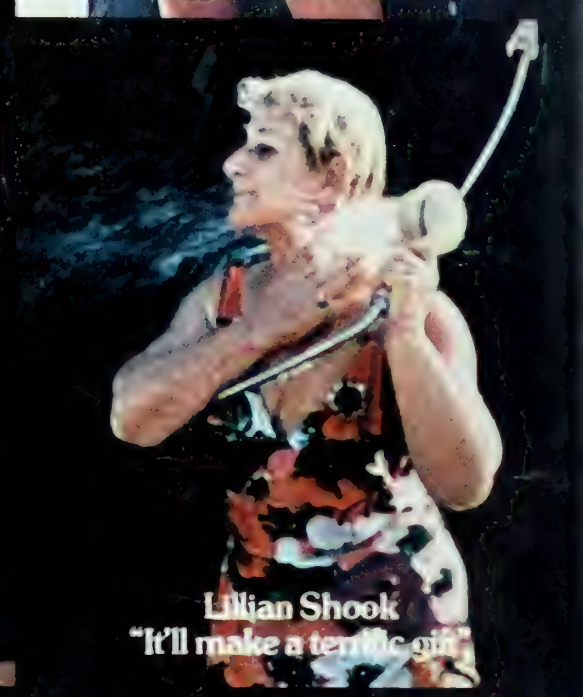












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arin Baugh of Kennewick, Wash., is raising two children and yet manages to have interesting, well-paid job.

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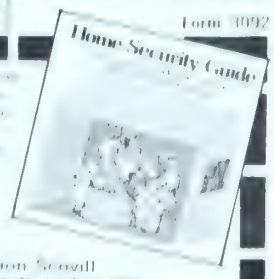
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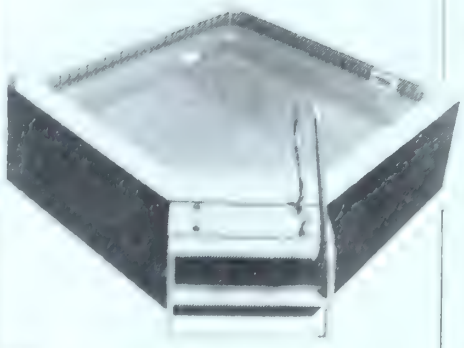
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A freestanding bath for therapeutic use (or regular bathing) has an agitator to set the water in turbulent whirlpool motion. In two sizes 8 feet square and 4-by-6-feet, it is made of 14 gauge, copper bearing galvanized metal wall panels with an 8-inch-wide coping around the top and a heavy vinyl liner inside. Portable, the bath can be dismantled, because of its panel construction and used indoors or outdoors. (It could also be set in the ground.) Complete with filter, heater, skimmer, and high volume agitator, the larger size is $2,225; the smaller unit, $1,525. Venture Associates, P.O. Box 1513, Paterson, N.J. 07509



Long distance measure

For measuring outdoor spaces, large rooms, or other areas, a handy distance finder. You sight through a view finder, as you would a camera, adjust the left hand dial until the two images merge in the viewfinder, then read the distance on the scale. It can be used to determine horizontal or vertical distances for landscaping, fencing, driveways, surveys, and measures between 100 and 400 feet. Weighing only 22 ounces, the unit also provides a power scope, a telescope-like tool for magnifying distant objects. The Rangematic 400 unit has a two-year warranty, retails for $49.95 from Ranging, Inc., 90 Lincoln Road North, East Rochester, N.Y. 14445

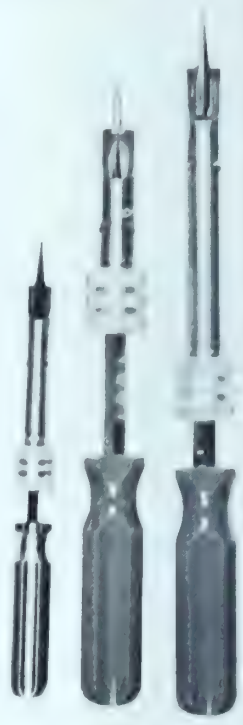


Revolving clothes rack

Press an on/off wall switch and a heavy-duty motor turns the circular steel clothing hanger automatically. The notched rack holds clothing hangers at equal intervals and is supported by a steel shaft and steel box attached to ceiling joists with 8 bolts. It fits into a 4-by-4-foot (or larger) closet with a 2-foot (or wider) door; access doors could open from adjoining rooms, also. Shelves are available for linen or storage other than clothing; a second rack can be added for two-level clothing arrangement. Model 100E with tric motor, $165. Model 10 manual operation, $140. A terprises, Box 729, Petoskey, 49970

Foolproof screwdriver

You don't have to drill hole to put screws in wood, met plastic with a new screwdriv grips the screw head so firm sets the screw in place so it fall. A tubular collar slides over the end of the blade to h When the collar is tighten fixes the screw securely. The collar will slide back and the s driver blade is used in the way to drive in the screw. "One Arm Screwdriver," a three screwdrivers 9¾ and inches long for 6-12 screw and 6½ inches long for 4-6 s is $10.95 postpaid from T Distributing Co., 1723 Steven Indianapolis, Ind. 46227



Concrete tiles from plastic molds

Do-it-yourselvers can pave their own garden terraces, walks, pool decks, greenhouse floors with ready-made molds. A variety of plastic shapes—four are shown—provide forms for paving of various patterns. You fill the n with concrete of fine and c aggregate with the bottom ¾ layer of colored cement-and- mix for colored tiles. Coat the piece flexible molds with moto first, pour the concrete into t let it harden, turn over the n when the concrete is rigidly l Let them cure in a stockpile you have enough for your pa project, then lay them on a bed of sand in interlocking pat and caulk joints. 12 molds, $1 postpaid from Formlite Prod 2 Hughes Ave., Rye, N.Y. 1



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Great traditional American food

Marvelous ways for the gourmet cook to celebrate the Bicentennial in the kitchen

By Kenneth Ba

In our Bicentennial excitement over American architecture, arts and crafts, restoration, and furniture, we are apt to forget that the creative urge was also felt in the kitchen. Our forebears ate in a style rather different from ours today, but they dined exceedingly well on dishes that show a remarkable degree of invention—particularly when we remember that for a long time the fireplace was the stove, and that recipes were either memorized or written by hand. If memory failed, or that scrap of paper disappeared, the cook created.

It was not until 1742 that the first American cookbook made its appearance. Printed in Williamsburg, Va., called *The Compleat Housewife, or Accomplished Gentlewoman's Companion*, it was compiled and edited by Mr. William Parks, who based his book on English recipes. He had to. There were no others in the Colonies in print. He did, however, eliminate all dishes involving ingredients that could not be found in Virginia, replacing them with recipes he gleaned from local cooks who kept their handwritten secrets tucked into the family Bible or any other safe repository. The result is pure Virginiana. It abounds in butter, eggs, and cream, game and poultry, beef, veal, sweetbreads, and rich custards known as flummeries. If the book's readers suffered from cholesterol, they weren't aware of it. Diet meant to *feed*, not abstain.

A variation on the cookbook is still published by Colonial Williamsburg. It is called the *Williamsburg Art of Cookery, or* (still with us, although the compleat housewife has disappeared) *The Accomplished Gentlewoman's Companion*. It is a very good cookbook, if a bit difficult to read—the s's are printed like f's—and all tested recipes are marked with an asterisk. The untested ones you proceed with at your own risk. Mr. Parks was interested in only "useful and practicable" recipes, although he could not resist (as the current editors could not) including a few fantasies merely to "divert and amuse the reader." They are wonderful curiosity pieces: *Solomon's Temple in Flummery*—three custards, one pink, one white, one ecru, layered in an elaborate mold (it must have looked like *some* kind of temple) and brought to table crowned with flowers; *An Egg as big as Twenty*—a replica of a giant hard-boiled egg flavored so exotically it must have tasted like perfume, and used in "grand sallads," and a *Lisbon Cake*, more edifice than cake, that was built of puff pastry, jams, jellies, icing, sugar, and varicolored glazes. For obvious reasons, these delights have not been tested.

In the 19th century, food took on a new luster and, if possible, more of it was consumed. The influence of French haute cuisine spread to England and then to this country, but unlike the French, who were, and are, content with two good meals a day, English and American Victorians and Edwardians were apt to demand no less than five. A famous recipe for beef stock begins with "take one ox." There were plenty of oxen and everything else. Because the raw materials for feasting were so plentiful and so cheap, one feasted. It took a long time for the picture to change, but it did. The cookbooks that came after *The Accomplished Gentlewoman's Companion* followed in that tome's footsteps (they were *rich* cookbooks), and it took us years and years to realize that what was good (mayby) for our forefathers was not good for us.

Today, to diet no longer means to feed, but to be sensible about food—not only to lose weight, but to keep the heart happy. Amazingly, the American passion for salads and fresh vegetables has even put a bee in certain French bonnets, and we now have *La Cuisine Minceur*, a kind of cooking that practically eliminates eggs, butter, cream—and possibly, cholesterol. Just the same, one cannot live on gluten bread alone, and there are times when dipping into an old cookbook can be a real gustatory treat.

For example: Here are a few recipes skimmed from the rich cauldron of 18th- and 19th-century cookery. Some have been updated, some have not. And if you are brave enough, it may amuse you to try as an apéritif a drink from *The Bay Village Historical Cookbook*. Couched in the style of its day, the recipe bears the simple, innocent name of

■ Tonic

One good-sized pineapple, 1 pound granulated sugar, 1 quart good whiskey, pare and slice the pineapple, put in 2-quart fruit jar, sprinkling the sugar through it. Pour on the whiskey, cover slowly and let stand 4 days. Take a small wine glass each morning.

From the same cookbook, an updated version of a luscious dish called:



Delicious nostalgia: Mary Todd Lincoln's White Almond Cake; Old-Fashioned Apple Butter; Grandma Jagger's Beef Stew, and Hoosier Biscuits.

■ Crabmeat Supreme

1 pound fresh crabmeat
2 tablespoons butter
½ cup sherry
2 tablespoons flour
½ teaspoon salt
dash of pepper
2 cups light cream
2 packages frozen asparagus
1 cup whipped cream
4 tablespoons Parmesan cheese

Sauté the crabmeat lightly in b ter. Add sherry and simmer u reduced by half. Add flour, sea ing, cream and cook until th ened. Cook and drain the asp gus. Place in well-buttered ca role, pour the crabmeat over, spread the whipped cream over entire top. Sprinkle with the gra cheese and place in a 400° o to brown very slightly. Watch Serves 4-6.

Not from this cookbook from the same locale (Ohio), an ventive delicacy called:

■ Very Good and Very Old Coffee Cake

(It is extraordinarily good, but though flavored with coffee, n coffee cake in the traditional se Highly spiced, densely fruited is a dessert cake. Steamed, makes a remarkable pudding.)

2 cups brown sugar
1 cup each butter, molasses, and strong coffee
4 eggs
1 teaspoon soda
4 cups flour
2 teaspoons cloves
2 teaspoons cinnamon
1 teaspoon nutmeg
1 pound each raisins and currants

Continued on page

ILLUSTRATION BY MARTIN SILVERMAN FROM "RECIPES FROM AMERICA'S RESTORED VILLAGES"

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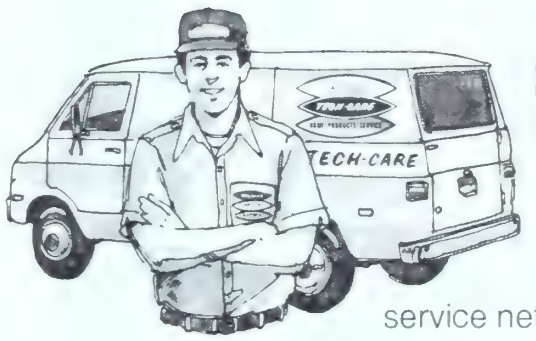
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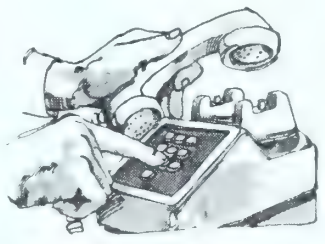
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One cannot live on gluten bread alone. There are times when dipping into an old cookbook can be a gustatory treat

Traditional food *continued from page 44*

chopped dates, nuts, and
citron in whatever
profusion you fancy

Mix well and bake slowly in loaf pans (4, if smallish) in a moderate oven for 45 to 60 minutes. Like all fruit cakes, it profits from exposure to rum or brandy.

Now back to the *Williamsburg Art of Cookery*, to find out

■ How to Cook an Old Virginia Ham

There are many ways. This one, devised by some accomplished gentlewoman, imparts an unusual piquancy. It requires a ham from 3 to 5 years old (they don't rush things in Virginia) weighing from 12 to 18 pounds. Trim it and scrub the daylights out of it. Soak it overnight, then change the water, add 1 cup of cider vinegar, 1 cup of brown sugar, and boil very slowly for 5 to 6 hours, or until the end bone is loose. Keep the ham in the water until it is cold, then skin it. Slash the fat into criss-crossed gashes 1 inch apart and stuff them with a mixture of bread-crumbs, chow chow pickle, a little ham broth, and butter. Pat smooth and cover with a layer of sliced cucumber pickles. Bake to what is called a "nice" brown.

■ Oyster Stuffing for Turkey

(Williamsburg)

A simple and very satisfactory way to complement the richness of turkey with the delicate flavor of oysters. To a pint of cracker crumbs add a pint of oysters. Moisten the mixture with sweet cream, then add butter, salt, and pepper to taste. The flavor of the stuffing seems to improve if it is made ahead of time—even the night before. Keep it cool.

■ Soft Egg Bread

(Williamsburg)

Very delicate, much more custard-like than spoon bread. Mix 1 cup corn meal with 1 quart buttermilk. Add 3 beaten eggs (4 are better) and ½ teaspoon salt. Bake in a slow oven in a well-buttered pudding or soufflé dish until a silver knife thrust into it comes out clean.

■ Caramel Pie

(Williamsburg)

If this combination of flavors seems incongruous, it is not. The right word is inspired. Beat 5 eggs until they are creamy, gradually beat in 2 cups of brown sugar, then add 1 cup of melted butter and 1 cup of damson plum preserves. Mix well, pour into a pie plate lined with good pastry, and bake ¾ of an hour in a moderate oven.

From Sandra Oddo's *Home Made*, a compendium of 19th-century recipes, a tasty and handsome dish called:

■ Fondue of Stilton Cheese

As the 19th-century use of French cookery terms was somewhat erratic, Mrs. Oddo notes that this isn't a fondue at all, but a kind of hardy soufflé. Made in individual dishes (she uses reproductions of old squarish ironstone sugarbowls) it is an unusual first course for which she sometimes substitutes blue cheese for Stilton. To quote the recipe, old-style: "Put six ounces of butter [1½ sticks] and half a pound of flour [2 cups] in a stew pan, rub well together with a wooden spoon, then add a quart of warm milk, stir over the fire for a quarter of an hour, then add the yolks of eight eggs, three quarters of a pound of grated Parmesan, and half a pound of Stilton (or blue) cheese in small dice, season rather high with pepper, salt, and cayenne, add the whites of the eggs whipped very stiff, which stir in lightly." At this point, Mrs. Oddo disregards the recipe's call for muffin-sized "paper cases" and fills her sugarbowls three quarters full and bakes the soufflés in a moderate oven for about twenty minutes. Individual soufflé dishes are fine —ten to twelve.

From *A Cooking Legacy*, a new collection of old recipes, an imaginative variation on a seafood salad called:

■ Neptune's Cold Lunch

4 green onions with tops, chopped fine
3 green apples, peeled and chopped
¼ cup vegetable oil
2 to 3 teaspoons curry powder
2 teaspoons celery seeds
2 teaspoons dry mustard
⅓ cup sour cream
1½ cups mayonnaise
juice of 1 lemon
¼ cup chopped parsley
2 cups cooked rice
¾ pound lobster, King crab, or lump crab meat
1 pound cooked cleaned shrimps
salt and white pepper

Sauté green onions and apples in oil until just soft; do not brown. Add curry powder, celery seeds, and mustard; cool. Stir in sour cream, mayonnaise, lemon juice and half the parsley. Gently combine cooked rice, seafood, and

Continued on page 50



Death haunts Van Gogh's last self-portrait.

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Love, for Van Gogh, was a means of seeing . . . of fusing himself with his subjects. Even the lavish way he squeezed a tube of paint directly onto his canvas symbolized a generosity that knew no limits. To the humblest subject—an old pair of boots, an empty chair—he brought the special light of his own fervor. As one critic put it, Van Gogh had the courage to look the sun squarely in the face and steal its radiance.

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Traditional food *continued from page 46*

dressing, adjusting salt and pepper to taste. Place in a serving dish and sprinkle rest of parsley on top. Refrigerate for several hours to allow flavors to meld. Serves 6-8.

Finally, from *Recipes from America's Restored Villages,* a pound cake dreamed up long ago in North Carolina. It has the firm, moist texture of a plain pound cake, but a rich caramel flavor enhanced with pecans or walnuts.

■ Brown Sugar Pound Cake

3 cups sifted all-purpose flour
½ teaspoon baking powder
¼ teaspoon salt
¾ cup butter, at room temperature
¾ cup vegetable shortening
1 pound light brown sugar
1 cup sugar
5 large eggs
1 cup milk
1½ teaspoons vanilla
1 cup chopped pecans or walnuts

Sift together the flour, baking powder, and salt and set aside. Cream the butter and vegetable shortening until very light, add brown sugar gradually, creaming all the while until fluffy, then add the plain sugar the same way and cream until very light. Beat in the eggs, one at a time. Add the sifted dry ingredients alternately wi the milk, beginning and endi with the dry ingredients and be ing each addition only enough blend. Stir in vanilla and nu Pour into a well greased a floured 10-inch tube pan and ba in a moderately slow oven (325 for 1¾ to 2 hours or until cake l gins to pull from sides of pan a the top springs back slowly wh pressed with a finger. Cool ca upright in its pan on a wire ra 10 minutes, then invert and tu out on the wire rack. Let cool room temperature before cuttin If these recipes intrigue you, y may want the books they ca from. *The Bay Village Historic Cookbook* is out of print, but mo bookshops carry the others, or w order them. Here are publishe prices, authors:

The Williamsburg Art of Cooke (Colonial Williamsburg in W liamsburg, Va., $3.50) by Hel Bullock.

Home Made (Atheneum, $13.9 by Sandra Oddo.

A Cooking Legacy (Walker, $1 by Virginia T. Elverson and Ma Ann McLanahan.

Recipes from America's Restor Villages (Doubleday, $7.95) Jean Anderson. ■



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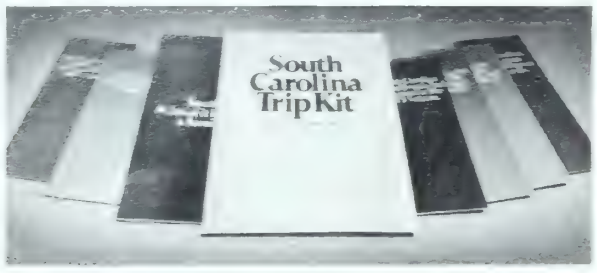
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Gardens in the South with take-home ideas

Wonderful places to visit and stay with ideas you can bring home for your own indoor or outdoor garden

By Marybeth Weston

On breezy highlands and lake shores and in the shadowy ravines of Pine Mountain, the "tailbone" of the Appalachians 80 miles south of Atlanta, Ga., plants native to the North and plants partial to the South all feel at home —and so do people. Visitors who may have come to Callaway Gardens for golf, tennis, or water-skiing lessons, or just a restful stay in a woodland cottage or at the Inn, become converts to the scenic beauty and even to gardening—often taking home ideas for their own herb or wildflower or houseplant growing. Passionate gardeners, bored by the magenta sameness of suburban azaleas, delight in the 600 varieties that kindle cool woods. As early as March you can catch a native azalea breaking dormancy, and even in July and August you will see the blazing *Rhododendron prunifolium*, native to this area alone. For vegetable gardeners, there is a fan-shaped 7½-acre garden with a lower terrace for herbs, upper terraces for vegetables, berries, twenty varieties of grapes, and on the wall at the top, espaliered fruit trees. Houseplant growers enjoy the year-round Conservatory and Greenhouses, plus fall and winter workshops. The 475 varieties of holly—red, black, yellow, and white berried—are beautiful all year; in spring, trails are drifted with daffodils and crested iris.

A GREEN-THUMB ONE-DAY HOLIDAY

If you should have just one day (a pity) for a side trip from Atlanta, what to do and see? Though you can fly there, most people drive south on I-85, pick up U.S. 27 South, and head straight for the main gate and Information Center. If you get an early start, go a bit beyond to the Country Store for a big country breakfast of Georgia-cured ham or bacon, perfect eggs and speckled-heart grits, home-made breads to eat with a local holly honey (Gallberry) or the Gardens' Muscadine grape preserves. As you drink your coffee, drink in the mountain view from the back porch. In the store you can buy good foods and handsome gifts, or pick up a catalogue.

At the Information Center, a 8-minute film will give you an introduction to the Gardens and t Cason J. Callaway who set out "t make the prettiest garden sinc Adam was a boy." A sign tha catches much of what the Calla ways had in mind in creating th public, nonprofit garden is "Re move nothing from the garden except nourishment for the soul consolation for the heart, inspir tion for the mind." The garden o reforested hills and valleys wa built partly on cut-over stump lan and worn out red clay farmlan and opened in 1952.

Bus tours of the 2500 acre leave from the Inn and are led b a naturalist. Or you can drive th well-marked scenic route yourself First on your left, Mockingbir Lake. Ten of the man-made chai of thirteen lakes are named fo birds, and some 140 species mak their home here or visit yearly Just beyond Mockingbird you ca see a part of the 175-acre Moun tain Creek Lake from the long veranda of the Gardens' Restau rant. You can also have lunch o dinner here if you didn't pick up a "Feed Bag" at the Store or bring a picnic. Between Mockingbir and Whippoorwill are Overlook Pavilion (big enough for severa family reunions), and a natura shoreline amphitheatre of azalea bloom. Throughout the Gardens native trees, shrubs, and wildflow ers, carefully rescued and propa gated, are mirrored in water, ofte rippled by flotillas of mallards coots, and Canada geese. Beyond Bobolink, Laurel Springs Drive goes up tall Pine Mountain where you see how the hardwoods are joining pines that marched earlier into long-abandoned corn and cot ton fields. You can also see how the woods are thinned around dog woods so that sun can come in, and flowers come out—a lesson for any gardener with wooded property Circle the end of Mountain Creek Lake, where fishermen in quiet, electrically powered boats catch 9-pound bass. The lakes are ferti lized (25-5-5) to grow algae to feed minnows that feed bigger fish that make fishermen happy, and this sort of management also keeps lakes weed-free and clear.

lear the old Covered Bridge is omplex of greenhouses that ed with a potting shed where l C. Galle, the Garden's horti-arist and a recent past presi- of the American Horticulture ety, began propagating many he native plants in 1953. In -filled display gardens outside greenhouse, including an All-erica Trial Garden for annuals, sign with a Chinese proverb: e begins the day you start a len." One-day workshops and posiums, a whole series on seplants, take place at the Inn in these greenhouses where tors come from far and wide the seasonal display.

On Falls Creek Lake, a small lstone chapel has extraordinary r-to-vaulted-roof stained glass dow walls, representing the sons. A small sign outside has a inder from I Corinthians 3:7, ne planter and the waterer are hing compared with Him who es life to the seed." Near a re-ed 1811 Pioneer Log Cabin her on, its looking-glass long decorated with flowers cut m seed catalogues, are many of flower trails, each with infor-tive take-home pamphlets. Cal-ay also offers nature study pro-ms: some 6000 children and ilts took part last year.

ZEBOS AND A FAN-SHAPED VEGETABLE GARDEN

w area is the round Gazebo den with vine-covered summer ises you'd love to copy for your n. Mr. Cason's Vegetable Gar-n, fan-patterned and ingeniously nted, is a demonstration and l-America Trial Garden full of me garden ideas. It is also the king place for fresh vegetables, rbs, and fruit for the Gardens' staurants. Nearby Robin Lake, 50-acre swimming hole with nd beach, paddleboats, canoes, d bikes, is the center of the sum-er season. At that time, the 175 oodland cabins are limited to milies bringing children, or andchildren, who keep busy ch day till 3 in a camp-like pro-am. Their instructors are Florida ate University Circus students no also give performances from id-June through late August in striped Big Top.

On the quiet drive back to the te, one of the Gardens' four golf urses meanders on your right, d a half-mile, 25-foot-high bor-er of Burford hollies is on your ft. Outside the stone gate is the 65-room Holiday Inn, with pop-ar buffets, two heated swimming ools, stables, nature movies. If ou can't linger, you'll want to eck on what the Recreation and ducation departments may be anning next and give yourself a nger stay another time. Address: allaway Gardens, Pine Moun-in, Ga. 31822. Telephone: 404-63-2281.

OTHER SOUTHERN GARDENS OPEN TO THE PUBLIC

ALABAMA

Theodore, south of Mobile, *Bellingrath Gardens.* Moss-hung oaks and a bird sanctuary frame perpetual bloom. *Daily.*

Birmingham. *Birmingham Botanical and Japanese Gardens.* 67 acres of landscaped and natural beauty Arboretum plus conservatory for rare flora. Floral clock. Adjacent Japanese Gardens feature teahouse, Zen garden. *Daily.*

ARKANSAS

El Dorado. *South Arkansas Arboretum.* 17-acre garden designed to show evolution of native plants from algae to trees. *Daily.*

Little Rock. *Arkansas Territorial Restoration.* Features Medicinal Herb Garden amid 13 restored buildings. *Daily.*

FLORIDA

Tampa. *Busch Gardens.* Zoo, sky ride, Anheuser-Busch brewery amid 100,000 tropical plants and flowers. *Daily.*

Winter Haven. *Cypress Gardens.* Water ski shows. New *Gardens of the World* has 10 separate theme areas including America Rose Garden, English courtyard, and fern forest. *Daily.*

Coral Gables. *Fairchild Tropical Gardens.* 85 acre garden with 5,000 varieties of tropical plants, large palm display, indoor exhibits in Rare Plant House. Tram tours and a museum. *Daily.*

St. Petersburg. *Florida's Sunken Gardens.* Tropical flowers and plants from around the world. Walk-through aviaries. *Daily.*

Sebring. *Highlands Hammock State Park.* Jungle of hardwoods, palms, orchids, and air plants. Trails and nature park with a museum. *Daily.*

Sarasota *Jungle Gardens.* Wild jungle, formal gardens, lakes, lagoons, birds. *Daily.*

GEORGIA

Pine Mountain. *Callaway Gardens. Daily.*

Athens. *Founders Memorial Garden.* 2½ acre series of gardens, forming a living memorial to the first Garden Club of America, includes boxwood and perennial gardens, arboretum. *Daily.*

Savannah. *City of Public Squares.* An urban patchwork of houses and one acre park bordered by the Trustee's Garden, America's first experimental agricultural garden, containing herbs from 1730s. Herb Shop. *Daily.*

LOUISIANA

Many. *Hodges Gardens.* Blend of wilderness and cultivated gardens on different levels, 225 acre lake. Inn, golf course. *Feb.-Dec. 24.*

New Orleans. *Longue Vue Gardens.* One of the few outstanding city estates in the U.S. Series of intimate gardens ranging from formal Spanish to native woodland scenes. *Closed Mondays and on national holidays.*

Continued on next page

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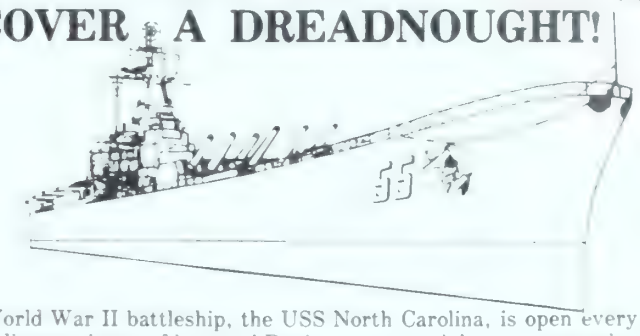
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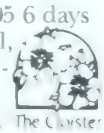
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MYRTLE BEACH—South Carolina's Grand Strand now offers 26 challenging championship golf courses. Vacationers to this beautiful seashore resort find the area to be the golf center of the world. For non-golfing wives and children, the Grand Strand offers ideal swimming, fishing, boating and many other activities. Complete information can be obtained by writing: Chamber of Commerce, Dept. 53, P.O. Box 2115, Myrtle Beach, South Carolina 29577.

Wilderness and cultivated gardens, wildflowers and formal beds—you can see them all in the South

Southern gardens *continued from preceding page*

St. Francisville. *Rosedown Plantation and Gardens.* Restored antebellum home and grounds. Moss laden oak, rare shrubs and trees, exotic flowers. Natural Camellia Arboretum and more. *Daily except Dec. 24 and 25.*

MISSISSIPPI

Biloxi. *Jefferson Davis Shrine and Memorial Gardens.* Beauvoir House on 50 acres of landscaped grounds lush with hibiscus, palm, bamboo, and bird of paradise. *Daily except Christmas.*

Natchez. *Rosalie.* A Greek Revival plantation abundant with camellias, narcissi, Cherokee rose, oaks and cedars. *Daily.*

NORTH CAROLINA

Wilmington. *Orton Plantation.* Fine example of Greek Revival architecture amid camellias, Kurume and Indian azaleas. 200 acres of former rice fields now refuge for wild duck. *Daily.*

Roanoke Island. *The Elizabethan Garden.* Fragrant herbs, Italian stone fountains, Great Lawn and native yaupon suggest the Elizabethan world of early Colonists. *Daily.*

Asheville. *Biltmore House and Garden.* 250-room château with 35 acres of formal gardens featuring boxwood, azaleas, English ivy, and wisteria. The 4-acre Walled Garden includes 5,000 roses. All-season greenhouses. *Closed Jan.*

New Bern. *Tryon Palace.* Served as Colonial and first state capitol. 18th-century English gardens famous for tulip displays. *Closed Mondays, unless part of national holiday weekend.*

SOUTH CAROLINA

Murrells Inlet, *Brookgreen.* Wildlife preserve devoted to Southern flora and fauna is setting for sculpture by former owner, Anna Hyatt Huntington, and other American sculpture of 19th and 20th centuries. Bird and nature walks. *Daily except Christmas.*

Aiken. *Hopeland Gardens.* Estate donated by Mrs. C. Oliver Iselin. World-wide varieties of trees, shrubs, and flowers amid winding paths and reflecting pools. Concerts in summer. *Daily.*

Greenwood. *George W. Park Seed Company Gardens.* Test gardens, outstanding in mid-summer when many flowers are in bloom. *Monday—Friday.*

Rock Hill. *Glencairn Gardens.* Formal gardens, terraced lawns, landscaped beds, fountains. *Daily.*

Charleston. *Magnolia Gardens.* Moss-draped oaks and gnarled cypress complement thousands of azaleas, flowering bulbs, shrubs, and trailing yellow jasmine. *D . . . . Middleton Place Gar and Plantation Stableyards.* signed in 1740, butterfly masses of azaleas, 900 year Middleton oak. At the St yard, craftsmen demonstrate and 19th-century plantation s alongside domestic animals barnyard fowl. *Daily. . . . Cy Gardens.* Water garden of b lagoons, gnarled cypress gr and azalea. Tour by water or p *Feb. 15—May 1.*

TENNESSEE

Nashville. *The Hermitage.* H of President Andrew Jackson. dens are outstanding example early American landscape art, c tain many varieties of plants cluding magnolias and hick trees. *Daily except Christmas. Tennessee Botanical Gardens Fine Arts Center at Cheekwo* Georgian mansion and grou boxwood garden. Formal and w flower gardens, horticultural hibits, greenhouse, fountains. nature trails. *Daily except M day, Thanksgiving, Dec. 25, Jan*

Memphis. *Memphis Botanic G den.* W.C. Paul Arboretum h tree of every commercial spec known. Goldsmith Civic Gar Center. Holmes Orchid House c tain year-round indoor exhib Wildflower and landscaped dens. *Daily.*

Chattanooga. *Rock City Garde* 10 acres of mountaintop trails w natural rock formations, wat falls, native plants. *Daily.*

VIRGINIA

Norfolk. *Norfolk Gardens-by-t Sea.* Series of gardens includi Fragrance Garden for the bli and Colonial Gardens where a leas are at peak in April. Boa trains and paths. *Daily.*

Lorton. *Gunston Hall Plantatio* Built by George Mason, author Virginia Declaration of Righ 18th-century house and boxwo gardens. Nature trails. *Daily cept Christmas.*

Williamsburg. *Small 18th-centu gardens and restored villa Governor's Palace and Garde* Plant varieties are those known the Colonists in the 1700s. In Lodge, resort activities. *Daily.*

Mount Vernon. *Estate of Geor Washington.* Kitchen and Flow Garden combines vegetables, frui flowers and herbs in geometric d sign. Superb espaliers. *Daily.*

Charlottesville. *Monticello.* Thor as Jefferson's classic house a landscape garden with many tre he planted himself. (See House Garden, January 1976). *Daily.*

Spring—a great time to go South

House tours, flower festivals, art and antiques shows—plus local celebrations where you can savor the real flavor of the South

Here is a sampling of the spring events you'll find in each Southern state—just to whet your appetite. For a full rundown and descriptive brochures, contact local Chambers of Commerce or write state travel departments (you'll find the address at the end of each state listing). If you prefer only one source, the Southern Travel Directors Council will send you information about any place in the South. Write the Council at Suite 1614, 235 Peachtree St., Atlanta, Ga. 30303. (A word of caution: Dates, where given, may be tentative, and in many cases exact dates were not yet set as we went to press. Be sure to check before making your final plans.)

ALABAMA

Anniston. *Arts and Crafts Festival.* House tours, art exhibits, music, antique cars. *Mid-April.*

Auburn. *Tour of Houses and Gardens. Late April.*

Bayou La Batre. *Alabama Seafood Festival.* Arts, crafts, seafood tasting bee," fish fry, flea market and auction. *Mid-June.*

Birmingham. *"Camellias Magnificent."* Floral display. *Early Feb. . . . Festival of Arts.* Music, theatre, lectures, crafts, international fair. *Mid to late April. . . . Rose Show. Early May.*

Camp Grandview, Millbrook. *Art, Craft, and Hobby Fair.* Exhibits and demonstrations. *Late April.*

Clayton. *Historical Tour.* Visits to houses, churches, and West-Mize Historical Museum. *Mid to late April.*

Decatur. *Pilgrimage of Homes. Mid-April.*

Eufaula. *Eufaula Pilgrimage.* Tours of ante-bellum houses, churches, other buildings. Antiques show and sale. *Early April.*

Fairhope. *Arts and Crafts Week.* Artists, wood carvers, weavers, potters, smiths. Also flea markets, antique cars, folk dancing. *Mid to late March. . . . Outdoor Art Show and Sale. Late March.*

Fort Deposit. *Calico Fort Arts and Crafts Fair. Mid-April.*

Fort Payne. *Pilgrimage of Historic Places. Mid-May.*

Gowndesboro. *Pilgrimage and Antiques Show. Late March.*

Mobile. *Azalea Trail Festival.* A 35-mile floral extravaganza. *Feb. 25-Mar. 31. . . . Historic Homes Tours.* Townhouses, Victorian cottages, ante-bellum, turn-of-the-century houses. *Mid-March. . . . Antiques Show and Sale. Late March.*

Montgomery. *Art Guild Exhibition.* Paintings, sculpture, ceramics. *Early Feb. to early Mar. . . . House and Garden Tour. Early April.*

Oakleigh. *Candlelight Tour.* Walking tour of Garden District. *Late March.*

Opelika. *Azalea and Dogwood Trail.* Marked route through residential area. *Mar. 1-31. . . . Arts Festival.* Crafts, flowers, pottery, antiques. *Mid-April.*

Rock Bridge Canyon, Hodges. *Mountain Laurel Festival. May.*

Sylacauga. *Chalaka Arts and Crafts Show and Sale. Mid-June.*

Tuscaloosa. *Camellia Show and Art Exhibit. Early Feb. . . . West Alabama Camellia Show. Late Feb. . . . Heritage Celebration.* House tours, antiques show, flower show. *Early through mid-April.*

For complete information and brochures, write: Alabama Travel Dept., State Capitol, Montgomery, Ala. 36130.

ARKANSAS

Beedeville. *Wild Game Dinner and Turkey Calling Contest. Late March.*

Eureka Springs. *Antiques Show and Sale. May 7-9. . . . Arts and Crafts Festival. Late May.*

Fort Smith. *Bicentennial Art Exhibition and Concert. Apr. 1.*

Hindsville. *"Back in the Hills" Antiques Show and Sale. Mid-May.*

Little Rock. *Bicentennial Year Quapaw Quarter Tour. Apr. 24-May 2. . . . Arkansas State Festival of the Arts. Late April to mid-May.*

Marshall. *Strawberry Festival. Third week in May.*

Mountain View. *Arkansas Folk Festival.* Demonstrations of cabin crafts such as quilt making, basketry. Folk music. *Mid-April.*

New Edinburg. *Bicentennial Reenactment of Battle of Marks Mills. Apr. 24-25.*

Newport. *Suggin Folklife Art Show. Mid-April.*

Rison. *Bicentennial Pioneer Craft Festival. Mar. 19-21. . . . Tour of Houses. May 1.*

Siloam Springs. *Bicentennial Music and Art Festival. Apr. 19.*

Stuttgart. *Grand Prairie Antiques Show and Sale. Apr. 2-4.*

* * * *

Further information: Arkansas

Continued on next page

neworleans

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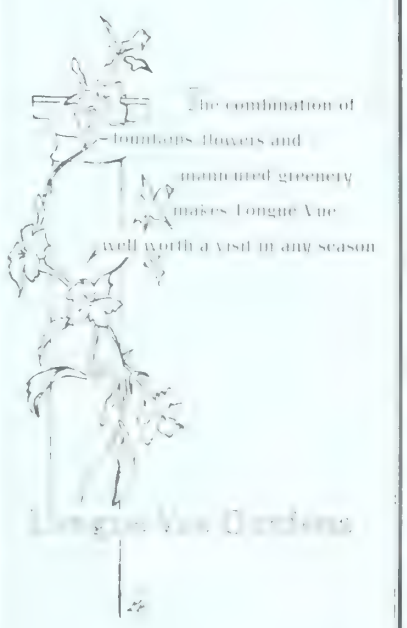
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These copies, often produced by the same techniques used for the originals, are made by artist-craftsmen working under the Museum's direct supervision. The care taken in production frequently limits the quantity, and the majority of replicas can be bought only by mail or at the Museum. (Above: Hippopotamus, brilliant blue faience decorated with lotus flowers. Length 8", $19.75 plus $1.25 shipping.)

To receive all of the advance announcements to be issued during the next year, send the coupon below with one dollar to cover mailing.

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In Spring, you can tour ante-bellum houses and gardens, browse at crafts and antiques shows

Spring in the South

continued from preceding page

Dept. of Parks and Tourism, 149 State Capitol, Little Rock, Ark. 72201.

FLORIDA

Casselberry. Bicentennial Festival. Old-fashioned fair. *May 1.*

Dade City. *Arts and Crafts Festival.* And flower show, barbecues, antique cars, hoedown. *Apr. 2-4.*

Davie. *Orange Festival. Mar. 6.*

DeLand. *Outdoor Art Festival. Mar. 13-14.*

Delray Beach. *Delray Affair.* Arts, crafts, flowers. *Apr. 23-24.*

Indialantic. *Seaside Art Show. Apr. 23-25.*

Key Largo. *Bicentennial Pioneer Day. Feb. 15.*

Lake Worth. *Spring Bicentennial Celebration.* Arts, crafts, thieves market, barbecues. *Mar. 11-13.*

Lehigh Acres. *Springtime Festival.* Strawberry festival, hobby bazaar, fiddler's contest, marathon rocking chair competition. *Mar. 7-13.*

Miami. *Coconut Grove Art Festival.* Arts and crafts. *Feb. 13-15.*

Miami Beach. *International Fower Show. May 20-24.*

Mount Dora. *Art Festival. Feb. 7-8.*

New Port Richey. *Chasco Fiesta.* Art show, flea market, dog show, canoe races. *Mar. 6-14.*

Niceville. *American Arts Festival.* Craft demonstrations, old-fashioned fiddler's convention, square dancing. *Apr. 9-10.*

Palatka. *Azalea Festival. Mar. 5-7.*

Palm Beach. *Whitehall Open House.* Tour of railroad magnate Henry Morrison Flagler's mansion. *Feb. 1.*

Panama City. *Spring Festival of Arts. May 1-2.*

Pensacola. *Quayside Outdoor Art Show.* Includes a Tom Sawyer fence paint for children. *May 8-9.*

Pompano Beach. *Arts and Crafts Festival. Mar. 6-7.*

River Ranch Resort. *Love Bug Festival.* Arts, crafts, bluegrass music, folk dancing—even a musket muzzle loader tournament for a Bicentennial touch. *May 3-9.*

St. Augustine. *Arts and Crafts Festival. Apr. 9-11.*

St. Petersburg. *Bicentennial Folk Fair. Feb. 20-22.*

Sanford. *Pioneer Days.* Demonstrations of pioneer skills including quilting, butter churning, blacksmithing. *Mar. 15.*

Sebring, Avon Park, and Lake Placid. *Highlands County Bicentennial Celebration Week. Mar. 14-20.*

Tallahassee. *Springtime Tallahassee.* Tours of houses and plantations, fine arts festival. *Mar. 21-Apr. 3.*

Tampa. *Gasparilla Pirate Invasion and Parade. Feb. 9. . . . Gasparilla Sidewalk Art Festival. Mar. 6-7.*

West Palm Beach. *Spring Art Festival. Mar. 20.*

White Springs. *Florida Crafts Show. Mar. 1-31.*

Winter Haven. *Florida Week. May 1-9.* (House tour and landmarks trail, *May 4;* arts and crafts exposition, *May 5-9.)*

Zellwood. *Sweet Corn Festival.* All the corn you can eat, games, bluegrass music. *May 29-30.*

Further information: Direct Mail Section, Fla. Dept. of Commerce, Div. of Tourism, 107 W. Gaines St., Tallahassee, Fla. 32304.

GEORGIA

Athens. *Tour of Homes.* Historic (1790-1890) houses. *Late April.*

Atlanta. *Tour of Homes. Mid-April. . . . Dogwood Festival.* Dogwood, azaleas, and a full week of festivities. *Mid-April. . . . Art Festival. Mid-May.*

Augusta. *Camellia Show. Mid-Feb. . . . Rose Show. Late April.*

Clarkesville. *Mountain Laurel Festival.* Country music, barbecues, parade. *Mid to late May.*

Columbus. *Tour of Homes. Mid-April.*

Macon. *Fine Arts Festival. Mid-Feb. . . . Annual Middle Georgia Home and Garden Show. Early April.*

Perry. *Antiques Show. Early Feb.*

Savannah, Sea Island, St. Simons Island. *Tour of Homes and Gardens. Late March.*

Statesboro. *Antiques Show and Sale. Early March.*

Smyrna. *Jonquil Festival. Early April.*

Thomasville. *Plantation Tours. Feb. and March.*

Vinings. *Village Antiques Fair. Early May.*

Further information: Tourist Div., Georgia Bureau of Industry and Trade, P.O. Box 38097, Atlanta, Ga. 30334.

KENTUCKY

Benton. *Tater Day. Early Apr.*

Berea. *Mountain Folk Festival. Early April. . . . Artists and Craftsmen's Fair. Mid-May.*

Louisville. *Kentucky Derby Festival. Apr. 23-May 2. . . . Bluegrass Music Festival. Late May-Early June.*

Pineville. *Mountain Laurel Festival. Late May.*

Further information: Travel Div., Dept. of Public Information, Capitol Annex, Frankfort, Ky. 40601.

LOUISIANA

Baton Rouge. *Louisiana Spring*

Continued on page 58

25% off on Towle Sterling

COMPARE...THESE ARE FEBRUARY 1974 PRICES GOOD FOR A LIMITED TIME ONLY!



M	GROUP I Reg. Price	GROUP I 25% Off Price	GROUP II Reg. Price	GROUP II 25% Off Price	GROUP III Reg. Price	GROUP III 25% Off Price
Pc. Set Eight	$880.00	$660.00	$1004.00	$753.00	$1128.00	$846.00
Pc. Set Four	440.00	330.00	502.00	376.50	564.00	423.00
spoon	20.00	15.00	23.50	17.62	27.00	20.25
e Fork	32.00	24.00	36.00	27.00	40.00	30.00
e Knife	30.00	22.50	34.00	25.50	38.00	28.50
d Fork	28.00	21.00	32.00	24.00	36.00	27.00
e Spoon	28.00	21.00	32.00	24.00	36.00	27.00
eader	20.00	15.00	23.50	17.62	27.00	20.25
Bev. Spoon	25.00	18.75	29.00	21.75	33.00	24.75
e Fork, Large	41.00	30.75	46.50	34.87	52.00	39.00
e Knife, Large	36.00	27.00	40.00	30.00	44.00	33.00

RVING PIECES

M	GROUP I Reg. Price	GROUP I 25% Off Price	GROUP II Reg. Price	GROUP II 25% Off Price	GROUP III Reg. Price	GROUP III 25% Off Price
tter Serving						
ife (H.H.)	$ 25.00	$ 18.75	$ 27.50	$ 20.63	$ 30.00	$ 22.50
ld Meat or						
ffet Fork	58.50	43.87	64.00	48.00	69.50	52.13
avy Ladle	58.50	43.87	64.00	48.00	69.50	52.13
e or Cake						
rving Knife	30.00	22.50	35.00	26.25	40.00	30.00
gar Spoon	29.50	22.13	32.00	24.00	36.00	27.00
blespoon	53.50	40.13	60.00	45.00	66.50	49.88
blespoon, Pierced	53.50	40.13	60.00	45.00	66.50	49.88
stess Set	$278.50	$208.88	$307.50	$230.63	$338.00	$253.52

stess set includes all of the pieces shown above with an asterisk (*))

tial listing only above. Complete sale price list available upon request.

e to rising cost of silver bullion, all prices are subject to change.



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- Holds 76-piece service

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Order direct during this special offer event and while silver is still at 1974 prices.

Carter's is one of America's largest and most respected silver dealers.

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410 East Capitol Street Jackson, Miss. 39201 Phone 601/354-3549

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Pattern Name _____

No. of Pcs.	Name of Piece	Unit Price	Total Price
_____ of	_____ @	$ _____ each	$ _____
_____ of	_____ @	$ _____ each	$ _____
_____ of	_____ @	$ _____ each	$ _____
_____ of Hostess Set	@	$ _____ each	$ _____

Name _____

Address _____

City _____ State _____ Zip _____

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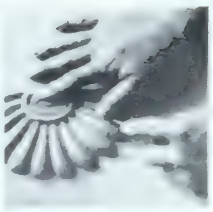
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Send $10 for samples plus beautiful, full color SEQUEL brochure to 4900 RAMONA CHASE DRIVE, LOS ANGELES 90039

Spring in the South continued from page 56

Fair. Mid-April.

Bogalusa. *Dogwood Festival. March.*

Breaux Bridge. *Crawfish Festival. May 1-2.*

Franklin. *St. Mary Parish Tour of Homes. Early March.*

Jackson. *Assembly Antiques Show and Sale. Late March.*

Lafayette. *Azalea Trail. Mid-March.*

Mansfield. *DeSoto Parish Tour of Homes. Mid-April.*

New Orleans. *Heritage & Horizon: A New Orleans Festival. Mid-Feb.-March. . . . Mardi Gras* (celebrations also in Lafayette, New Roads, Houma, Thibodaux, La-Place). *Mar. 2. . . . Spring Fiesta.* Tours of houses and gardens. *Early April. . . . Jazz & Heritage Festival. Late April.*

New Roads. *Antiques Show and Sale. Mid-April.*

West Feliciana Parish. *Audubon Pilgrimage. Mar. 12-14.*

Further information: Louisiana Tourist Commission, P.O. Box 44291, Baton Rouge, La. 70804.

MISSISSIPPI

Carrollton. *Pilgrimage. Mar. 27-28.*

Columbus. *Pilgrimage.* Twenty historic houses. *Mar. 26-Apr. 4.*

Gulf Coast. *Pilgrimage. Mar. 20-28.*

Hattiesburg. *Pilgrimage. Mar. 12-14.*

Holly Springs. *Pilgrimage. Apr. 23-25.*

Jackson. *Pilgrimage. Mar. 14-Apr. 30.*

Natchez. *Natchez Pilgrimage.* Two tours daily of five ante-bellum houses each (thirty houses visited in all). *Mar. 6-Apr. 4.*

Oxford. *Pilgrimage. Apr. 3-4.*

Port Gibson. *Pilgrimage. Apr. 2-4.*

Tupelo. *Natchez Trace Festival. Late April.*

Vicksburg. *Pilgrimage. Mar. 29-Apr. 16.*

Woodville. *Pilgrimage. Mar. 12-14.*

Further information: Travel and Tourism Dept., Miss. Agricultural and Industrial Board, P.O. Box 849, Jackson, Miss. 39205.

NORTH CAROLINA

Charlotte. *Festival of Music. Apr. 1-8.*

Elizabeth City. *Spring Festival. April.*

Fayetteville. *"Marching Out to Moore's Creek"*—reenactment of historic event in honor of Bicentennial. *Feb. 26.*

Wilmington. *Azalea Festival. April.*

Further information: Travel North Carolina, P.O. Box 27687, Raleigh, N.C. 27611.

SOUTH CAROLINA

Charleston. *Festival of Houses.* Over 85 private houses and gardens open to visitors covering more than 2 centuries of our country's architectural development. Nine different tours, 4 Monday evening galas. *Mar. 18-Apr. 17. . . . Walking Tour of Small Gardens. Mar. 21-28.*

Clemson. *House Tour. Apr. 25.*

Columbia. *19th-century Living Historical Exposition. Mid-April. . . . Statewide Flower Show. April 20-21.*

Sumter. *Iris Festival. May 23-29.*

Further information: S.C. Dept. of Parks, Recreation & Tourism, Suite 113, Edgar A. Brown Bldg., 1205 Pendleton St., Columbia, S.C. 29201.

TENNESSEE

Cosby. *Ramp Festival. Apr. 27.*

Crossville. *Phlox Festival. April 20-26.*

Cumberland Gap. *Folk Festival. Apr. 26-27.*

Elizabethton and Roan Mt. *Roan Wildflower Tour. May.*

Gatlinburg. *Wildflower Pilgrimage. Apr. 24-26.*

Grand Junction. *Plantation Tour. April.*

Jackson. *Arts & Craft Festival. April.*

Knoxville. *Dogwood Arts Festival. Apr. 11-20. . . . Craftsman's Fair. April.*

Memphis. *St. George's Kitchen, Country Store, & Home Tour. Apr. 26-27. . . . Cotton Carnival. May 3-10.*

Nashville. *Antiques Exposition. Feb. 28. . . . Tennessee Crafts Fair. May 2-4.*

Paris. *World's Largest Fish Fry. Apr. 21-26.*

Sneedville. *Craft Fair. April.*

Further information: Tenn. Tourist Development Div., Dept. HG75, 1028 Andrew Jackson Bldg., Nashville, Tenn. 37219.

VIRGINIA

Throughout the state. *Historic Garden Week.* Houses and gardens open to the public. *Apr. 24-29.*

Charlottesville. *Dogwood Festival. Apr. 15-25.*

Norfolk. *International Azalea Festival. Apr. 18-25.*

Monterey. *Highland County Maple Sugar Festival. Mar. 20-21; Mar. 27-28.*

Warsaw. *Daffodil Show. Apr. 10-11.*

Williamsburg. *Annual Antiques Forum* (2nd session; first is Jan. 25-30). *Feb. 1-6. . . . Colonial Weekends. Feb. 13-15; Feb. 20-22. . . . Annual Garden Symposium. Mar. 21-26.*

Winchester. *Shenandoah Apple Blossom Festival. Apr. 31- May 2.*

Further information: Virginia State Travel Service, 6 N. Sixth St., Richmond, Va. 23219.

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Booklets to help you decide where to go, where to stay in the South

To help you plan a memorable visit to the Southern states, House & Garden will send you, free of charge, any of these booklets. Just fill out the coupon below.

ALABAMA

A packet of pamphlets (1) includes *Alabama Has It All*, which describes its numerous and varied attractions; *Battleship USS Alabama*, a World War II ship, now in Mobile, and open to the public—fascinating to children; *Interstate Interludes*, 28 short, off-the-beaten-path vacations; *Spend a Day in Outer Space*, the place—Alabama Space and Rocket Center.

For a relaxing vacation the *Grand Hotel* (2) in Point Clear offers four-season hospitality, beaches, golfing, other sports.

ARKANSAS

From Arkansas, a whole bevy of attractive booklets and maps (3) some describing the general splendors of the state, one, the *Ozark Mountain* region; another, *Little Rock;* others, the facilities at various lake areas; *Arkansas Presents 2 New Attractions* (Blanchard Springs Caverns, Ozark Folk Center); a *Camper's Guide;* a *Tour Guide;* even a bike tour map.

FLORIDA

There is more to this sun-blessed state than Miami, and *Florida Visitor Information* (4) ticks off the enjoyment to be found in the 12 geographic vacation areas. . . . Included is the state's Bicentennial brochure *Pathways to the Past* with information about Bicentennial Trail sites and special activities in Florida's communities, and maps, hotel directories.

The Dark Continent (5) describes the 350-acre Busch Gardens at Tampa, where many African animals are displayed in landscaping resembling their natural habitats.

Everyone with children—and everyone without—should visit *Disney World* (6) in Orlando—it's everyone's fantasies come true.

GEORGIA

Georgia Days (7) and six other enticing booklets describe the pleasures and scenic beauties to be found here . . . *Six Flags See and Do Book* gives the scoop on the rides and outstanding attractions at this amusement area on the outskirts of Atlanta. *Georgia, So Much, So Near* has 25 mapped mini-tours near large cities.

Georgia's Stone Mountain (8) is where nature buffs can revel and sports enthusiasts play to their hearts' content. Folders also tell of its skylift, inn, camping facilities, railway tour, places of historic interest. . . . *The Cloister* (9), on Sea Island, is one of our finest beach resorts—see why! . . . On St Simon's Island, *Sea Palms* (10) is a delightful golf and racquet club. . . . A splendid hotel to stay at on St. Simon's is the *King and Prince Beach Hotel* (11). At the beach front, it offers every facility for a luxurious vacation. . . . Callaway Gardens (12) offers floral displays at all times and many other attractions. For more, see page 52.

KENTUCKY

The Bluegrass State's booklet *Call of Kentucky* (13) presents, in color, the many scenic and historic attractions of the state—the beauty of its mountains and lakes, the Bluegrass country, Louisville and the Derby, the state and national parks.

LOUISIANA

Three booklets—*Historic Louisiana, Louisiana All Outdoors, Welcome to Louisiana's State Parks* (14)—present the case convincingly for visiting this lovely state.

Most people start their Louisiana trip in New Orleans. *You'll Love New Orleans* (15) makes it crystal clear why. . . . When deciding where to stay, you might consider the *Monteleone Hotel* (16) at the gateway to the French Quarter. In addition to its fine restaurants and other amenities, it offers four all-inclusive vacation packages. . . . The *St. Louis Hotel* (17) in the Quarter offers typically French furnishings, authentic French courtyard, and a prize-winning restaurant. . . . To be in the heart of the city but not necessarily in the Quarter, *Le Pavillon* (18), according to its brochure, has "the Baroque elegance of 18th-century France combined with a rare atmosphere of good living." . . . 10 minutes from New Orleans—8 acres of landscaped loveliness, *Longue Vue Gardens* (19).

The *Shreveport-Bossier area* (20) describes the many places to visit and recreational facilities available thereabout. . . . And in Baton Rouge, be sure to visit *Rosedown Plantation and Gardens* (21). Rosedown, a great ante-bellum mansion, has been restored, decorated with period furnishings.

MISSISSIPPI

Your Guide to Travel (22) offers almost 100 pages of reasons why you should visit this state. Additional booklets in the packet: *Historic Vicksburg, Great River Road, South Mississippi & the Gulf Coast*, details of the *Natchez Pilgrimage* of houses (March and April), *Pilgrimage Events* throughout the state. You may have a booklet about the *Columbus Pilgrimage* (23), March 26-April 4.

If you're into seashore life, you'll want to see the Gulf Coast and *Your Place in the Sun* (24) will whet your appetite. . . . In Biloxi, consider staying at *The Broadwater Beach* (25)—golf, sailing, fishing, two pools, a marina.

NORTH CAROLINA

See North Carolina (26) exhorts one booklet that suggests a number of short tours you can take to do it. *Golf State, U.S.A.* lists all the great courses in this famous golf area where you can play like a S.nead or a neophyte.

On Grandfather Mountain, the *Grandfather Golf and Country Club* (27) offers facilities for an enjoyable vacation or informal restful living to its members in its clubhouse or private homes and condominiums. . . . Tourists can read about the beauties of Grandfather Mountain and enjoy the fun of taking a ride on the nearby *Tweetsie Railroad* (28). The folder offers special discount tickets.

The *USS North Carolina* (29) a World War II battleship, is now a memorial in Wilmington.

Carolina Trace (30) comprises over 1000 acres dedicated to the good life. You can have a condominium or private house—use it for weekends or long vacations—and enjoy the superb golf courses, sports facilities, a village center for shopping and professional services. Or you can have a comfortable room for short stays.

SOUTH CAROLINA

This state offers a *Trip Kit* (31) in which you'll find numerous pamphlets describing the places of historic and scenic interest, the special activities planned for 1976. In addition, you get a lovely, colorful book, *South Carolina, A Lot of It Looks Like a Foreign Country*, dedicated to the premise that there's a counterpart in this state's attractions to pretty much whatever you can see or do abroad.

On Hilton Head Island, the *Pines Plantation* (32) offers 4 r of beach, golf courses, accom dations in the Oceanfront In privately owned villas and ho golf and tennis vacations.

Myrtle Beach and South lina's Grand Strand (33) is a p et of 3 booklets about a fav playground: an accommodat guide, a listing of golf clubs w you can tee up, a family ca ground guide. . . . The *O Dunes* (34) at Myrtle Beach i ocean-front motor inn that o excellent appointments, a spe all-expenses-included golf p age. . . . Golfers who want to the courses in the Myrtle Be area can choose from several p age vacations offered by hotels motor inns in *Golf Holiday*

TENNESSEE

From Tennessee, several hand of booklets (36) among which ones on Memphis, Knoxville, linburg, Nashville and "Oprylan the mountain and lake regions, possibilities for fishing, camp visiting historic sights, and plain having fun.

VIRGINIA

A popular state with visitors cause of its many historic la marks, restorations, stretches beach, recreational facilities. V ginia offers booklets (37) to h you decide what to do: *Camp in Virginia, Civil War Battlef Parks, Golf in Virginia* and m more—even one offering movie borrow or rent before you go help you plan) or after (to again what you enjoyed).

Finally, if you're consider touring the South leisurely i trailer, you will want to see many models in the *Holiday R bler* catalogue (38). Each has the facilities you will require many comforts you enjoy at ho

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Progress and Nature

We have moved very fast and very far from our origins. In some ways, this progress has been admirable. Medical and scientific discoveries have brought comfort to many. But technology has also brought new problems—largely because it has separated us more and more from nature. The feel of the soil, the taste of fresh water, the radiance of natural light, the smell of clean air—these are nature's essential, therapeutic gifts, yet how often these days do we really experience them?

The human race evolved with a deep understanding of nature—to survive. Now, centuries later, we must draw again on that simple, physical contact—to maintain our sanity. The memory is there, deep within us. "In wildness," said Thoreau, "is the preservation of the world."

From nature,
we can find new strength
and enjoyment in our lives.
With nature rests
our spiritual survival.

earth



Getting back to nature—our hope for the future

A PROVOCATIVE INTERVIEW WITH SOCIOBIOLOGIST EDWARD O. WILSON

EDITOR'S NOTE: *Comparing man to the animals is not new. Desmond Morris, Konrad Lorenz, and Robert Ardrey, for instance, have fascinatingly and often amusingly shown how our behavior reflects the territorial and sexual behavior of monkeys and other animals. What is new and very exciting is that more and more human traits can be traced down to animals—even altruism, one of the highest ideals to which man can aspire, and one that people have always regarded as a uniquely human characteristic. When a dolphin is harpooned, for instance, or seriously injured in some other way, the remainder of the school will sometimes crowd around the stricken animal and lift it to the surface, where it is able to continue breathing. The discovery of this and other examples of animal altruism are described in an extraordinary new book,* Sociobiology, *by Edward O. Wilson, Professor of Zoology and Curator of Entomology at the Museum of Comparative Zoology, Harvard University.* Sociobiology *consists of a new synthesis of biology, psychology, and anthropology. In an exclusive interview with Caroline Seebohm, Professor Wilson, who has spent a lifetime studying living creatures, shares his insights into man's search for himself and our prospects, in an increasingly technological world, for a future with nature.*

"There is no question in my mind that the human mind can survive in a relatively sterile environment, perhaps in a city of steel or in some large space satellite where the minimal forms of existence can be maintained. Children can adapt to that kind of life, they can survive and reproduce in the same way that laboratory rats and caged tigers can.

"But human nature is something more. Our species evolved in open, uncrowded environments surrounded by living creatures. Our ancestors were hunters and gatherers who were intimately related to a diversity of other organisms, as part of their survival method. They *had* to have a deep knowledge of the environment and feeling for it. Even today, there are Amerindian tribes in South America who can recognize over a thousand kinds of plants, on which they depend for existence.

"Thus we retain in our heredity, I believe, the capacity to find deep emotional pleasure in natural environments and other living creatures. Given any opportunity at all, children quickly develop this affiliation. They are strongly prone to develop a love for pets, a fascination for wildlife (look at the popularity of zoos), wildlife movies, and so forth, and they have a quick, positive response to the outdoors. And this is translated, given the chance for full emotional and mental growth, into a lifetime attachment to zoos, gardens, parks, and wilderness areas, in a manner that can only be described as an enrichment of the human spirit. I say human spirit with special intent, because I am suggesting that the capacity to develop this way was ingrained in human nature by millenia of evolution.

"At the same time, no other species has moved so far and so fast from its origins. That is the human dilemma. We have traveled a very great distance from the economic and social systems in which we evolved—and yet many of our basic emotions are still rooted in Pleistocene history, including our strong tendency to affiliate with nature. Our ancestors' first energies were devoted to the natural environment, although they could not view it as a Garden of Eden—they were constantly struggling against it, trying to extract a living from it. They did not disturb the environment greatly, because they did not have the capacity. In other words, the environment was their equal and they were in balance with it.

"With the rise of technology and advanced economic and social systems, the species was able to overcome the environment, to exploit it, and to extract more and more from it; but in carrying this 'progress' to its logical end, we are approaching a new equilibrium in which most of the natural environment is gone or disappearing. And so blindly, for the sake of short-term biological success, we have cut off part of our normal spiritual development. As a species, we have already lost a great deal of our heritage, and we are living dangerously.

"If our pursuit of knowledge continues to accelerate, and I hope it will, most of the mystery will go out of human nature. By studying hundreds of other social species in minute detail, from ants to chimpanzees, biologists have been able to develop new laws about how social behavior evolves and what its adaptive significance is (that is, how particular social patterns provide superior survival and reproduction for the creatures who practice them). Turning our attention to the natural world and studying it in a scientific way has brought back benefits in the understanding of social behavior of our own species, so that some of our most basic human responses—including altruism, aggressiveness, territoriality and xenophobia—can be explained as the outcome of the same processes that have produced social behavior in other animals.

"What this new knowledge means is that possibly by the end of the 21st century, we will see ourselves more clearly than we ever dreamed possible, and that there may be a certain disillusionment about our spiritual wellsprings. If our descendants were at the same time to become even more preoccupied with human existence to the exclusion of other living creatures, they might encounter the greatest imaginable misfortune of the human intellect: the loss of the capacity to experience wonder.

> We can find deep emotional pleasure wit natural environments and other living creatures

"That is why nature and the environment are so vital. Even if we fully understood human nature, and pressed on to direct our own evolution—a not inconceivable prospect, centuries from now—it would be the diversity of life that presents an endless frontier of study, contemplation, and enjoyment. There may be as many as ten million species of plants, animals, and microorganisms alive on the earth. The exploration of living creatures could provide an endless source of wonder, bringing into play the same instincts that motivate the bird watcher, the butterfly collector, and the backyard gardener.

"If we can gain a sense of emotional reward from contemplating our environment and living closer to it, perhaps our descendants might evolve further in that direction and discover deeper emotional rewards. Providing an environment in which we can develop fully our capacity for spiritual enrichment is the most important duty we can perform for future generations—an enrichment strongly centered upon our affiliation with natural, diverse living environments."

Studies of earth and water by Irving Penn





earth

The healing power of gardening

By Coralee Leon

For years, doctors, therapists, researchers, and gardeners more than anyone, have been aware of the curative effects of tending a garden, digging in soil, making things grow. Dr. Howard Rusk, Director of the Institute of Rehabilitation Medicine in New York, and a gardener himself, knows that working with the earth to help create a living thing is physically and psychologically beneficial. "Through all experience, through all the ages of mankind, people have felt the satisfaction and healing power of working in the garden. People respond to plants, and plants respond to people. What the connection is remains a mystery."

"Gardening is preventive medicine—the kind you can prescribe for yourself," says Howard D. Brooks, who has just retired after thirteen years as Horticultural Therapist at the Institute. "Working in the garden unwinds you, reduces tensions, relaxes you even though it's rigorous activity. It loosens your muscles, soothes you emotionally and psychologically.

"Gardening is not static. There is always something happening: a new shoot or leaf forming, a flower opening, a cutting to be rooted. Other kinds of projects remain as you left them until you return. But gardens go on growing without you. They have lives of their own.

"Besides all that, there is something about the act of working in harmony with the earth that refreshes you deeply. Gardening is a link between you and the vast forces of nature."

People usually begin to garden for a specific purpose: to grow their own food or flowers, or to produce the best roses or the biggest tomatoes. "But often these results become secondary to the real reward—the work itself," says Mr. Brooks. "There is pleasure in being out in the open air, a sense of well-being in the feel of the breeze, the fragrance of the soil. You are part of your world. It's a thrilling thing."

> Gardening is preventive medicine you can prescribe for yourself

"Gardening is good for everyone. For the elderly, who are no longer consulted on society's matters, gardening offers a way to keep contributing. For the lonely, gardening brings solace. Lonely people often have difficulty communicating with other people, but can relate to a plant. A plant responds, but not verbally. It never threatens or criticizes.

"For the impatient, cultivating the soil helps cultivate patience," says Mr. Brooks. "Some people *(Continued on page 131)*

William D. MacDowell, whose family and garden appear here and on page 114, finds the greatest joy in gardening together "not because of the produce harvested, but the lessons gardening teaches. I have come to believe that happiness is directly related to self productivity. I want my children to feel the pride of making things grow in the earth and to reap their own spiritual harvests."

water



A growing thirst for pure water

IMPORTANT NEW FACTS ABOUT THE WATER YOU DRINK

By Caroline Seebohm

Water covers about three-quarters of the earth's surface, and if the earth's surface were smooth, it would be covered with water to a depth of 1⅔ miles. More than 97 percent of all water is salt water—in the oceans, while only about 2.8 percent is fresh. More than 75 percent of all fresh water is frozen in the form of polar ice caps and glaciers. It is estimated that melting the Antarctic ice caps alone would feed all the world's rivers for 800 years.

In other words, there is a lot of water around. And it is the only natural resource that is reusable and that retains its original form through the centuries. "It is quite possible," suggests George H. Klumb, Vice President and Director of Environmental Affairs, Culligan International, "that we are still using the same water that was used in Athens and Rome by the earliest inhabitants. But there are more people today, more industries, and more human activities demanding water, and that is what has caused the problem, not the depletion of the volume of water."

The total water used in the United States is 345 billion gallons daily. Industry uses the most water (54 percent); irrigation is a close second (38 percent); with public supplies (7 percent); and rural (1 percent). According to a 1974 Gallup Survey, the average amount of water consumed by adults per day is 3.3 glasses. However, a relatively high proportion of the population (14 percent) drinks more than 6 glasses in an average day, and 7 percent drink none or almost none. (Doctors recommend you drink 8 glasses a day.) Enough of statistics. What concerns you, the water drinker, are these two questions.

Are we going to run out of water?

The answer to this is probably, no. As the statistics show, there is a lot of water on the earth. The problem is not that it is suddenly going to vanish—poof—but that the existing water is not being recycled efficiently. For instance, it has been suggested that in Cincinnati, 15 percent of the water has been used by someone else upstream, and that the water in the Mississippi River is used six times by the time it reaches New Orleans. In the words of Dr. Robert H. Harris, Director of Water Resource Programs for the Environmental Defense Fund, "In a sense, untouched water, 'God-given water,' is virtually nonexistent in many parts of the country." Dr. Harris is concerned that water is being wasted as well. "In Los Angeles, for example, they have built enormous canals from Northern California and the Colorado River to bring water to 6 million people, and this water is used and then thrown into the ocean. If this water could be recycled, you would be providing the equivalent of 12 million people with water."

If efficient water treatment can keep water recycled effectively, and if a new way of dealing with the resource, rather than wasting it, can be found, then our water will not run out. Dr. Harris also suggests that new plumbing standards can save a considerable amount of water; and Mr. Klumb believes that very soon new ways of disposing waste will be found that use less water in the home, and thus help conserve the nation's water.

Is our water safe to drink?

All water, once it has been exposed to the environment, becomes to some extent impure. Absolutely pure water would have to be kept in closed containers, without contact with air. "Highly purified water is used for a variety of purposes," explains Mr. Klumb. "In laboratories, for preparing pharmaceuticals, for instance. It is also used in highly specialized medical situations, such as in kidney dialysis machines—where the water is purified by a new process of reverse osmosis. It is also used for more mundane purposes, such as car washing, in steam irons, and for the Olympic Ice Skating competition, because skating on pure ice is faster."

Impure water only becomes of concern when it affects the health of living things. The distinction is very important. Water may be called "contaminated" when it simply contains impurities. The constituents may be perfectly safe, such as fluoride, which has resulted in a tremendous decrease in dental decay; and other elements, such as selenium and chromium are now thought to play a significant role in human nutrition in trace amounts. It is the control or removal of health-endangering contaminants, such as cadmium and lead, and bacteria or viruses that cause diseases like typhoid or hepatitis that make water treatment so important.

According to the findings of a U.S. Public Health Service survey of 969 public water supply systems around the country, published in 1970:

"86 percent of the approximately 18 million people, and 59 percent of the supply systems covered were, on an average basis, receiving good water.

"41 percent of the systems were delivering waters of inferior quality to 2.5 million people, 360,000 of whom were receiving water of potentially dangerous quality. This was particularly true of community systems serving less than 100,000 people.

"36 percent of the 2,600 tap water samples exceeded Public Health Service Drinking Water Standards limits, from one or more bacteriological or chemical constituents.

"11 percent of the samples from surface water supplies had organic chemical concentrations greater than the acceptable *(Continued on page 207)*

HOW TO TEST AND IMPROVE YOUR WATER AT HOME

By Margaret Morse

It's impossible to make water absolutely pure at any price. But, thankfully, we don't need it. What we want is healthful water that tastes good.

If you have doubts about *your* water, you can take a sample to your state or county public health or water hygiene department to test for coliform bacteria (usually free or at a small charge). If you have a well or other private water source, this test should be done every six to twelve months. The health department might also be able to test for harmful chemicals. If not, ask the department to recommend a good private water-

Water retains its original form through centuries. It's possible we are still using the same water used in early Athens and Rome

analysis laboratory. Some laboratories to ask about are in your Yellow Pages under "Water Pollution Control."

Chemical analysis tests can be expensive, so before you have them done you should do some research on what potentially harmful chemicals *might* be in your tap water. Get a copy of the most recent chemical analysis of your local water facility's water. Ask the nearest U.S. Geological Survey office if it has analyses of water supplies near you. Find out from the U.S. Environmental Protection

(Continued on page 208)



water

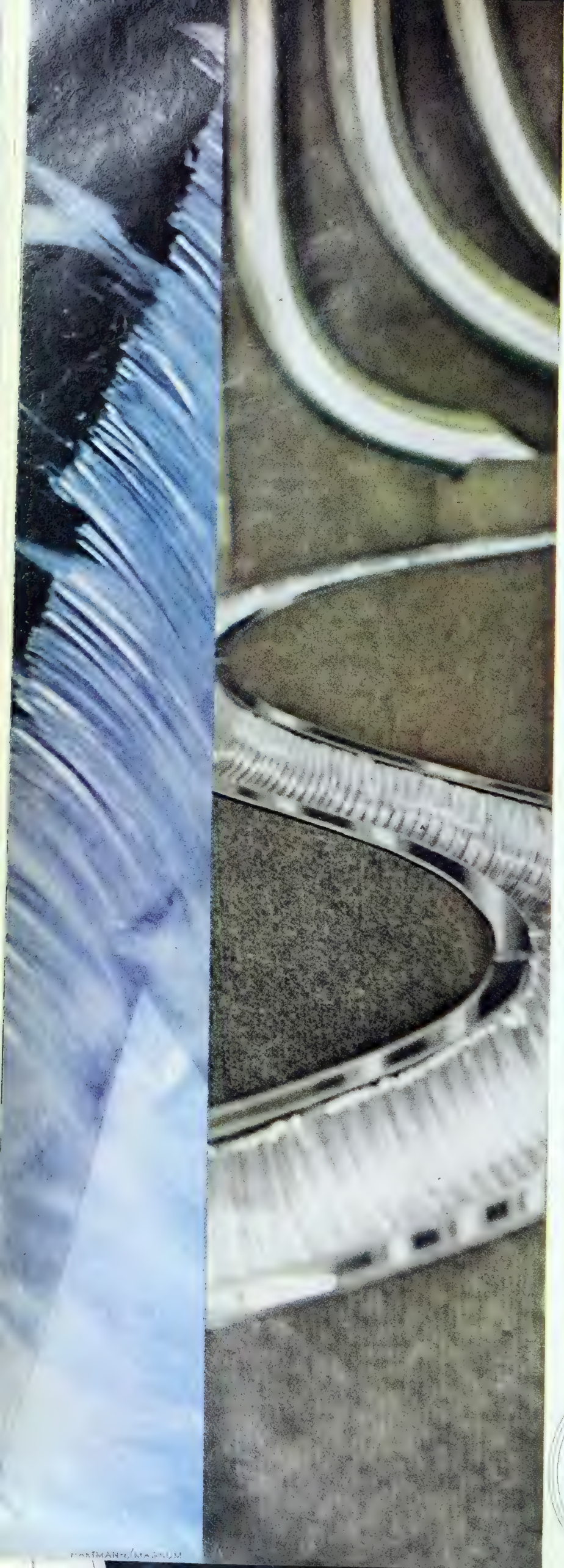
From its swirling source, water inspires architect Paul Rudolph to design two exciting and prophetic baths

Her bath is like a landscape, with hills, valleys and earth-floor textures defining each functional area. His bath is a place for exercise and relaxing in a campfire atmosphere. Distinguished architect, teacher, innovator, Paul Rudolph, known for his Art and Architecture Building at Yale, Endo Laboratories at Garden City, and Southeastern Massachusetts University campus, has envisioned two bath environments of the future. Both celebrate the feel, touch, and sound of nature's cleansing, sparkling free gift, water. Both are created with Kohler bathroom fixtures that are available to anyone across the country.

As water circulates down from the mountain, so it flows from a forest-like ceiling below, through canals in soft carpeted walls and floor in an ever-rushing stream. Mirrors in the make-up center create reflections, like water. The tub itself, left, is a big, oval shape, like a fresh-water pool surrounded by nature.

BARRY McKINLEY

TOM YEE



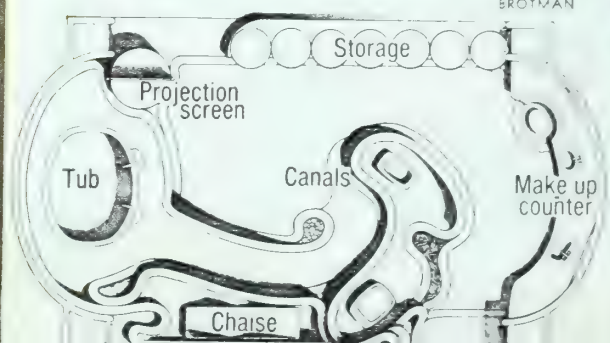


A woman's bathroom designed for cleansing, health and contemplation

"One needs to be transported from time to time," says architect Paul Rudolph. "And as you spend perhaps as much as 10 percent of your time in the bathroom, the most private of all rooms in the house, what better room to be transported in?" Mr. Rudolph dreamed of the bath here as a natural world of miniature hills and valleys, with water flowing down through canals in all directions. "Water is cleansing and therapeutic," he explains, "and the *sound* of it is soothing, too. Here it circulates and recirculates in a constant recycling stream. This would be as marvelous a place to contemplate in as a Japanese garden, full of symbols and meanings. To carry this idea further, the light comes from overhead, through skylights with plants growing around them—so you look up into trees. The materials are important—soft earthy carpeting, covers everything including the walls; the copper ceiling lightens the room and makes an interesting contrast with the absorbent carpet; and textured floors have natural rocks, soft mopheads and sponges, good for touching in bare feet. Near the tub is a projection screen, clearly seen from several comfortable places, including the chaise. It adds to the sense of privacy and meditation—and the bath is really an ideal place for looking at family pictures. 3-foot-high partitions define and enclose alcoves for the toilet and bidet, so that you can see out (no claustrophobia) and yet be private. The mirrors on the rear wall are like light reflecting on water. Note very practical round swiveling lazy Susan storage bins at the left of the room. In short," the architect sums up, "every aspect of this bath is for health and contemplation."

Floor plan, below, showing bath landscape and functional areas. Domed ceiling, right, lined in thin copper sheeting by Copper Development Association. Plexiglas skylights by Wasco, surrounded by plants, growing in clear pots by Industrial Plastic Supply. Waterfall canals, left, made of Wiremold's aluminum flexible air conditioning and heating ducts, sliced in half and built into indoor/outdoor carpet by Ozite, of Herculon IV fiber. Big fiberglass tub with two sets of faucets to fill up quickly, by Kohler. Towels by Fieldcrest. Chaise at right covered in Naugahyde. Ceiling lights by Westinghouse. Lighting outlet strip by Wiremold. Shopping information, page 132.

BROTMAN



HARTMANN/MAGNUM





Mirrors that sparkle like water to work and reflect with

"Mirrors are an essential part of this bath-landscape," says Paul Rudolph. "They take you into yourself—they are reflective. But the make-up center in this bath is also very practical. Lighting for make-up tables is often very poor. Here the lighting comes from all directions, and so do the mirrors—you can see every angle of your face. The lights turn off individually, and each mirror flips over to a magnifying side, so you can see yourself in light and in shadow, from all angles, even from underneath. Behind the make-up mirror are small mirrors glued to the carpeted wall, providing a multiplicity of worlds for you to enter. There are two basins close by. To reach the chaise, you walk up a ramp—better for bare feet than flat surfaces—and after bath or exercise, for rest and meditation, you can lie there listening to music or perhaps just to the soft rushing sound of the water as it circulates in the canals around you."

1. All mirrors by the National Association of Mirror Manufacturers. Lights surrounding central mirror by Tensor. Underwear set at Henri Bendel. 2. Makeup mirror designed by Paul Rudolph; console beneath with terraced shelves for more storage; stool pivots for better reach. Under right mirror, shampoo center by Kohler, sloped like a baby's bath with shower attachment for washing hair—or baby! 3. Alcoves for Kohler toilet and bidet, private but open to nature. On the floor, a tiny lawn of mopheads. To right of bath, projection screen by Da-Lite. 4. Small basin (by makeup mirror) by Kohler. 5. From the world of mirrors to the mirror of the sun itself—sparkling on the source of health, water. For shopping information, see page 132.

TOM YEE

BARRY MCKINLEY

Exercising on the slant.

Relaxing, reading, viewing.

Napping on a contour couch.

1

2

3

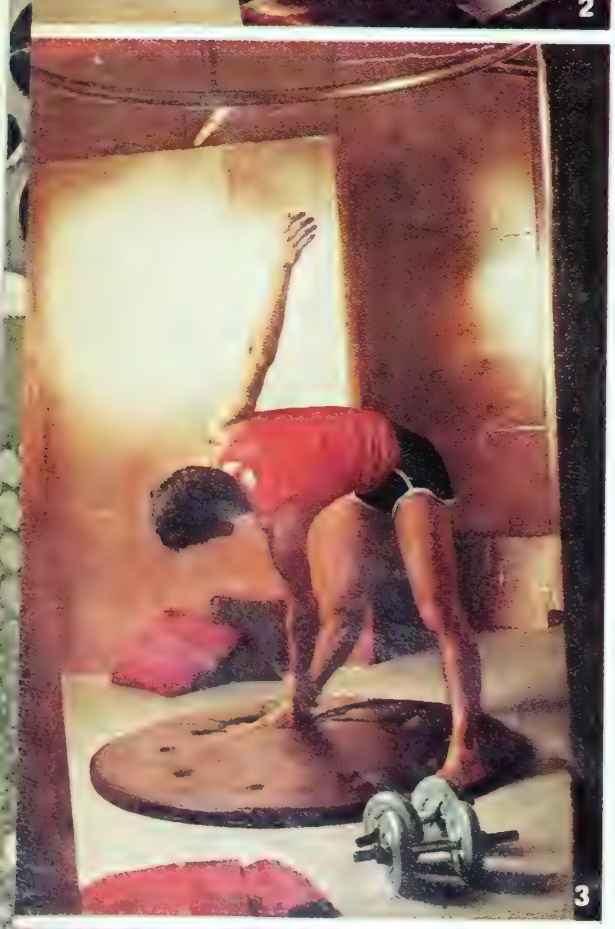
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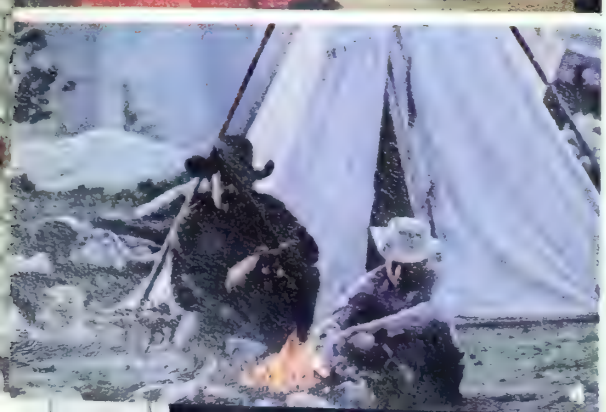
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A man's bath—a place to exercise or relax





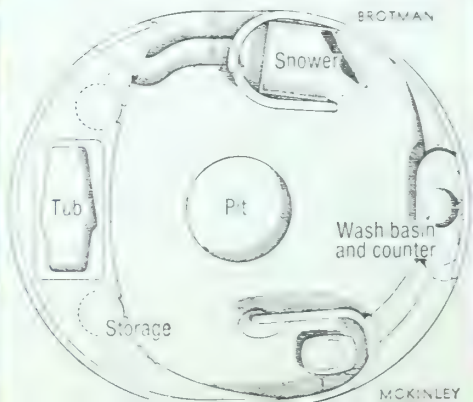






Because exercise is an integral part of man's life, Paul Rudolph designed the man's bath to be active rather than contemplative. "In a way, the whole room is a trapeze, with a skylight in the center. Under it, about 7 feet above the floor, is a circular element supported by four spokes—the trapeze. Leap up on this and your head is in the dome of the skylight, where you can look out onto another world of nature—"An inducement to exercise!" *Below:* Another natural element—a circular pit in the floor, lit with a mass of small lights under mirrored Plexiglas. Symbolic of hot coals—and as warm to the feet—it resembles a campfire where one can sit and rest, either alone or with others. "People don't really change that much through the centuries," Mr. Rudolph believes. "We think we are different, but in our deep selves it's not true. As an architect, I'm constantly harking back to primeval man and what he did. The forms change, but the instincts do not." The pit is also the exercise center—a Plexiglas disc is dropped down and covers the circle, and a mat fits on top. "People often separate the functions of the bath into little rooms," says the architect. "Combining them is more economical and gives a greater sense of space—and that's the most luxurious thing of all." The room is sheathed in copper, giving light and warmth. The use of industrial copper sheeting, like the heating ducts for canals in her bath, are exciting ways of using ordinary materials in a new design role.

1. His wash-and-shave center with big mirror by the National Association of Mirror Manufacturers, surrounded by ten efficient-for-shaving lights by Tensor. Basin by Kohler. 2. Standard shower and eight nozzle heads by Kohler, each with a different spray adjustment for massage, fixed in custom door of bronze Plexiglas by Cadillac Plastic. 3. Exercise mat in Uniroyal's Naugahyde fitted over central pit under trapeze. From a real campfire, 4, to a symbolic one, 5, a mass of standard night lights by Signalite covered with a sheet of Plexiglas, to give warmth to bare feet as well as a fire-like glow. His terry bathrobe by Porthault Linens. 6. Above the trapeze a Plexiglas disc by Cadillac Plastic that lowers over pit for safety when you exercise. Beneath the Kohler bath, a ledge containing lazy-Susan storage bins and lighting by Westinghouse. Beneath steps lighting by Wiremold. 7. Copper by Copper Development Assoc. **For shopping information, page 132.**





light/air

SURPRISING DISCOVERIES ABOUT WHY YOU NEED MORE NATURAL LIGHT

By Sandra Oddo

Sunlight's a practical thing. Green leaves turn it into vegetables by photosynthesis, and animals turn the vegetables into meat. Geological processes, given enough millenia, will turn the green leaves into coal and petroleum. By heating one side of the world while the other is in cool darkness, sunlight drives the winds. It picks up water from the sea and wafts it over the land to fall as rain.

It's a mysterious thing as well. Ducks receive certain wavelengths through the sides of their heads that tell them when to lay eggs. Pumpkins depend upon it to determine the sex of their flowers. Apples need the whole spectrum to ripen. It can cure jaundice in human babies, and prevent rickets—and nobody yet is sure exactly how sunlight does it.

It is a source of joy. It lights up the sky. It creates the play of light and shadow that has dazzled painters for centuries. It feels *good* to winter-pale bodies lying on Florida beaches (that is, if they don't over-do it). Shining, it brings smiles to grouchy faces. Effaced by clouds, it can send spirits plunging.

Next to food, light controls more body functions than anything else

What is it? Electromagnetism, one of the universe's prime forces. Light can travel at 186,000 miles a second. Sometimes it acts like a wave, and sometimes it is a particle (what scientists call a quantum). The part visible to humans, ranging from near-ultraviolet on the shortwave end to near-infrared on the longwave end, is less than 1 percent of the total spectrum. But it's the part that matters to us. And the more of it we get, the happier and the healthier we are, in ways that scientists are still exploring.

Yet, since electricity was first put to use for light a hundred years ago, we've almost declared ourselves independent of this natural element in our environment. There we are, inside our houses, behind glass windows that block 90 percent of the ultraviolet end of the spectrum, bending to our work or leisure by the light of incandescent or fluorescent bulbs, eyes occasionally distracted by the x-ray-driven dance of light on the television screen. Or there we are in our offices, fluorescent glow saturating everything, and not a window in sight, our eyes perhaps looking through eyeglasses that also stop ultraviolet. Is it good for us?

It's difficult to prove that it's actually bad. "We have lived under fluorescent lighting since 1939," says Cazamer Crouch, research director of the Illuminating Engineering Research Institute, "and we have not seen medical effects from this living that can be shown to have been harmful." Just the same, he walks to work to enjoy daylight—and in the last few years medical scientists have begun to wonder. There's evidence, according to Dr. Ralph Feller of the United States Veterans' Administration, that exposure to the whole visible and near-visible spectrum, balanced as it is in natural daylight, affects the rate at which our bodies absorb calcium, and therefore the way in which bones stay healthy. At MIT, Dr. Richard Wurtman, professor of endocrinology, has found that sexual maturity and growth rates are linked to light. "It controls more of your body functions than anything else you put into it except food," says Dr. Wurtman.

Some researchers think the pigment epithelial cells in the retina of the eye which seem to have no vision function, but which do react to certain wavelengths of light, may send messages to the pituitary and pineal glands buried deep in the brain. Some Russian research has seemed to indicate that ultraviolet radiation improves attention, concentration, and brain performance. Most non-scientists have noticed that the amount and color of light can affect mood. Like some plants, we may grow in any light—but we do it better in sunlight.

How can we get more of it in our everyday lives? It's a question to which John N. Ott, director of the Environmental Health and Light Research Institute (part of Buffalo's Roswell Park cancer research center), has given a lot of thought—and action. Mr. Ott is a time-lapse photographer—sequences in Walt Disney's *Secrets of Life* and *Natu* *Half-Acre* are his. Work with lig plants, and cameras led him into f time concern with light. His book, *He* *& Light* (Devin-Adair, $7.50; soon to issued as a Pocketbook paperback) tails the beginnings of his involveme he'd noticed that he couldn't get so flowers to bloom in his glass greenho —but that they would in his plastic where ultraviolet rays could get throu Some reacted badly to certain kinds light bulbs. Others just quit when th normal "sleep" cycle was interrupted the flash of photographic lights ev half hour or so as the camera recor their growth frame by frame. Then broke his glasses and the arthritis in joints cleared up—he believes because the beneficial effects of ultraviolet ra entering through his eyes on his wh body chemistry.

Since then, Mr. Ott has spent a lot of his time with mice and rabbits, investig ing the whys of light. There's a relativ new name for this specialty: photo ology, the interaction of light and l Mr. Ott is now convinced that light de vation—mal-illumination, similar in so effects to malnutrition—can contribute forms of ill health ranging from tun growth to hyperactivity. To bring y light back into natural balance, he h this not-very-surprising advice:

• Get out into the sunlight. Even wintertime, bundle up and go for a wa feasting your eyes on the light th evolved to see. And in summertime, do wear sunglasses. "Eyes are really qu adaptable," he says. "Obviously, y don't stare directly at the sun—but let light get to you." Dermatologists, believes, may be overly cautious in war ing people against ultraviolet rays. Ove exposure may cause skin cancer—b overexposure to *any* wavelength (inclu ing the limited number of x-rays th come from the shielded tubes of a tel vision set) can be harmful, accordi to Luke Thorington, a leading engine and researcher who holds patents in th lighting field, "as anybody knows wh has suffered from sunburn. One can ci drowning or compressed air illness as e amples of too much water or too muc air. But you cannot dispute that ai water, and light are necessary to susta life as we know it."

• If you can't get to the sunlight much as you would like, help it come you. Ultraviolet-transmitting plastic

How to have a healthy house

available for eyeglasses. Mr. Ott has ced the glass in the sliding doors most-frequented rooms of his house ultraviolet transmitting plastic.
ing the sun—or something close to side. Replace regular incandescent with daylight incandescent, includ- ore of the blue end of the spectrum. of the esthetic arguments against full- rum light has been that it *is* slightly h—like an overcast day. Gloomy depressing, perhaps. But minks, riously irritable, lost a lot of their essiveness when their daylight was ed through blue plastic, according Ir. Ott. And radio announcers at n WILZ in St. Petersburg, where pink fluorescent tubes were in- d to cheer the place up, nearly bit others' heads off until the tubes removed. "Seeing red" may be than an expression.
vestigate full-spectrum fluorescent . Fluorescent light, in general, in- s more of the spectrum than incan- nt light—and uses less energy as Several full-spectrum tubes are able. Duro-Test makes Vitalite. Gen- Electric's Chroma 55 tube includes thing but the ultraviolet. Mr. Ott ests that you add a small black-light , as some hospitals and plant nurser- do—and that you replace it fre- tly, because the black-light phos- , which transmits the ultraviolet, ks down fairly rapidly. Brand new e Solar Lighting Corporation's full- trum fixture, with space for full- trum tubes and for the black-light ell. Each includes a converter that ges alternating current to direct cur- for the lamp, eliminating the flu- cent flicker that may be responsible headache and eyestrain, and also the escent hum. With any full-spectrum , do not use a glass cover for the fix- —it removes the ultraviolet you have introduced.
ermatologists now treat some skin ases like psoriasis, and some viruses *herpes simplex*, with a combination colors (usually dyes) and light. re's some evidence that dental cav- can be prevented with sunlight. Six or medical centers, says Mr. Ott, have irmed that exposure to sunlight may e beneficial effects on tumor develop- t. After millions of years of basking ts warmth, it may be that man is nning to appreciate just how good sun really is. ■

THE BEST WAYS TO GET CLEAN AIR AT HOME

By Will Morris

Intangible but pervasive, the air around us plays a most decisive role in the ambience we live in. That word ambience somehow conjures up visions of a crystalline setting, the aura of a sylvan glade. But this is not the atmosphere that generally surrounds us today. In city and country, alas, outdoors or indoors, the air we dwell in is assaulted by a host of pollutants. Historically, man has always had to combat some contamination of the natural air and nature itself has self-cleansing attributes. But today our industrial society is producing such great quantities of what has been called "acute insults to our environment" that they are a major threat to it and to our health and well being. We seem intent on infecting the element essential to life on earth. Will we tackle the causes of contamination before the costs of curing it skyrocket?

What is air?

(From the American Lung Association's Pollution Primer) The air is a mixture of a number of gases—78 percent nitrogen, 21 percent oxygen, some carbon dioxide (0.03 percent), less than 1 percent argon. The earth's atmosphere is several miles high with 95 percent of the total air mass a 12-mile-thick layer around the earth. The lower part of the 12-mile layer is called the troposphere. This limited area, like the skin around an apple, is our atmosphere where we dump thousands of tons of filth every day and where it stays until natural forces remove, dilute, or disperse it.

Where does air pollution come from?

There are five major sources of air pollution country-wide according to the U.S. Environmental Protection Agency. (1) Motor vehicles; (2) fuel combustion from power plants, furnaces, incinerators, factories; (3) industrial processes; (4) solid waste disposal; (5) miscellaneous factors. The emission of pollutants from the combustion of fuel in motors and buildings is by far the greatest offender everywhere. Since the great growth of our cities, the sources of air pollution are largely in urban areas but industry has been decentralizing to outlying localities in recent years and the threat to the atmosphere has spread to suburb and country. Coupled with this trend has been the vast sprawl of highway construction and the consequent increase in emission from cars, trucks, and buses.

What are the pollutants?

Pollutants in the air are many and varied but the major villains, the Scientists Committee for Public Information tells us, are: *carbon monoxide*, the major pollutant, an invisible, odorless gas from gasoline powered cars, trucks, buses; *sulfur dioxide*, invisible gas from sulfur combustion; *particulates*, soot particles from incineration, industrial processes, fuels with high ash content, lead carbon emissions from motors; *nitrogen dioxide*, brown gas that converts to nitrates from high temperature combustion in power plants, buildings, and cars; *sulfates* and *sulfuric acid*, from fuels containing sulfur and ash; *hydrocarbons*, from petroleum products, invisible gas from gasoline and diesel engines; *photochemical oxidants* (smog), invisible gas produced by interaction of nitrogen oxides and hydrocarbons; *asbestos, lead* and other metals from gasoline, industrial processes, and combustion. These pollutants can affect our health and play a part in acute and chronic respiratory diseases, in emphysema and lung cancer, in heart disease affected by respiratory ailments.

What is being done about air pollution?

Happily, the threat to our lungs, to the air we breathe and live in, is being combated vigorously on a national scale. In 1970, amendments to the Federal Government's Clean Air Act were passed to widen and strengthen its powers of air pollution control. The Environmental Protection Agency was founded in that same year with jurisdiction for overall national environment problems and in 1971 it established Air Quality Standards for the six most common air pollutants. The Clean Air Act Amendments required each state to adopt an implementation plan to meet these air quality standards and to submit that plan to EPA for review and approval. EPA is charged with approving or returning the state plan for revision.

The air inside your house might be more polluted than the air outside

The 1970 Clean Air Act set a May 31, 1975, date for conforming to these primary air quality standards. With the myriad problems of planning fifty individual state compliance programs in a few years, the spiraling increase in costs of energy and inflation between 1971 and 1975, the economic recession, legal complications in the courts, the deadlines could not be met in a number of the nation's 247 Air Quality Control Regions. There was, however, considerable accomplishment to report at that time. EPA Administrator Russell E. Train was able to testify to the following: (1) For sulfur *(Continued on page 116)*

light/air

An old house sees the ligh

Most hundred-year-old houses, devoid o
tral heating, had to be designed to kee
outdoors *out*. This one, in Stonington, C
was no exception until it was given new
new air, by opening it to the sun and exte
it into its garden with a high-up trellised
—the idea of its owner, Mrs. Charles F. F

*More air and light with added height. A bedroom
the living room had its floor removed to create
story section,* below and right, *bright with ligh
doubled windows, and made to look even higher
eye, at least, with a cool blue ceiling—a painte*



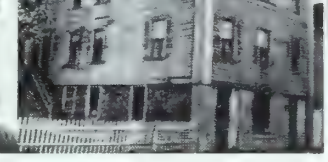


Three-level living, indoors and out

"One reason for the upstairs porch was to get as close as possible to the only tree on the property, a huge magnolia. I wanted to sit *in* it, not under it. The porch is cradled in glossy green foliage."









Inspired by the floating, filigreed verandas of old Charleston, the new upstairs porch, above, *and its magnolia tree companion.* Far left: *Mrs. Fuller.* Left: *Looking every day of its age, her hundred-year-old house before its renaissance.* Left top: *The house today, young again. In a charming way, it has kicked up its heels*

An indefatigable remodeler, Mrs. Fuller has lived in nine old Stonington houses, each of which she took apart and put together again. This is number ten. "I waited for it for twenty years, watching it like a cat with her eye on a mouse hole. Finally I got it, and it was a sorry sight. Hardly a vestige of plumbing or wiring, and the epitome of neglect. But it responded to care and feeding, and it's now a delightful house. It has a certain Greek Revival quality, which I didn't interfere with, but because I'm fond of old Charleston houses, I added the little latticed entrance porch, and then the second-story veranda with a carport underneath and a sundeck on top. All very useful, but sentimental, too. The old house had no rapport at all with its beautiful magnolia, and I was determined to make the tree part of the house. By designing the veranda in an angle around it, the tree suddenly had identity. It became a friend. From the porch rail, I can reach out and stroke its leaves and touch its flowers, and that's my self-indulgent contribution to ecology.

"The porch itself is quite simple, with latticework and a balustrade as its only ornaments. The furniture is motley. But it's extremely comfortable, airy, and a wonderful place for lunch. The house has three kitchens, one on each floor. An extravagant idiosyncrasy, but I don't like to carry food up and down stairs. So I dine on the ground floor, lunch on the veranda, breakfast on the sun deck. The best of three worlds, all gastronomic.

"In July and August, the street floor becomes the Stonington Art Gallery, which I've run forever. I board out the furniture, hang paintings on the pegboard walls and pegboard screens, and display sculpture in the carport. None of this would have been possible without getting all the sunlight into the house that's gettable. You can't see paintings in the dark, even though the Prado thinks you can. But even if I didn't run a gallery, I would have done the same kind of opening up. I can't see myself in the dark, either, and I can't breathe in fusty rooms. Reviving the old house has revived me too."

EMERICK BRONSON





The sun deck, above, top, on the roof of the new porch. Dog is one of a team of Norwich terriers. Above: *In the garden, a wicker teahouse from Siam, a handwoven whimsy that is actually used for tea.*



Living-dining room, left, *looks utterly unlike a room in an old house. Its ceiling-raising not only gave it a sweep unknown to simple 18th-century houses, but turned the upstairs hall landing into a balcony. All the color comes from paintings—the huge one is a Leonid—and a patchwork hanging made by Mrs. Fuller's grandmother "out of her old silk dresses. Lovely reason for buying nice new ones."*

light/air

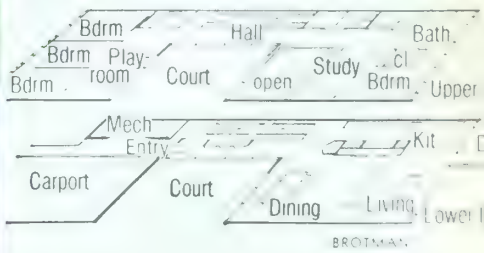
The best of nature at home

Indoor-outdoor living in a house of glass



The house can be described simplistically—*two glass boxes supported by posts,* or provocatively—*a trailblazing experiment* that may be a prediction of things to come. (For more about the 24-hour benefits of light and air embodied in this house, see page 78.) Built on the fringe of a park in Toronto, it is the home of Mr. and Mrs. Lawrence Wolf, who live in it with their two young sons. Its designer, Barton Myers of Diamond & Myers, is an architect noted for his public and commercial buildings—which is exactly why the Wolfs chose him. His work is exploratory. He also gave his clients just what they wanted, and they wanted a lot. For example: Maximum advantage was to be taken of the beautifully wooded site, and as feasibly as possible, the interior was to be an extension of the outdoors. Living spaces were to be large and open, yet flexible enough to accommodate different uses, moods, and times of day.

Obviously, the Wolfs really wanted an experimental house. They own an advertising agency specializing in launching new products, and they do *not* believe that there is nothing new under the sun. So here is their house, a strong yet airy structure built of industrial materials—steel, glass, aluminum, plastic—used so elegantly that the deliberately exposed skeleton and circulatory system fill a surprisingly glamorous role one would not think they could play—that of true decorative elements.



Built around a courtyard in a glass-walled U (see drawing, above), *the house consists of two sun-drenched blocks linked by a staircase hall. Top floor of one block (carport and utility room are on lower level) is for the boys, Jay, three, and David, five. In it are a playroom,* left, *their respective bedrooms, and a bath. Across the court is the parental wing: living-dining room and kitchen below; study, bedroom, and bath above. As a consequence, the boys can whoop it up while their parents work in peace in the study. Yet, because of the glass walls, a fond (or admonishing) eye is* easily kept on the young, busy at play.

Stock industrial materials and construction open up space




1


2


3

"This is a house to cure claustrophobia No cramp, no sense being hemmed in. It also a house in whic to relive the pleasure of one's youth. In summer, it is very ea to pretend that we li in a tree house."

HOUSE & GARDEN, FEBRUARY, 1976



4



5



6

1. *The "view" facade—the back of the house. Because it commands a sweeping view of the public park that surrounds the house, it is almost totally of glass, although steel panels at each corner open, like windows, when the Wolfs want a bit of fresh air cooled by nature and not a machine. Staircase from deck leads to open area under the house where the boys keep outdoor toys, dig in a sandbox.* **2.** *Storage wall between kitchen and living room. An intricate piece of cabinetry, it holds the bar, music system and speakers, china, glass, linen. Movie projector and camera equipment move out in a drawer-tray, and sliding doors can shut off the entire unit —or open it up and close off the kitchen.* **3.** *The family assembled for home movies. A plain white wall makes an excellent screen.* **4.** *Dining end of living room. Mies van der Rohe chairs, marble-topped, chrome-legged table designed by the Wolfs and anchored to the floor. This section of the room is two stories high, rising to sixteen plastic skylights, which let the sun in, or keep it out, by drawing linen sky shades that pull on wire tracks.* Below: *The window wall can be cloaked (Toronto is very hot in summer) with Roman shades of natural wool. Wall-to-wall carpeting is also natural wool. "The glass expanses had to be warmed up. Hence all the wool, and the scarlet construction by Bill Frampton." Here we see how the structural and mechanical systems—beams, joists, steel ceilings; heating and cooling ducts (the round pipes); pipe-enclosed wiring—were made decorative through meticulous installation and a mask of paint.* **5.** *Storage wall (inside, mirror and marble), half shut off.* **6.** *Sitting area, its bulwark a great-in-size, great-in-form, leather sofa of Swiss design.*

JOHN FULKER

Twenty skylights and walls in motion for more light and air









"We didn't want fixed, single-purpose rooms in the conventional sense. The living spaces are very open, yet—by pulling accordion doors and movable panels installed in the right spots—we can have almost instant privacy whenever we want it or need it. It's not just adult privacy. The children have it, too."



4



5



6

7

1. *In parents' bath, side-by-side tubs—one very deep for long, slow soaking, Japanese style; the other a conventional type for a quick dip and a bit of scrubbing. Two washbasins in twin cabinets flank the tubs, and the whole square unit is faced in white Carrara marble. Shower and toilet are in a separate tiled compartment.*

2. *Close to the tub unit is a storage block with two banks of cabinets and drawers, one his, one hers, at each end. Sandwiched between them is a closet big enough for the Wolfs' combined wardrobes. All the cabinetry is faced in white Formica.*

3. *The Wolfs at work in their study, actually a section of their bedroom, but closed off, when they want it to be (which is* now*) by accordion doors.*

4. *Doors pulled back, the skylighted bedroom in its entirety—quite a sweep of space. Bed's headboard is built into a storage wall for books, magazines, reference material. The bed itself is covered with a 1910 Kentucky quilt called Double Star of Jerusalem. "You wouldn't think it would work in a contemporary house," says Mrs. Wolf, "but look! It's as fresh as a flower."*

5. *Growing up. Each son has a bedroom of his own with a red double-decker bed with circular cutouts on each side, a ladder to climb to top bunk. Accordion doors pull to close off bedrooms from playroom.*

6. *Fun and games. Long table has adjustable legs so it can grow up with the boys. Pulled out from a pocket in wall separating bedrooms is a sliding panel—blackboard on one side, pin-up board on the other.*

7. *Boys' bath—a free-standing, self-contained tiled compartment roofed by a plastic bubble under two skylights. On outer wall, a boy-height cabinet for washbasin and drinking fountain.* *For building facts, turn to page 207.*

New ways to solve your decorating problems

Eye to eye on decorating four success stories

When you work with a designer to make a room personal or function just the way you want it to or look better and better as the years go by, you and your designer have to see eye to eye. On the following pages, a portfolio of houses and apartments designed by joint efforts: one by a decorating team; one by a husband-wife antiques collector and restorer; two by a designer for himself and a friend who hates to decorate; and here, two rooms designed twenty years apart by the same decorator for the same client. From their achievements you can learn how to apply their ideas to make your house or apartment uniquely your own.

How to be sure you get rooms that las

"If you agree that what you do has to last, you can set about it in the right way."

"The reason Michael and I have worked together so well for twenty years is because we see eye-to-eye on decorating. Michael's ideas spark myown—and that, I think, is the hallmark of a good designer. If, for instance you can go into a shop twenty times and look at the same things, and then go in with your designer and see everything differently, then you're both doing something right. A good designer is so inspired that he can look at a blank wall and give you a great idea. He can put something in a room and you may think it's wrong and move it a hundred times and finally it goes right back to where it was in the first place. The secret of a good interior designer is that he does not throw his personality into your house—but he interprets his designs for your needs and your color sense and your feelings and the way you want to live. I don't think people should go out and 'hire' a designer. You should talk to a number of people who have been recommended, to find one with whom you jell. There has to be a rapport. You should be able to feel free to discuss problems openly—even argue, without undermining the partnership. That kind of frankness between the client and designer is what makes you grow. He should also have respect for your own things—for instance, as Michael did for the furniture I bought when Tommy and I were first married and lived in London. And finally, he should know when to stop. When chairs are moved around so much that your family doesn't know where to sit, that's when to draw the line."



Nan Kempner, client

"The secret of a good interior designer is that he interprets his designs for your needs."



Michael Taylor, designer

"I knew Nan when she lived in a Francisco; we were old fr there. Now I always stop by an how things are with her in York—it's a continual exchan ideas. That's what makes a client—someone who's very

"People are fundamentally after something they can afford, something functional, that solves a need."

volved in her world and her envi ment, and if her tastes change really in the sense of exploring things. When you describe new signs or ideas that you've dis ered, a good client responds at o and so the relationship grows the years—for both partners. I learning experience. Life char and so do we. For instance, N new room was simply a room wanted to be comfortable and in, so there was no thought of modeling to any extent. We ign all the formal architecture and ply had fun with it. Anyone ca that. And I think that idea is much the mood of today, to *now* and enjoy architecture but become weighted down by it. should accept what it is, and try to make it something it isn a good designer/client relation you decide what you can afford. if you agree that what you do to last, you can set about it in right way. Both of Nan's rooms designed to last—as long as tw years. Decorating has change much. Today people are fundan tally after something they can ford, something functional, solves a need. If you plan th wisely, and do not follow a fad. will find that your rooms bec more beautiful with age."



The living room of the Kempners' apartment—the same now as it was twenty years ago. The original creamy-beige corduroy fabric on the sofas, cleaned an infinite number of times, has merely become enriched in color over the years, so the walls have been reglazed to match. The black, gold, and silver Coromandel screen was a later addition, but blends wonderfully. The floor is dark stained wood. The pillows are earthy-brown colors.

The furniture arrangement has not changed. Because Mrs. Kempner likes to entertain, the two sofas have ottomans big enough to seat people on both sides, very flexible.

The room was very avant garde twenty years ago. "Nobody," says Mrs. Kempner, "had thought of anything except those formal Louis Quinze chairs—you'd be stuck with one person all evening. Michael's seating design was revolutionary, and everyone was amazed, but I believe this room has had an influence on design ever since."



The new sitting room, just completed for the Kempners by Michael Taylor. "It was their daughter's bedroom," explains Mr. Taylor, "all blue and white. Now it's a room where Nan and her husband can sit and watch TV, play cards, or have coffee—a room to relax in." The new room lives happily in the same apartment as the one above—yet they are twenty years apart. The reason is a harmony of feeling shared by the two rooms: an Oriental touch in the screens, natural textures and colors, and a look of great comfort.

No architectural changes were made, but the scale is very new—enormous sofa, chairs, and tables. "We simply painted the walls white, stained the floor and covered it in sisal, and used inexpensive blinds for the windows." The sofa and pillows are covered in light brown leather—something else that will grow more beautiful with age.

The wonderful Japanese screens are a rusty-red color, with big white flowers. The coffee table is fossilized stone—functional, solid, and easy to clean. The fan lights are bamboo, with lacquered parchment, and the chairs are Italian wicker, like the card table.

How to find

affordable antiques now

"Two collectors tell where to look for and how to use American country furniture"



Old things. e use of other hands, marks of other lives. ey've obsessed Bert pit since before he can nember. At fourteen, he was in training to become a cabtmaker. It was inevitable, he says, that he spend his life h antiques—by preference the country masterpieces of United States, the work of unknown craftsmen whose tinct for grace combined with practicality resulted in rock- and bedsteads, tables and cabinets that are still cherished. you know where to look, Mr. Cupit says, these are still ilable, sometimes in near-mint condition, sometimes in d of a little love and a little work. He gives them both in the l Pennsylvania farmhouse he and his family have restored.

untry auctions are avorite place to start

e can always begin to collect ntry pieces in country antiques ps, but before long the urge for enture is roused. To find a "find," see something valuable where ers saw nothing—and to acquire nexpensively—becomes part of joy of collecting. It's getting der to do, says Mr. Cupit, as re people have come to recognize lity in early Americana. His faite places to look are country tions, farm and estate sales. He cks them down in small-town wspapers, he tries to get a look at pieces, either the day before the if they are being shown, or very ly on the day of the sale. He ngs his truck to carry things ay. He used to set a limit for himf when bidding, but now, "I know at something's worth," he says, ow much work it will need and at it will sell for—if I want to sell

perience is still the st guide

ars of interest and study have ven Mr. Cupit an almost-intuitive l for age. But his knowledge is mpounded of thousands of bits of ormation that could help anyone. r instance, circular saws were not d to make boards before 1850—if the bottoms of drawers show telltale curved traces of circular sawing, they're fairly recent. Machine-made nails were available after 1800—so if the nails show the four bangs with which a blacksmith finished them and the splayed edges, the rose head, the piece is likely to be old. Pine and tulip woods were the earliest used until about 1820. Look for signs of wear, says Mr. Cupit, like those on rungs of the lady's rocker on opposite page. It probably belonged to a child, as it shows worn places for both feet. The finish is paint added perhaps forty years after rocker was made, a casein-based green (probably buttermilk) that stained the wood and left a chalky surface. Cane seat is original. Together with center onion-turnings, clues date chair between 1725 and 1735.

Mr. Cupit buys furniture only "in the rough," nothing that anybody else has restored—and the more early the painting, the better. Paint protected wood so, even if the paint is in hopeless condition, the wood may be all right; and it's a guarantee of age. What he does to restore depends on the quality and condition of the piece. Sometimes he strips and refinishes—like the desk, *above right,* lost under twelve coats of paint. Sometimes, like the rocker, *above far right,* with its original ocher paint, it's just a matter of a little gentle soap and water (tested first, to make sure the paint won't wash away). The 18th-century candlebox in window, *opposite page,* fastened with rosehead nails, had to be stripped. The paint was only seventy-five years old.



Two-piece pine desk, 1850 to 1880, stripped, stains removed with oxalic acid, varnished. Painted bride's boxes on top.



Pennsylvania lady's arm rocker, very narrow, probably 1860-1870, original stenciling, freehand flowers painted on top.



Primitive Windsor chairs, about 1790, with very early pine bench table. Seat, 21 inches wide, is single board, mortised.



Country Sheraton walnut bureau with the original brass pulls, handdovetailed, 1810. Mahogany shaving mirror, 1860.



Decorated blanket chest, original paint with unicorns and tulips. Pennsylvania Dutch, around 1780 and unusually fine.



Cherry ladderback chair, about 1840, with original herringbone-patterned rush seat, onion finials. Handmade iron tools.

ppliquéd Pennsylvania Dutch quilt bed in "girls' room." Mantel is ntemporary with house (1780s). Noody knows why the fireplace is naller. *Inset above:* Room "before."

"In a restored house you can make the past your own"

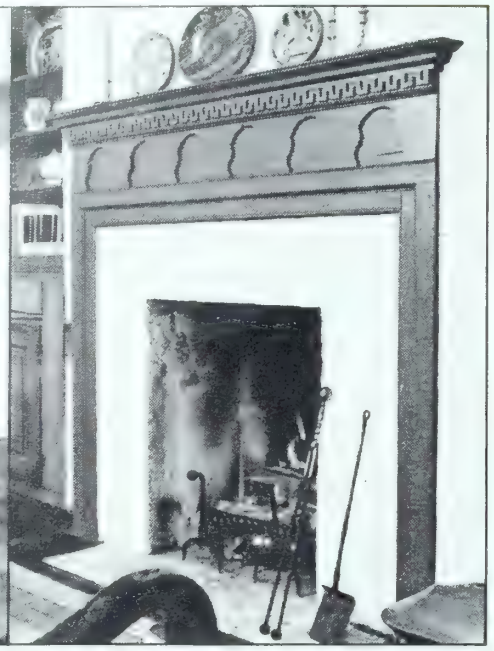




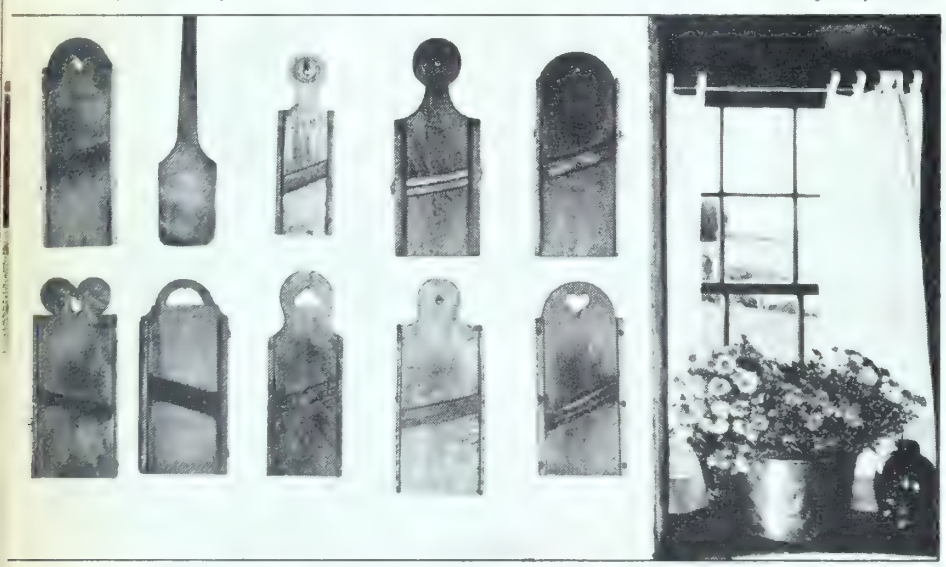
The farmhouse had stood abandoned in the middle of a field for forty years. The Cupits had spent more than thirteen years looking for it: 18th century, unrestored, in surprisingly good condition, waiting. In a forty-day blitz effort they installed plumbing and wiring, replaced rotted wood, repointed and repaired the 24-inch-thick stone walls. Son Charles reroofed. Then they moved in. "We camped, really," says Mary Louise Cupit. Bit by bit, her patient efforts restored interior to its original look, woodwork stripped, horsehair plaster repaired, handmade curtains in the windows.



saddleseat duckbill Windsor chair, c 1700s, handcarved and unique, one favorite pieces, "part of the house."



Original mantel—Jacobean-style cutouts, ogee arches with unknown woodcarver's additions. On it, early slipware.



law cutters and pie boards, all Pennsylnia, all very early, are Mr. Cupit's speal love. Not intrinsically valuable, they show evidence of the care with which they were made and painted. He collects, cleans, displays, and cherishes them.



adderback chair, handcarved, with rned rung, about 1740. Patch on back, vidence of early break, enhances value.

Chippendale country table with thumb rail below drawer, 1735 to 1775. Brass candlestick, early child's toy duck.

Elbow grease and a scraper

The worst damage was to the chestnut beams, say the Cupits. They had been repeatedly painted, and the summer beam, walnut for good luck, in the kitchen had turned a dirty gray in the smoke. Mrs. Cupit stripped them, working only with a Red Devil paint scraper, a screwdriver for the crevices, and a lot of determination. (In the process, she found a receipt dated 1845. Deeds for "Payne's Folly," built on land granted by William Penn's grandson, go back to 1766.) The kitchen woodwork full of handplane marks still had the old red pigment under a blackish paint, says Mrs. Cupit. "Once that was gone, all I had to do was steelwool it down, and put varnish on it." The living room woodwork had coats of tough lead-based paint that had to be chipped off. The mantel, *lower right, opposite,* showed evidence of old buttermilk blue paint, but she wasn't able to save it. A blue that matched that remaining on the front door replaced it. The grayish blue on the stairway woodwork was not original, but was very old. The Cupits decided to keep it, so all Mrs. Cupit did was wash it, and put sealer on to give it a glow.

Varnish and beeswax polish

The woodwork was finished the same way the Cupits refinish old pine furniture: a sealer and simple varnish. The furniture can be spray-coated in a dustless room, but woodwork must be carefully varnished by hand. To keep both woodwork and old furniture, Mrs. Cupit prefers a polish with some beeswax in it, though she will use lemon oil if that is not available.

Flax, for authentic farmhouse feeling

The original farmhouse was the center of a self-contained plantation. Grainfields and garden, hayfields and animals gave the owners almost all their needs—even woven cloth. Pennsylvania is too far north for cotton, but flax for linen was usually one of the first crops planted. So when Mrs. Cupit made the curtains in the old style, she naturally used linen. The Cupits feel very strongly that any house old enough to have a history deserves care and furnishing in terms of that history. "It brings out the best in people, too," says Mrs. Cupit. So most of their furniture is from Pennsylvania, from counties as close to their own as they can manage. Pieces come and go, until they find the one that is "right"—like the little Windsor chair, *above left,* or the blanket chest that belonged to Mr. Cupit's father, or the 7-foot-long kitchen bench table. These are part of the family. Enjoyment of that kind of tradition transcends generations. Son Charles Cupit, who will marry in the spring, is busy refinishing furniture for his own new old house.

The "boys' room"—one of three bedrooms (enough for Colonial families even though one who lived here had twelve children). Ceiling and wooden wall have original paint. Leaking roof buckled floorboards badly, but they straightened themselves, responded to scraping. On bed, a Victorian log cabin quilt.

Before, *right,* the Cupits' first fire in the kitchen fireplace. After, *below.* Original floorboards had rotted away leaving dirt floor full of gopher holes. They were replaced by brick that's weathering to fit. Fireplace, with crane, is still occasionally used for cooking. The fireplaces alone can keep whole house snug











Stairway, instead of ladder, to second story shows relative sophistication of original house. Dining room (kitchen is downstairs) with walnut Sheraton table, about 1790. In foreground, pumpkin pie rests on handhammered steel Chippendale tray, stripped of more recent paint. Plate is Pennsylvania graffito.

Dutch cabinet in living room was built in before original plaster was applied. Fireplace has faceted gooseneck andirons. On mantel, brass candlesticks hold Cupits' beeswax candles, made in old molds. On settle, a handwoven coverlet. House is oriented so all windows get sunlight, shifting as day advances.

Eye to eye on decorating: *Two working people, using elements anyone can buy,*

How to make identical furniture succeed in two different apartments



Nora Ephron is a journalist whose latest book is *Crazy Salad* and whose magazine articles and columns keep her busy until odd hours of the night, sometimes just after she's returned from odd corners of the globe. She is also a woman who likes her surroundings to be comfortable and pleasant—and a woman who hates to decorate. "I *can't* decorate," she says. "Some people may not understand the amount of work that goes into pulling a place together—but I do, and I've never been able to do it."

Lee Bailey is a designer who has taught at Tulane University and at Parsons, who (with partner Richard Huebner) owns some shops that are full of the household designs—furniture, fabrics, things—that please him. He feels so strongly about interior design that, when he decorates now, he does it only for himself: two houses, three apartments in the last few years. "It's all personal preference," he says. "Mine."

"Couldn't you just buy two of everything?" she asked him. Nora Ephron and Lee Bailey, old friends, were at a party. She was moving. She had just discovered that he was moving, too—"and every place he has ever lived, I have wanted to move into," she says. She had a budget; he had taste she admired. It seemed an interesting problem to him; it seemed an answer to her. And so he did buy two of everything. Each piece of furniture in his new apartment has its twin in hers. The result, however, (next page) is not two identical apartments, but two distinctly individual places to live that share a common design idea, and a common-sense approach to decorating.

Classic shapes in furniture will always be right

The design approach is built around a few key choices: classic materials, classic shapes in furniture; neutral colors; lots of light; close attention to function. "A classic is something that will continue to please you," says Mr. Bailey. "As fashions come and go, it remains. It often is the best solution for a design problem. For instance the Saarinen pedestal table, in my view, is the definitive pedestal table. You might just as well not bother to try to design another. He's done it. Up until the time it was done, you couldn't have made that shape, the pedestal that thin. But he took a contemporary material and designed a table to fit. So that's a classic. So is the painter's canvas that covers the sofas. It's simple and hardworking. If you stick with simple things, then you can't lose—for instance cubes, ottomans, armless sofas, and quilting. Choosing the classic, however, doesn't mean shutting out the fanciful. The helmet light in the middle of the opposite page proves that. "You need a kind of lyric form with cubes," he says.

A little color is better than a lot

"These apartments don't have much color—mostly neutrals," says Mr. Bailey. "That's a personal preference. Often if you get too much color, you can't see it—just as when there's too much noise, you block it out. If you surround yourself with neutrals and then put bits of color in, you really see it." The color here is something called Russet in a simple drum-shaped coffee table, and it is picked up by the warm salmons and browns in the batik-covered floor pillows.

Light, all you can get. Make walls and ceilings multiply it

The rooms of the two apartments are similar only in that they each have a fireplace and a lot of windows. "No curtains," says Mr. Bailey. "No window treatments, just openness." Simple louvered shutters keep out the world at night. Cities are sometimes stingy with light, so the walls are white to gather it in. Ephron's apartment had an exposed brick wall. "I don't like brick walls," she says. "They dictate all sorts of color choices. They make you go to wood whether you want to or not. So . . ." "What we did was take panels of plywood and pad them, then stretch shiny vinyl over them to cover the wall," Mr. Bailey continues. "It's hard and soft at the same time, and you get a tremendous amount of light reflecting on it."

Design the room to work, then let it alone

"The idea of moving things around is, in theory, probably a good one," says Mr. Bailey. "But once something finds its place, it tends to stay there." So does he—which is why he wants his office in his living room, his storage in stacked baskets, his room plans clear cut and functional. "If it's right to begin with, all you have to do is change the plants occasionally, and it will keep feeding you spiritually."

eate personal spaces for their own individual needs



per ottoman, no longer made double-sized, comes vo sections, each 32 inches square. Pillows are el polyester fiber. From Flair. About $250 each.



Pileo floor lamp designed by Gae Aulenti. The hood adjusts to cast light in many directions. Made in white plastic by Artemide/USA for Castelli Furniture. $236.



Cube and wall lamp are custom designed. "Mechanica lights, especially attached to walls are good," says M Bailey. "And I love cubes. The more, the better.



ows covered with batik imported from India, from ey-Huebner. Floor sizes or sofa size available, ighteen wonderful patterns and colors. $24 to $36.



Armless sofa, from the "In" group of Flair. Base is solid hardwood, comes in twelve finishes. Custom-quilted, the sofa is 84½ inches long. About $700. The fabric, a classic painter's linen, is washable Ulster Canva 86 inches wide, imported from Ireland. Other width other colors are available. Ulster Weaving. $9.50 a yar



ne baskets, covered and with handles, imported from lombia. Set of five ranges in size from 13 by 16 ches to 24 by 35. Primitive Artisans, $120 for the set.



High easy chair, designed by Paul Kjaerholm. Satin chrome-plated steel base, leather sling seat with down-filled, sausage-shaped headrest. Herman Miller. $1,145.



Drum coffee table covered with high glass [illegible] and scratch-proof finish called Coolskin. It come in diameters from 12 to 36 inches. Intrex. About $25

To find out how the elements here serve two different purposes in two workable spaces, turn the page.





Hers

A soft room where the sun always seems to shine



NEIL LONDON

"I think I made three decisions in the entire apartment," says Nora Ephron. "First, to leave the floor bare—so then *he* decided to bleach it. Now, with the vinyl wall, it looks as if the sun is shining all day and all night. Then, I picked the colors of the pillows. And I asked if he could possibly work in my glass coffee table. Which he did."

The room is multipurpose, arranged in informal areas for reading, note taking, visiting. Writing takes place in the strictly work area in the bedroom. Using ottomans and floor pillows, seven can sit for dinner.

The leather chair is a favorite in both rooms. It shattered Miss Ephron's budget, but "it was worth it for something I think is a work of art." The floor lamp, a test of compatible tastes, also pleases both.

Textures, fuzzy lap rugs and floor rugs, wicker baskets, lacquered boxes, complete the room. Banana, the cat, fits in. "There are lots of ways I could live," says Miss Ephron. "But I feel this apartment is me."



His



SUSAN WOO

TOM YEE

A no-nonsense place, office and living room in one



Lee Bailey likes to work where he lives. In his former apartment, a duplex, he found he never visited the downstairs living room—"so here I decided to put it all in one. Makes much more sense." The office end of the room has pedestal cubes for typewriter and telephone, unobtrusive storage units around the right-hand window, few distractions. **Lots of plants, light from five windows,** a huge composition in neutral colors by David Gibbs. An industrial carpet (the same thing is in Miss Ephron's workroom). All together they make a room with an air of quiet authority—and comfort. "I guess you probably express yourself unconsciously, so the room comes to resemble you," he says.

Sofas are armless to give easy access to anything on the end tables—and end tables, for Mr. Bailey, are always cubes. "The things that I use," he says, "are things I've been using for twenty years. Design is all really personal preference, but your point of view does evolve."



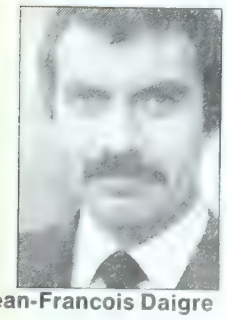


Eye to eye on decorating:

Two designers share their views on decorating and show how they brought the charm of the country to

A house with city sparkle

Unmistakably city born and bred, an 18th-century Paris house with a smashing all mirror living room keeps a quiet secret: a patch of the country in its inside pocket. Valerian S. Rybar and Jean-Francois Daigre, who recently formed the Paris firm of Rybar & Daigre, designed Mr. Daigre's house to suit his style of living. Here, they talk about how it all evolved.



Jean-Francois Daigre

RYBAR: Our first rule of decorating applies to our own houses as well as any one else's: make the ambiance reflect the way you live (Mr. Rybar's New York apartment appeared in House & Garden in October, 1972). People often make the mistake of concentrating primarily on the way things look. But looks mean nothing unless the underlying design—the attitude of the room—supports what's going on within it.

DAIGRE: I do a great deal of entertaining, for instance. All kinds of parties. Sometimes film screenings, sometimes entertainments with musical groups of singers. And, of course, small dinners and cocktail parties. So the entire first floor of the house is turned over to entertaining. Everything centers on the big mirrored living room, which always seems eager for a party.

RYBAR: The interesting thing was that the living room seemed to take shape all by itself. We began by saying 'Wouldn't it be marvelous to put in a few mirrors for sparkle?' and gradually added more and more until finally: 'Why not the whole thing?' You can never anticipate the full effect a mirror is going to create. It never lets you down.



Valerian S. Rybar

DAIGRE: It's strange, but even though the entire room is lined with mirror, you never seem to be aware of your own reflection. And I've never seen anyone primping. There's just this wonderful shimmer.

RYBAR: You can't walk into this room without feeling rather glamorous. But more than that, you feel instantly comfortable. The room is a sensuous, mysterious background for people.

RIGHT: The all-mirror living room is designed for entertaining. In front of the fireplace, an ottoman-for-eight covered with gray satin handpainted to resemble onyx, rests on a gray wolf rug. The sofa is gray suede. **Above:** The 18th-century facade, with its courtyard entrance.

HENRY CLARKE





City sparkle *continued*

To warm up a mirrored room, add gilt; it's like turning on a golden light

DAIGRE: So often an all-mirror room has a chilly atmosphere, and one would think this one would, especially as the only color is a no-color assortment of grays. But remarkably, even when there are no people in the room, it really is very warm and friendly.

RYBAR: The secret is gold. A few touches of gilt give a mirrored room a warm glow. In this room you see it in the English dolphin commode tables, the Régence gilt mirror above the mantel, and the moldings on the doors. It's like turning on a golden light.

DAIGRE: Because the entire first floor is devoted to entertaining, the second floor is devoted to private living. Everyone needs a place to be alone, to think, to read, to write, to keep his own company. Upstairs are my own bedroom, bath, sitting room, and the guest bedroom and bath. And every room faces a central patio, completely private, that we turned into a little walled garden.

RYBAR: What we really did was give the second floor the feeling of the country.

DAIGRE: The house really does have a quiet country feeling that's very rare in a city as large as Paris. Part of the reason is that the house faces not on the street, but on a small cobblestone courtyard that separates me from my nearest neighbor, a venerable old *hôtel particulier* built in the days of Louis XV.

RYBAR: The house was remodeled once in the 19th century, and then we remodeled it again about three years ago. That was when we walled in all the upstairs windows that faced the city. Now all the upstairs rooms have *only* a country view: the little private patio. And the rooms are always full of flowers.

DAIGRE: I like what flowers do for a room. They give it life and, especially in the city, make you feel as if you've brought a bit of nature inside. And they're wonderful decoration that anyone can afford. Of course I consider myself lucky to live in a city like Paris where flowers are very plentiful and not very expensive. I often go down to the flower market early in the morning and come back with both arms full. Or when I want potted plants, I take a trip to the greenhouses. And I love to arrange flowers.





HENRY CLARKE



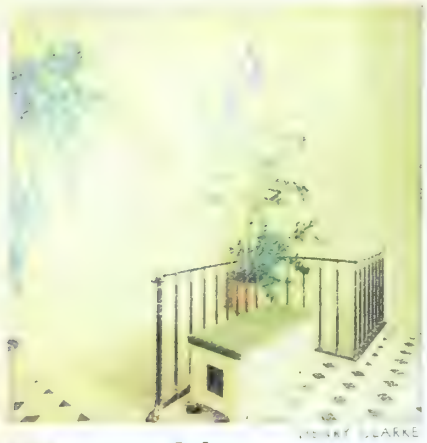
Opposite page, top: In the no-color mirrored living room, mirror-paneled walls join at curved corners rather than right angles. "It eliminates the usual mirror trickery of having the entire room reflect cubistically into infinity," says Mr. Rybar. "The suspended ceiling is lightweight plastic mirror. Everyone thinks the cornice molding is Venetian glass, but it's really chromed acrylic, made by a process we developed." Across from the fireplace, a long U-shaped banquette of gray onyx-painted satin seems to float on a polished chrome base and is attended by a trio of tables lacquered to look like gray granite. The large gray-and-gilt doors are protected by the French historical preservation bureau. **Opposite page, bottom:** Open an invisible mirrored panel beside the fireplace and you find the most technologically advanced quadraphonic music system, housed in a console designed like a computer control panel. The system's records, tapes, and radio can be commanded from any room in the house by telephones linked to a central computer. And why did Mr. Daigre feel he had to have such a complicated system? "Sheer laziness," he says. "If I turn the music on in the living room, I want to be able to turn it off at my bedside. Of course there are disadvantages to everything. I've actually had music wars with my guests." **Left:** The bar, hidden behind a mirrored panel to the right of the fireplace, is the music console's fraternal twin. Both are lined with flame-red vinyl, with base-cabinet doors of vinyl-striped steel. "A bar should be easily accessible," says Mr. Daigre, "but you shouldn't have to look at a lot of bottles and glasses all the time." **Left:**





Music system and bar are hidden behind mirrored panels—out of the way, yet at your fingertips.

The octagonal dining room changes character for every sort of party, which is just what its designers intended. Walls are covered with handmade silver paper from Japan; Mr. Rybar and Mr. Daigre designed the embroidered rug; the floor is steel. "That ebony cabinet is a very rare early 17th-century German one, encrusted with ivory and mother-of-pearl and gilt," says Mr. Rybar. "And those Italian chairs," Mr. Daigre adds, "are very comfortable—believe it or not." **Above:** The glass table without its cloth, set for a buffet. On the black lacquer table, an 18th-century silver-mounted pottery tureen filled with paté. Above it, a paper-sculpture panel by Pavlos. **Opposite page, top left:** The entrance hall, paved with "typi-

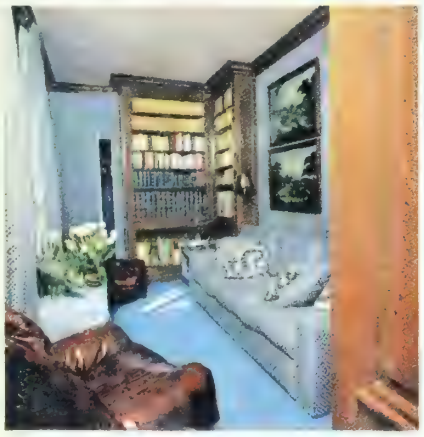


City sparkle *continued*

Right: "The guestroom is like a tent," says Mr. Rybar, "with a few comforts added." Caramel-colored curtains lined with leather draw back across mirrored doors that lead to storage areas and the adjoining bath. The ceiling is made of stretched panels of leather-bound linen, laced through gilt grommets to a brown metal substructure. The armchair and cartouche of armor once belonged to Somerset Maugham. "Guestrooms should provide every amenity the guest would normally enjoy at home," says Mr. Daigre. **Above:** Stone-paved upper-landing, with ficus benjamina trees in

For comfort and light control, guest bath has lots of mirror, a double-decker skylight; bedroom can go totally dark





baskets and a clock from the Casino Militaire, a building by the French architect Ledou. **Right:** The guest bath has two skylights, one a bubble in the dropped ceiling, another in the roof above. At night, bulbs above the bubble substitute for sun. "A bath atmosphere should be serene and relaxing," says Mr. Daigre, "with beautiful fixtures, music, fresh fragrance." The big tub is set into a travertine and mirror niche with a luminous ceiling. Beside it stand pots of gardenias for fragrance. Leather-paneled doors open to the dressing room and storage. **Above:** A slip of space was transformed into a private library-sitting room with a single blue, brown, and white fabric for the sofa, curtains, and walls. **Opposite page:** All the second-floor rooms open onto upstairs patio, "where the previous owners hung their laundry to dry." Now it is Mr. Daigre's favorite fair-weather breakfasting place. "All the walls were lined with trellises and planted with sweet climbers and four enormous white camellia trees covered with bloom three months a year. It really is like a little private patch of country





Every upstairs room opens onto a central patio that's been turned into a private walled garden.

The Ecole des Beaux-Arts Show at the Museum of Modern Art

A SHOT IN THE ARM FOR ARCHITECTURE

This exhibition of 19th-century building designs reminds us how symbol and allusion, ornament and fantasy can make a communication between man and man-made. It's stirring up exciting new thinking that is going to enrich our cities, change the surroundings in which we live.

What is the Museum of Modern Art up to, putting on a show of work done in the 19th century by members of the Beaux-Arts School of Architecture in Paris? A little over forty years ago, the Museum introduced the International Style to the U.S. in a great exhibition, which threw out all the Beaux Arts ideas and established the modern movement in architecture. Since then, modernists have given the world some glittering monuments. The CBS building and the Seagram building in New York will surely be preserved as 20th-century structures as carefully as some 19th-century monuments are being saved today. Are the tables to be turned? The Museum's Director of Architecture & Design, Arthur Drexler, who put this new show together, soundly rejects any thought of returning to the building of a century ago, Grand Central or anything like that. There is no going back. "We can't return to the grand old days," agrees architect Hugh Jacobsen, "but we don't know where we're going unless we know where we've been. It's not news that there is a reaction against the International Style. We've known about that for some time. Architecture is never bankrupt, it's an ongoing, exciting, moving thing."

The International Style, a dominant influence in the modern movement, introduced a bare bones kind of build-

By Beverly Russell



Beach house by Venturi & Rauch



Country house by Stern & Hagmann

Opposite page: Charles [illegible] preliminary project for the Farm Ghetto House, 1861, with ornamental [illegible] symbolizing the arts. *Above:* Nantucket beach house by Venturi & Rauch, 1972, shingles symbolizing a link with the fisherman's shack. Contradictory window arrangement adds richness.

A SHOT IN THE ARM FOR ARCHITECTURE

continued

propriate for our time. It represented the machine age, technology, modernity. Here was a style to "wipe out the old and put everything right." No more higgledy-piggledy cities with cramped, jostling streets, little dark alleys, impractical four-story buildings. Big, light-filled offices offered a better place to work. Apartment buildings, with modern conveniences for all, provided a better place to live. One result of this pared down minimal building, which relies basically on the intrinsic elegance o materials for ornament and a skeletal frame work clothed in glass, is that it has trappe some architects in a box. "The Internation Style," says historian Henry-Russell Hitch cock, who with architect Philip Johnson an Alfred Barr planned the revolutionary 193 Museum of Modern Art show, "became a tigh braid of restraint and discipline." The presen Beaux-Arts show, he believes, is just emphasiz ing a loosening up about ideas of modern de sign, which a lot of modern architects recognize has been going on for some time. "The Inter national Style got so terribly serious," add Stanley Tigerman, an architect noted for hi unorthodox contemporary building. "It los wit." Wit was always implicit in the Beaux Arts work—for example the sculpted wate flowing from the galleon-shaped windows of the New York Yacht Club.

The Beaux-Arts architects also believed i absolutely essential to make a façade "read" for what it was. Decorations and ornaments spelled out the function of a library or an opera house. A passerby could readily understand what the building meant in human terms It has been left to modernists outside the controlled mold of the Style to carry on signaling and establishing relationships between people and buildings. Some, like Le Corbusier and Alvar Aalto, never did narrow down their thoughts or get trapped in a box. They also never ceased to derive great contemporary ex-



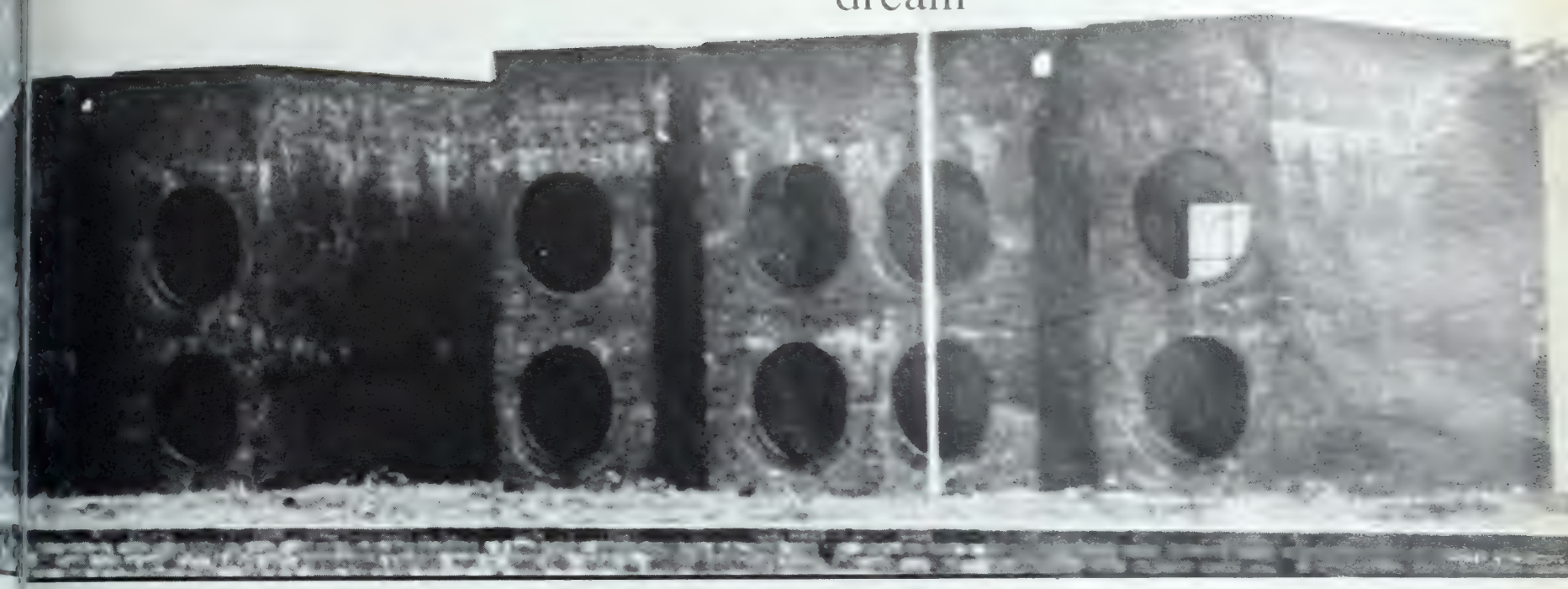
Opera House, Paris

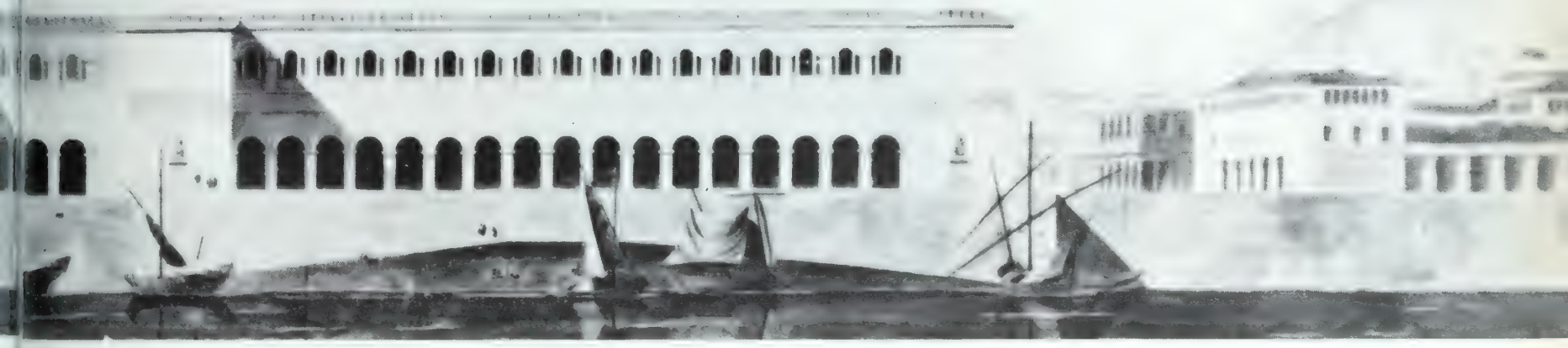


Kimbell Museum, Fort Worth

Above: **In 1797, Louis-Ambroise Dubut designed a project for public granaries, which won him a first prize in the Beaux-Arts annual competition. A monumental, utilitarian building, it employed arched openings for climate protection. In 1964, Louis Kahn developed the idea of arched openings as climate protection in his government buildings in Bangladesh. Apartments for ministers, *top right,* and the larger cylindrical structures for dining and community activities, *top left,* are in red brick masonry. All have outer walls pierced with arched openings to let in breezes and keep out sun and to some degree the monsoon. Behind these outer walls are open courts. Within the courts, the buildings proper. *Far left:* Stair hall in Charles Garnier's Paris Opera House, 1875, rich in marble, a great space with an elaborate vaulted ceiling. *Near left:* Louis Kahn's Kimbell Art Museum, Fort Worth, 1972, marble floored with a vaulted ceiling in concrete, which lets in reflected daylight.**

A visionary architecture to make us dream





pressions of vitality out of a heritage of historical design, which dates back far beyond the Beaux-Arts. This attitude of pluralism, of working with many ideas, is influencing modern architecture at the moment.

Louis Kahn, who died in 1974 and was Yale Professor of Architecture between 1952 and 1957, was a great modernist of many ideas, who never really earned the full measure of praise for his work during his life that many people feel he deserved. He was a student of the Beaux-Arts-trained architect Paul Cret, who built the Rodin Museum in Philadelphia. Kahn's buildings are complex, extraordinary structures, which go far beyond the International Style. In the dormitory at Bryn Mawr he struggled to create "rooms" in an institutional environment. In the Exeter Library, the bookcases are the walls. The Kimbell Museum, Fort Worth, has an intricately designed roof to bring soft, reflected daylight into the galleries. Kahn's protégé, Robert Venturi, an architect in Philadelphia today, author with his architect wife Denise Scott-Brown and Steven Izenour of a book called *Learning from Las Vegas,* has proceeded with anti-International Style architecture, which has not met with instant recognition. He has persisted with signage, telling what the building is about, in very explicit ways. A television aerial, for example, may be part of the design. "Modern architecture," he says, "has become a dry expression, empty, boring, and in the end irresponsible. It has impoverished itself in its rejection of appliqué ornament. By building factory-like buildings, architects have substituted a cubist industrial symbolism for romantic historical eclecticism." As we are what we build, he says, the signs and symbols of our age, even those from the honky-tonk strip development, and Main Street, can be drawn into architectural expression. "Precisely because he does use social phenomena, going always straight to the heart of the matter," adds Yale art historian Vincent Scully, "Venturi has not met with ready acceptance. His buildings have been both too new and unassuming." At all events, Venturi speaks for all pluralists by saying: "There must be complexity and contradiction in design."

Complexity and contradiction result, as it happens, in what is called in Beaux-Arts language, architecture *parlante.* That is architecture that says something to the occupant inside and the observer outside, building that tries to set up a rapport between man and man-made. "It is this conversation between people and buildings and buildings to one another that creates some of the greatest streets in the world," notes Vincent Scully. The elegant glass skyscrapers in our cities today do not talk to us in a very friendly manner. We can admire a single building of quality in isolation, and appreciate the sheer excitement it conveys. "But when it is repeated in a series of towers along one street," admits Paul Rudolph, Yale's Chairman of Architecture from 1958 to 1965, "this does not make for a landscape as interesting as one with a complexity of façades." This applies particularly when the skyscrapers are cost-conscious, watered-down versions of Style that in themselves tend to lack style.

Out of all this thought, one thing is certain: there will be more variety in our surroundings. The liberation of modern design is already producing some fascinating buildings. In both public and private situations we see more color and decorations on façades. White is modern is no longer necessarily the rule. The glass package isn't the only form. The sympathetic siting of buildings, together with landscaping of outdoor space, is a major concern now (as *la marche,* or the approach, was to the Beaux-Arts designers). In the hands of the pluralist architects, the organization of interior spaces follows the sculptural flowing lines associated with Le Corbusier and Aalto, more than the geometric plans of Mies van der Rohe. "The open plan 'box' actually makes for a rigid arrangement of furniture in a room," points out Robert Stern, Professor of Architecture at Columbia University. "The niche, the alcove, the room within a room, the wall that curves, the ceiling that changes height, allow for more freedom, more comfort and warmth."

Each in his own way is going to find individual solutions to human needs within the framework of modern architecture. In the last analysis, says Hugh Jacobsen: "There are no rules. There is only the thing that works." ■

Fabrics - quick and

t's the best decorating news this year: well-designed furniture, ready-made curtains, and fabrics to buy by the yard and put together yourself. The result: sensational rooms at sane prices.

Marvelous new designs you can afford



Angelo Donghia

Good design shouldn't be a function of price," says Angelo Donghia, who has designed an entire line of upholstery and curtain fabrics—sheets, too—for J. P. Stevens. He also designed these rooms, which are at Celanese House. "To me, the American Dream is being able to have better things today than yesterday. And I don't think you should be extravagant to get them."

There are two lines of fabrics in tones of terra cotta and blue. One is in drapery weight and available in stores across the country. The other is designed for upholstery. All are made of Celanese fibers. "Today's look is a relaxed look, so all the fabrics have a certain informality that encourages comfort. The furniture is just as relaxed—with big pillows everywhere and not a hard edge in sight."

In the living room, *right,* "the banquettes are made of individual seating sections that come apart; the Islamic-looking slipper chairs are light and movable. The whole room is subject to change."

Below: The fabrics that work the magic: the blues—"Versailles" (Lanese and cotton); "Leopard" (Fortrel and cotton); "Ultra-Stripe" sheet (Fortrel and cotton); terra cottas—"Paisley" (Fortrel and cotton); "Versailles" again; "Chevron" (Fortrel and cotton).





easy color





HORST

The living room, left, is a comfortable collage of soft terra cottas arranged between a ceiling and floor of House & Garden Creamy Apricot. "A room is like a six-sided box," says Mr. Donghia. "The apricot ceiling gives it a lid." The Celanese nylon rug is made of carpeting by Trend—and you can make one yourself: "Get a rectangle of carpeting, have the man cut borders, and join them with heavy-duty carpet tape." Painting by Cleve Gray from Betty Parsons Gallery. Banquettes by Kroehler; Hibriten chairs; Thayer-Coggin tables. Pillows and door curtains of "Bakuba Natural," Fortrel and cotton.

In the bedroom, above, walls are covered with "Leopard," a watery-batiky looking print seamed together and stapled directly to the walls (edges are covered with welting). The same fabric is quilted on the bed. On chair, blue-and-white version of living room chairs. From a faux canopy suspended from ceiling, muslin-jacquard bed curtains break on the floor: "a luxurious look anyone can afford." Painting by Lancaster from Betty Parsons Gallery.

Details that count

- ***Give chairs a shirred hem***
  Add about 2½-inches at each end of upholstery cloth. Lay cloth over chair seat and work from front. Gather material into pleats and tack reasonably securely with carpet tacks. Spiral or gently twist fabric as it is drawn over chair seat and down both sides. Attach welting and smooth cloth into seat groove. Chair seat now has a one-piece, cushiony throw-like cover.
- ***How to make Turkish corners***
  For 18-inch-square pillows cut two 23-inch-square pieces of fabric. With right sides together, draw a diagonal pencil line beginning 3½-inches from each corner. Baste diagonal, pull string and shirr.





Top: The bathroom was an
nary space made extraordi
with sheets: "It's total decora
with fabric," says Mr. Dong
whose sheets, also availabl
brown and white, have a
suedy look and feel. To n
your own towels match, sew
bias borders of sheet fabric
over, with luck, from the walls

Above: A tiny breakfast room
fied and made intimate
"Paisley," shirred on rods o
four walls. The best rods: na
metal shafts with screw-on
end-pie
hardware stores. For shopping
for

New sheets that decorate a whole room in a snap



Armi Ratia

Marimekko is at it again. The lighthearted company that gave us innocent (and revolutionary) little dresses in big exuberant prints now has a brand-new line of sheets—but with a few surprises: newly designed pillowcases whose open ends fold like envelopes (more presentable in the living room than flapping fabric) and something called a "puff," a big down-or-polyester-filled comforter covered with an envelope of sheeting fabric. It could do away with topsheets and blankets forever. All available at Design Research International.

Armi Ratia, *above,* originated the whole Marimekko movement because she felt that "Finland needed brightness." The rest of the world thought it could use a bit of brightening up too, and so the merriment of Marimekko caught on everywhere. The new line of sheets and puffs is to be had in three patterns: a swirly floral, a stripe, and an all-over pattern of tiny flowers. The colors are news, too: acorn brown, pebble greige, sky blue, a bright red-orange called poppy, and sun.

Used together, they can create an all-day, all-night ambiance that's simple, cheerful, and always fresh. Case in point is the tall, airy one-room studio of composer Peter Link, who opted to move from a cluttery duplex to a more simplified apartment where he could live, work, and entertain all under one skylit ceiling. Architect Lee Pomeroy built in all the closets and storage cupboards that keep everything Mr. Link owns, including his extensive sound equipment system, out of sight.

There are three main pieces of furniture: the composer's Yamama piano; a harvest-like table for working, writing, and dining; and a big bed-on-a-platform to sleep in at night and, with a clever twirl of the puff, to use as twin sofas by day. (For shopping information, please turn to page 132.)





Marimekko sheet swatches; from left: "Kukka" (which means little flowers), in poppy; "Lato" (barn siding) in pebble; "Onni" (happy), the large floral, also in pebble. All in no-





Tips for working with sheets

- ***Double the life of double-duty fabrics***
  New or freshly cleaned sheets and fabrics get a generous helping of *protection from dirt, grease, and moisture with a spray application of Scotchgard fabric protector.* It's especially good for fabrics used as wall treatments. A damp cloth wrapped around a long-handled sponge-mop cleans large expanses. Always test a small area first for color fastness—otherwise spray in large arcs in a well-ventilated room. It's available at notions counters. By 3M. *Watch for "collections" of sheets that let you work in *several different patterns within essentially the same color scheme.* Take three different patterns, cut diagonal strips, sew together for a new and unusual covering for slipcovers, pillows, paneled curtains, whatever.
- ***Use up every scrap***
  Small pieces of cloth even 6 inches square make lovely linings for open baskets or woven boxes. Or make napkins with one foot-square pattern on one side, another pattern or solid on the other.



By day, the bed is a bright poppy-covered lounge with the down-filled puff rolled up to form a bolster for poppy pillows. Other pillows tossed on the floor stand in for chairs. At bedtime, a fitted floral sheet in pebble is slipped right over the daytime cover, and the puff is unfurled to become top-sheet and blanket. The puff-cover buttons on securely with an envelope flap, and is removable for washing. For those who prefer the traditional arrangement, top sheets are available.

Family fun and 70 good things t

How one family gardens "for the fresh taste, beaut and satisfaction of it, family fun and exercise, perhap even the homesteading spirit"- and each year puts u more than 1000 jars and frozen packs for sharing.



Bill MacDowell tills, seeds, mows grass. Cuttings serve as garden mulch.



Jane helps harvest, tends flowers. He aids in kitchen "but she has the skills."



Doug, fourteen, an all-around outdoor man, works 19th-century cider press.

Three years ago this family plowed a field "tufted with grass and hard as concrete." To improve the tilth, each spring they add compost, in summer a thick mulch—"the secret of easier gardening"—and in winter, manure from a neighbor's barn. Everyone gardens. The children get occasional wages.



Anne, nineteen, helps on college vacations. Here, pressed apples go to compost heap.



Ned, seven, "spots the firsts" and cares for cat and dog that chase off varmints.

In spring when bees are busy among apple blossoms, the William D. MacDowells are sowing peas and lettuce, checking their perennial asparagus, raspberries, rhubarb, and strawberries, and taking the last of the plump leeks from last year's planting. As the soil warms, they continue to seed—as late as August 15 for a garden that repeats the cool-weather spring crops, *see plan opposite page.*

Just when baskets, jars, and jugs are needed again for the first harvest, the MacDowells use up the last of the previous year's abundance, not only food stored in the pantry and freezer, but winter squash in the cool basement, chili peppers dry in the garage. They could live almost entirely off the land.

Jane is famous among their friends for mint jelly she makes even in winter. She chops and freezes the mint she grows with other herbs near the house and makes jelly when she has time. In summer she keeps up with their cornucopia of a garden with the help of a hand-cranked snap-bean frencher, an apple peeler and corer, a cherry pitter, an electric Dazey Seal-a-meal II that seals plastic bags for freezing and boiling. Some of her specialties are mixed-berry jellies, bread-and-butter pickles, chili sauce, peach toppings, frozen applesauce, vegetable juices—tomato and mixed juices the family calls "V5 to V9," often containing carrots, onions, parsley. Little is wasted. Leeks, for instance, are braised as a vegetable, marinated as a salad, or made into soup; even the green tops are minced and frozen like chives to serve with sour cream on baked potatoes.

Near the garden was a neglected old orchard they revived by hard pruning. They also replanted fifteen trees and planted an orchard of dwarf trees. "We hate the thought of spraying," Bill says, "but can't seem to get good apples or any cherries unless we do. I'd like to know a better way. In the organic vegetable garden, for instance, if a borer attacks a zucchini plant, I just take a paring knife and make a slit, going *with,* not against, the vascular system, lift out, and squish. Then I cover the stem with dirt, and it heals."

The big garden is a patch-



Vegetables edged by flowers (see them in color on page 6 on plan), in six manageable-sized plots on land 100-by-125

by broad grass paths and framed by half-buried telephone poles, mitered at the corners with a chain-saw. "Neatly," says Jane, "because Bill's a perfectionist." Borders of First Lady and Nugget marigolds, "which we plant for their ornamental value though we know a toxin in their roots kills nematodes," are in bright bloom from late June to frost. In this northern garden, near Fordhook Farms, Doylestown, Penn., a hundred heads of lettuce thrive under a plastic row cover well into December. Bill MacDowell is president of the W. Atlee Burpee Company, but he studies the catalogue in winter just like everybody else and buys seeds his family likes best. He is also chairman of the Philadelphia Flower and Garden Show March 7-14. More see page 66.

PICK-OF-THE-CROP FAMILY FAVORITES

BEANS: Burpee's Brittle
Goldcrop Wax, Burpee's
Tenderpod, Roma, Fordh
BEETS: Burpee's Golden
Green Leaf, Burpee's Red
Ball, Detroit Dark Red.
CORN: Golden Cross Bar
Early Sunglow, Illini Xtra-
Sweet, Silver Queen, Cou
Gentleman, Rainbow.
CUCUMBERS: Burpee H
Burpee's M&M, Burpless
LETTUCE: Burpee Bibb,
Ice, Black-Seeded Simps
Oak Leaf, Romaine.
PEAS: Burpeeana Early.
PEPPERS: Burpee's Tast
brid, Sweet Banana, Long
Cayenne.
SQUASH: Early Golden S
mer Crookneck, Burpee
en and Burpee Hybrid Zu
chini, Early Prolific Strai
neck, Patti Pan, Blue
Hubbard, Acorn Table Kin
Butternut.
TOMATOES: Burpee's Pix
Big Early Hybrid, VF, Big
Big Girl, Jubilee.

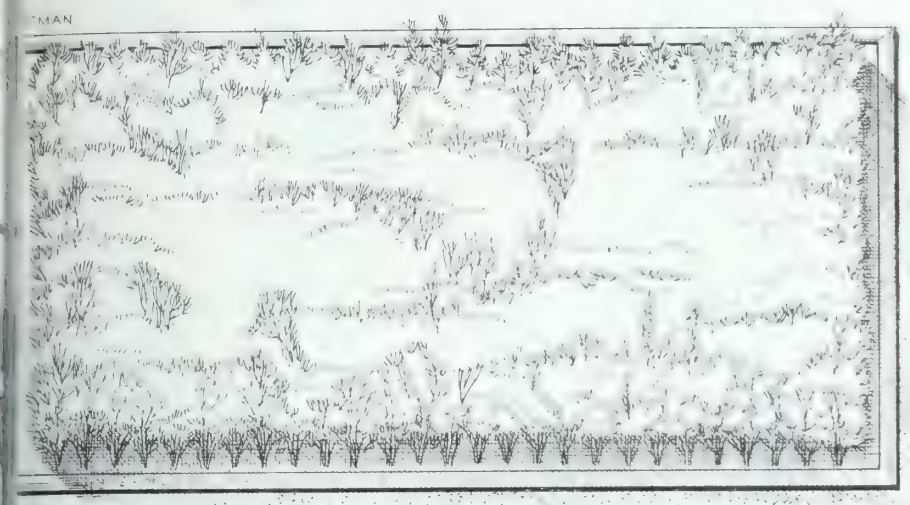


Gleaming preserves, pickles, jams, juice, and sauces from garden and kitchen, plus fruit from their orchard—the MacDowells give away more than they use for themselves.

Bees from six mova frame hives pollinate den and orchard, provide pounds of honey ye even wax for candles. MacDowell learned keeping from his father, taught his children. "E are essential to nature.'

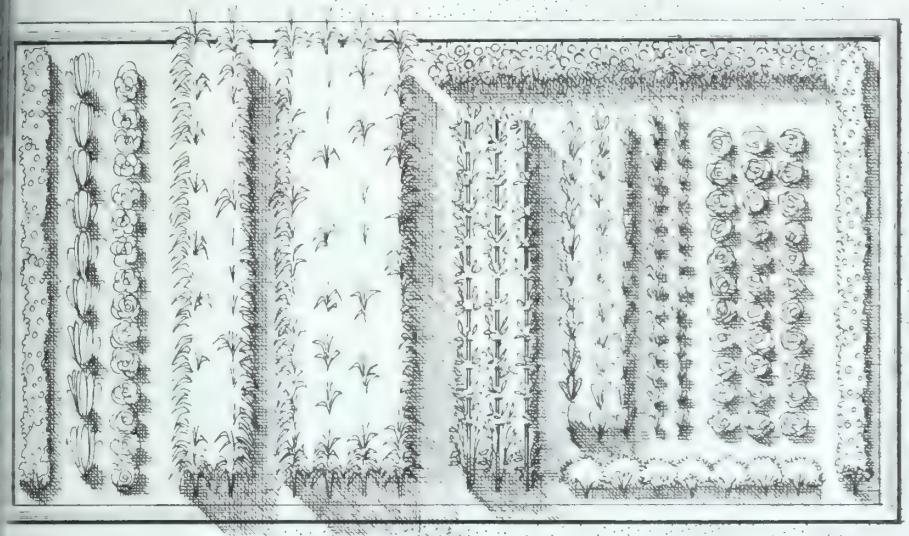


at from $35 worth of seeds

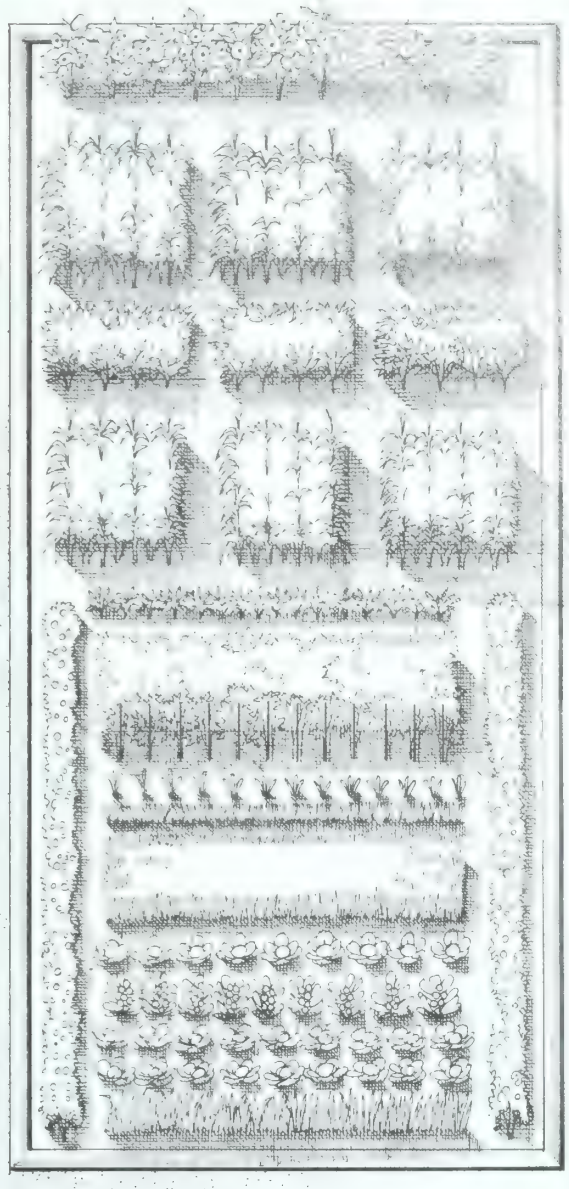


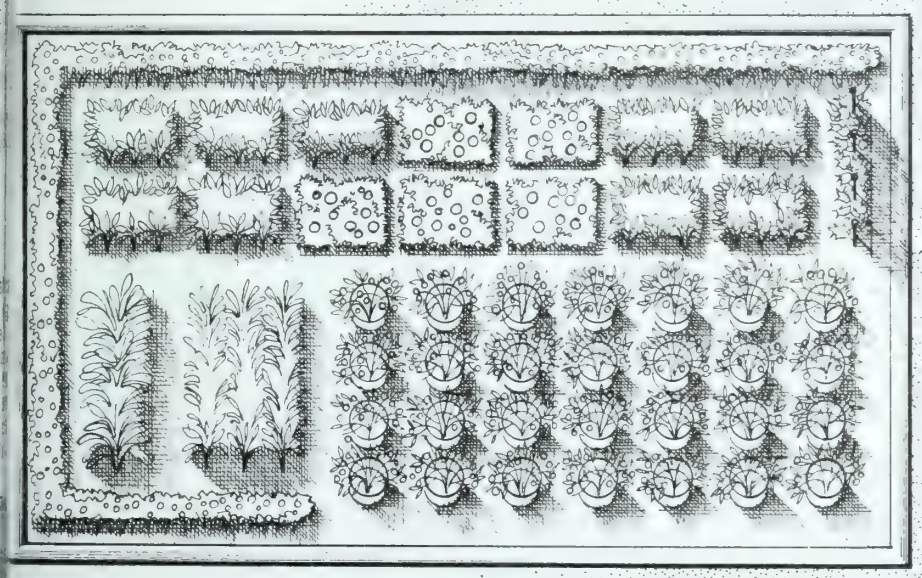
Asparagus

Sunflowers
Corn
Squash
Corn
Okra
Beans
Leeks
Onions
Cauliflower
Brussels Sprouts
Cabbage
Leeks
Marigolds



Left to right:
Marigolds
Romaine
Lettuce
Corn
Corn
Tomatoes
Kohlrabi
Turnips
Beets
Lettuce
Zinnias
Parsley
Marigolds



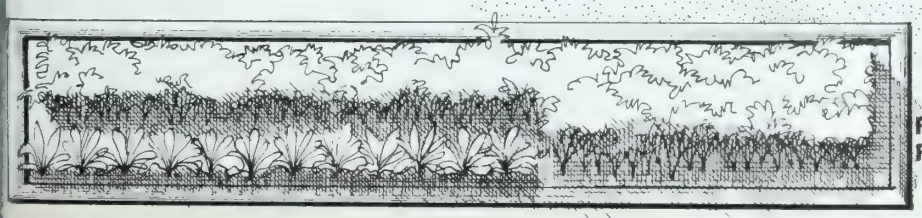


Left to right:
Marigolds
Squash
Cantaloupe
Squash
Cucumbers
Eggplant
Peppers
Tomatoes
in cages



Marigolds
Peas
Beans
Cauliflower
Broccoli
Beets
Chard
Carrots
Beets

Strawberries



Raspberries
Rhubarb

"This garden is blessed," the MacDowells say. "We don't spray for bugs. We have rabbits, even deer. But there is always plenty for all."



Nationwide the percentage of carbon monoxide emission from motors exceeding the EPA standard has dropped by 50 percent

Clean air at home continued from page 79

dioxide there has been an average 25 percent decrease in atmospheric levels since 1970, largely in metropolitan areas. (2) 184 Air Quality Control Regions reported levels better than prescribed standards. (3) About 15,600 or 78 percent of the major stationary sources of air corruption—power plants, factories—met emission limits or abatement schedules. (4) There has been a decrease of 15 percent in the dispersement of particulate matter—dust, soot, smoke—as well. (5) Nationwide the percentage of carbon monoxide emission from motors exceeding the EPA standard has dropped by 50 percent.

Less satisfying are proposed new amendments to the Clean Air Act with which Congress will deal before 1976. Several of them promise improvements in the law and others would weaken it seriously in the opinion of antipollution organizations. One recommends a five-year freeze on meeting the statutory standards for automobile emissions. A second outlines a policy to guard against deterioration in the clean air quality of areas such as National Parks and Wilderness regions but to permit changed standards in two other classifications of land. A third industry proposal would permit power plants, smelters, and factories to employ "intermittent" controls—to close plants for periods when heavy pollution occurs because of bad weather but have the authority to erect very tall smoke stacks to disperse pollutants to other distant locations on average days. These steps would be in lieu of installing antipollution equipment. Several of these proposed amendments do not seem to appreciate the fact that controlling air pollution can cost less than the damage it creates—damage threatening man, animal life, and the natural environment.

The growing demand for clean air

It is encouraging to learn how much widespread popular support the antipollution movement has gained. Today when the need for economy in government, and energy conservation by everyone, are sometimes used as reasons to eliminate or postpone air cleaning measures, endorsement of clean air activities is mushrooming. In a recent speech, Mr. Train quoted the following excerpts from an Opinion Research survey of people's attitudes on the subject: "Nine out of ten persons believe that if we don't start cleaning up the environment now, it will cost us more money in the long run." "Given a choice, six people in ten believe it is more important to pay costs involved in protecting the environment than to keep prices and taxes down and run the risk of more pollution." "Nine out of ten say we are paying now for corruption of the air we have caused over many years." And a 64 percent majority believe it likely that the United States will run out of clean air within fifty years.

In addition to the EPA, which directs all environmental activities of the government at the federal level (and has ten regional offices, four research laboratories) there are numerous state and private agencies aggressively pursuing the goal of clean air. One of them, the Clean Air Campaign, Inc. in New York City began a grass roots drive organized by neighbors in the w side of the city. On their own t tracked down air pollution fi oil burner and incinerator ch neys and instigated over 100 f mal complaints to the New Y City EPA office. The results w proof of what can be done by in viduals working together. Th persuaded the superintendents the offending buildings to take course on proper operation of b ers and incinerators and the le of soot pollution declined 36 p cent in the area. This compares a decline of only 18 percent in New York. The New York C EPA office could report, howev that in 1975 nearly 70 percent all major installations emitting 1 tons of pollution a year are now compliance or scheduled to co ply with EPA standards.

Air pollution indoors

Air pollution is not a word we likely to associate with the inter of our houses. We've inclined to sociate such contamination sol with the outdoor surrounding Just as the exterior can be assail

Continued on page 1



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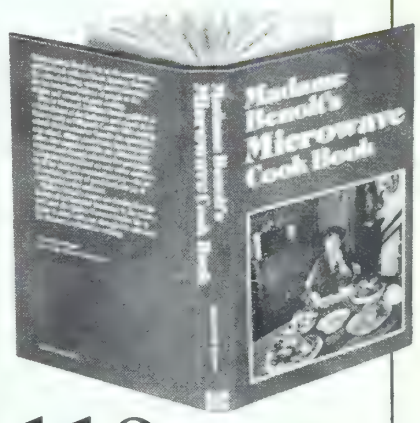
WINE AND FOOD

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Nature
in a glass





124. Discovering
all-American wines



119.
New ways with
microwaves

122.
The 4-egg dessert
sensation





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New ways with microwaves

Flower-drying, prune-pitting, and other surprising new things that a micro wave oven will do

EDITOR'S NOTE: *Jehane Benoit, who teaches, lectures, and writes about microwave cooking, has cooked up some great new recipes and other surprises for the microwave oven. Here are some of the ideas from her new book,* Madame Benoit's Microwave Cook Book *(McGraw-Hill).*

■ **Softening butter.** Place stick of cold butter on serving plate. Heat 5 seconds. Let stand 15 seconds. If necessary, repeat until butter has reached the softness required.

■ **Pancakes and waffles.** Although best cooked conventionally, they are ideal to keep in the refrigerator or freezer, and reheated in the microwave oven. Place on a serving plate one at a time, or stack several, then heat, uncovered, until center of bottom pancake is hot. Waffles reheat more quickly than pancakes. If taken from refrigerator:

2 pancakes will take 35 seconds

2 waffles will take 25 seconds

If taken from freezer:

2 pancakes will take 45 seconds

2 waffles will take 35 seconds

■ **Heating corn syrup, maple syrup, or liquid honey.** Remove metal cap from bottle, heat, uncovered, 30 to 45 seconds for a 13-ounce bottle or until bubbles appear. A pitcher can also be used.

■ **To soften or pit prunes.** Place prunes in a glass bowl or jar, barely cover with leftover tea or coffee or part water, part orange juice. If you wish, add 1 star anise or 1 stick cinnamon or 2 cloves or the grated rind of an orange or lemon. Heat, uncovered, 8 minutes. Let stand 10 minutes. Warm pitted prunes to serve over your hot cereal. The prunes will keep 4 to 5 weeks in the refrigerator, covered in their liquid.

■ **To rehydrate apricots.** To make jam or cake filling, we often have to soak these for a few hours. With the microwave oven, simply put the needed quantity of apricots in a bowl with just enough water or other liquid of your choice to barely cover them. Heat 6 minutes let stand 3 to 5 minutes. Try these for speed: *A golden mousse.* Soften the apricots with orange juice. Pour into a blender. Blend to a purée. Beat 2 egg whites, and fold them into purée. *Make a tasty cake filling* by softening the apricots with cream. Blend with a small spoonful of butter. Cool and use. *Make a creamy cake topping* by proceeding as for the Cake Filling and refrigerate overnight, or place 1 hour in freezer. Fold in whipped cream to taste.

■ **To soften raisins.** Pour a little water over raisins. Heat uncovered 3 minutes. Let stand 2 minutes.

■ **To make Madeira raisins** to serve with curry. Proceed as above, pouring ¼ cup of dry or sweet Madeira instead of water over 1 cup Muscatel raisins. Heat 3 minutes, let stand 2 minutes. Serve hot or cold but do not drain.

■ **Caramel topping.** Unwrap 20 to 25 caramels, or chocolate caramels, place in bowl with 3 tablespoons cream or 3 tablespoons water or 3 tablespoons rum. Heat, uncovered, 3 minutes or until melted, stirring twice. Serve hot or cold.

■ **Melting chocolate.** Melt the 1-ounce squares of unsweetened or semi-sweet chocolate in their waxed paper wrappers, seam side up, on a plate 1½ to 2 minutes. Scrape chocolate from the paper using a rubber spatula.

■ **Frosting on the cake.** Simply refrigerate the excess frosting, covered, until needed. Then soften, uncovered, to spreading consistency, for 15 to 20 seconds per cup.

■ **Toasted almonds.** To toast 1 cup of blanched whole, slivered, or halved almonds or other types of nuts, spread them on a paper plate or a glass pie plate. Heat 2 to 3 minutes, stirring every minute so they will brown evenly. Let stand 2 minutes as they continue browning. Stir again. Keep a cup or two in a covered glass jar, handy to sprinkle on fish, vegetables, or desserts.

■ **Crunchy topping.** Delicious topping that will keep for 7 to 8 weeks in a covered plastic box. Use on puddings, ice cream, cakes, pies, or cereal or just munch away. Melt 1 cup margarine in an 8-by-8-inch baking dish. Stir in thoroughly, 1½ cups brown sugar, 2 cups quick oatmeal, 1 cup coconut, 1 cup whole grape nuts, ½ to 1 cup chopped walnuts, ½ teaspoon cinnamon and ½ teaspoon ground cardamom (optional). When well mixed, cook covered, 5 minutes, stirring every minute. Cool and store the topping in the refrigerator.

■ **To clarify honey turned to sugar.** Remove metal cap from jar, heat 1 minute. Check after 30 seconds as time will vary depending on quantity of honey. Remove from oven as soon as liquefied.

To dry herbs and flowers

For all fresh herbs such as tarragon, basil, marjoram, savory, sage, thyme, or mint, separate the leaves from the stem. Spread the leaves on a sheet of plastic wrap set on a sheet of cardboard. Cover the leaves with another sheet of paper and place in oven. Heat 20 seconds. Test by just touching the leaves to see if they are dried. They may take another 10 seconds, beware of overdoing heating. Let stand 10 minutes. By now they should be ready to put in a jar. If not yet dried to your taste, heat another few seconds in oven. *Continued on page 127*

■ **Leftover tea or coffee.** Don't throw away any leftover tea or coffee. Pour extra in a glass jar and cover and refrigerate. You can pour hot tea or coffee into one-day-old tea or coffee. To reheat, place needed quantity in a mug until it reaches 175° on a thermometer.

■ **Barbecuing chicken.** If there are several chickens to do, partially precook them in the microwave oven in the morning then finish the cooking on charcoal—the advantage is not only saving time, but also not getting the outside too brown before the inside is done. A fryer or broiler cut in halves can be microwave oven cooked, uncovered, 10 to 12 minutes. Dip in a mixture of melted butter, lemon rind and juice as they are taken out of the oven. Leave them in the refrigerator until ready to use. The chickens will take from 10 to 20 minutes to broil on charcoal, to a golden color.

■ **Leftover catsup:** Turn into a sauce. Remove metal cap from bottle, add a spoonful or two of leftover red wine, cream, orange juice, or Madeira, and a square of butter. Heat 3 to 4 minutes in oven. Cover bottle, shake well until catsup no longer sticks to bottom of bottle. Pour into hot sauceboat or add to a brown sauce or spaghetti sauce or spaghetti sauce or serve over rice.

■ **Leftover cooked meat.** Meats such as beef, ham, corned beef, or veal can easily be heated in sandwiches. Just pile several thin slices of meat in a buttered bun and cook on paper napkin until filling is hot: 1 sandwich takes approximately 30 seconds, 2 take 45 seconds. Be very careful not to overcook. If preferred, you can toast the bun before filling it with meat to give it a slightly better flavor and texture.

■ **Garlic butter.** Melt 1 cup butter or margarine with 3 cloves garlic, peeled and split in two. Let stand 18 minutes, remove garlic. Pour butter in glass jar. Cover, refrigerate. It will keep for months.

■ **White sauce.** White sauce is so easy to reheat in the microwave oven that a supply in reserve in the refrigerator is most handy. It will keep 4 to 5 weeks. Reheating will take from 30 seconds to 2 minutes, depending on quantity. Stir often. The sauce is ready to use when it begins to bubble.

■ **Warming baby bottles.** Fill a bottle or plastic nurser with milk. Invert nipple and screw cap on loosely. Heat, 45 sec-

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Nature in a glass

The Golden Door spa's revitalizing, new, one-day, liquid diet is a breeze to make and delicious to taste. It consists of six glasses of freshly liquefied fruits, vegetables, and nuts to be sipped at regular intervals throughout the day—total calories: 579.

What a difference a day makes when you go on The Golden Door spa's new 24-hour liquid diet. Follow it on Monday and lose that pound or two put on after a festive weekend; try it any day to launch a new low-calorie regime. Deborah Mazzanti, who devised the diet for her guests at The Golden Door in Escondido, Cal., says, "It clears the system and gives you an immediate psychological lift and an awareness of feeling change in your body." Guests often use it to kick off a diet week, and repeat it when they're in the midweek doldrums. You can prepare the diet at home. All you need are fresh fruits, vegetables, and nuts and a blender to whirl them up in. You start with a breakfast glass of freshly squeezed grapefruit juice, and sip a different drink every 2½ hours to keep blood sugar up and to give an energy boost. So you don't feel "chew hungry," serve the drinks with a little pot of sunflower seeds and 3 or 4 pine nuts, to be nibbled slowly one by one. Drinks can be whipped up in a jiffy and should be served in 6-ounce glasses and sipped with a demitasse spoon. The two almond milks, which supply alkaline protein and amino acids, can be made at the same time and the second serving stored in the refrigerator. We advise you to ask your doctor before you embark on this or any reducing diet plan.

BARRY MCKINL



8 a.m.

grapefruit juice

4 ounces freshly squeezed juice, unsweetened mixed with 2 ounces water

Calories 48

10:30 a.m.

almond milk

12 whole almonds (or ½ ounce), blanched; ⅓ medium-sized, ripe banana; ¾ cup water; 4 ice cubes; dash vanilla and nutmeg. Combine all ingredients and liquefy in blender. Serve 6 ounces ice cold, over ice. Makes 2 servings.

Calories 62

1 p.m.

gazpacho

1 medium tomato, peeled and diced; ¼ large cucumber, peeled and chopped; ¼ large green pepper, seeded; 1 slice onion; 2 sprigs parsley. Combine all ingredients and liquefy in blender. Makes 6 ounces or more.

Calories 50

3:30 p.m.

pineapple-cucumber juice

3 ounces cucumber, peeled; 1 ounce fresh pineapple; 2 sprigs parsley; 2 ounces apple juice. Combine all ingredients and liquefy in blender. Makes 6 ounces.

Calories 52

6 p.m.

almond milk

See above recipe. The yield is sufficient for both servings of almond milk

Calories 62

**⅓ ounce raw sunflower seeds mixed with 3 or 4 raw pine nuts is served with each of 4 drinks*

Calories 59

8:30 p.m.

carrot-apple juice

2 ounces apple juice; 2 ounces carrot juice; ⅓ apple, peeled. Combine all ingredients and liquefy in blender. Makes 6 ounces.

Calories 69

Calorie total for the day 579

DAVID MASSEY

8 a.m. grapefruit juice

10:30 a.m. almond milk

1 p.m. w

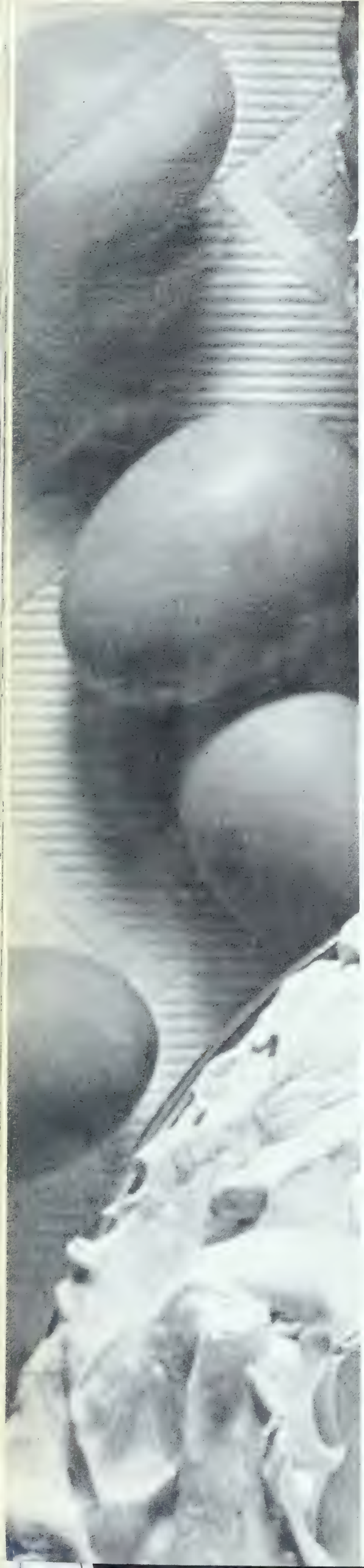
3:30 p.m. pineapple-cucumber juice

8:30 p.m. carrot-apple juice

A day's diet of six drin



6 p.m. almond milk



The 4-egg

Just four eggs, plus cream, sugar, and flavorings make a whole list of lov[ely] dessert tarts for eight to ten people. Joe Famularo, below, a great natu[ral] cook (he's working on his first cookbook), invented them. He varies t[he] flavoring of the cream filling. His favorite is flavored with Mirabelle liqueu[r], other great ones include orange, raspberry, chocolate, rum raisin, a[nd] almond. The meringue crust can be made early on the morning of t[he] party. The cream filling must be refrigerated in the shell at least 3 hours. The finished tart will keep in the refrigerator for 3 or 4 days uncovered, but the meringue might become a little tacky. The whole pie can be frozen, but is best eaten the day it is made.



How to make meringue shell



MERINGUE SHELL

Ingredients
4 egg whites
pinch cream of tartar
pinch salt
¼ teaspoon vanilla
¾ cup sugar
vegetable oil

Beat the egg whites in a bowl until frothy. Add cream of tartar, beat again. Add salt and vanilla and beat at medium-high speed while adding sugar ½ teaspoon at a time until the whites form shiny firm peaks, about 5 minutes in heavy-duty mixer.

Oil bottom, sides, and rim of a 10-inch glass pie plate. Mound meringue in the pie plate and, with a rubber spatula, sweep it to outer edge to a thickness about 1½ inches above the rim. Bake at 200° for at least 2 hours on middle shelf of oven. Cool on wire rack.



Cream filling and variations

MIRABELLE CREAM

Ingredients
4 egg yolks
½ cup sugar
1 tablespoon strained lemon juice
3 tablespoons Mirabelle liqueur
1 cup heavy cream, whipped
toasted, sliced almonds for garnish

Combine egg yolks, sugar in top of double boiler, blending with a small wire whisk. Cook and whisk about 10 minutes over moderate heat until yolks thicken to a smooth, thick mayonnaise-like consistency. Insufficiently thickened filling will not solidify. Eggs must be cooked very slowly or they will begin to scramble. If you think the eggs are cooking too quickly, lower heat or lift the top pan.

Remove from heat, add lemon juice, stir in Mirabelle. Mix well, cool. Beat cream to peak stage, fold in egg mixture until uniform in color. Pour into meringue shell and refrigerate at least 3 hours. Garnish with slivered toasted almonds.

Creme de Menthe Cream. Substitute 3 tablespoons crème de menthe for the Mirabelle. Add 1 drop of green food coloring after the lemon juice. Add a sprig of fresh mint to the center of the pie before serving.



dessert sensation

Raspberry Cream. Substitute 3 tablespoons framboise liqueur for the Mirabelle and add a drop of red food coloring after the lemon juice for a pink blush. Trim with raspberries.

Orange Cream. Substitute 3 tablespoons Grand Marnier or Cointreau for the Mirabelle. Add 2 drops each of red and yellow food coloring for a pale orange tint. Garnish with orange slices.

Almond Cream. Substitute 1 tablespoon of almond extract for the Mirabelle. Garnish with toasted almond slivers.

Chocolate Cream. Substitute 3 tablespoons of crème de cacao for the Mirabelle. Add 3 ounces melted semisweet chocolate after the lemon juice and liqueur. Garnish with chocolate curls.

Rum Raisin Cream. Soak ½ cup raisins in 4 tablespoons rum for 1 hour. Strain the raisins, sprinkle over bottom of meringue shell before adding the filling. Substitute 3 tablespoons light or dark rum for the Mirabelle.

Black Currant Cream with Cassis. Soak ¾ cup of dried black currants in 4 tablespoons cassis for several hours. Substitute 3 tablespoons cassis for the Mirabelle. When ready to serve, strain the black currants and sprinkle them on top

Meringue tarts, *left*, filled with Mirabelle, raspberry, and orange cream. *Below:* Joe Famularo's handsome country kitchen, an organized clutter of old and new cooking utensils, preserves, and produce from productive garden.



Discovering All-American wines

A wine-tasting tour of vineyards in 11 states

By José Wilso

It would be only fitting if in this Bicentennial year the wines of America could finally claim their very own appellations of origin, the mark of distinction and quality that are accorded the wines of France. There's no doubt that this is going to come about. All that remains to be decided is whether the states or the Treasury Department's regulatory troika, the Bureau of Alcohol, Tobacco and Firearms, will define the boundaries that determine whether a California wine qualifies for the designation Napa Valley or Monterey, a New York State wine for Finger Lakes. This has always been regarded as one of the wine-buyer's guides and safeguards, a guarantee that the grapes were grown in the specified area, not brought in from other places.

Today, more and more premium wines are being labeled by their makers with a regional designation, thanks to an abundance of the best wine grapes in each growing region. You can now buy a Zinfandel, say, from Mendocino, from Napa, from Sonoma, from Monterey and from the San Joaquin Valley and taste the differences soil, climate, temperature, and growing conditions have wrought on the grape, those natural distinctions that are a part of the eternal fascination of wine. As Joseph Concannon of Concannon Vineyards once remarked to me, comparing a Livermore Valley Cabernet Sauvignon to one from Napa or Santa Clara is like comparing apples and oranges. Each has its own flavor and character. They differ, just as the wines of Bordeaux differ—a Graves from a St. Emilion, for instance.

An appellation of origin is going to be even more important in the future, with small wineries mushrooming all over the country (at last count, there were wineries scattered over twenty-two states, from New Hampshire to Oregon). Just as we drink and differentiate among the wines of Provence, the Loire, Alsace and the Côtes du Rhône, soon we may be drinking and discussing the characteristics of the wines of Maryland, Michigan, Missouri, Pennsylvania, Oregon, and Washington. In a country as vast as the United States, where every state can create its own local laws, there will undoubtedly have to be some form of government control and supervision to straighten out the tangled mass of laws that can help or break a fledgling winery. This, according to Philip Wagner of Boordy Vineyard in Maryland, is desperately needed. Many tiny wineries survive only because they can sell their wines direct to the consumer, without the middlemen to push the costs up to a prohibitive level. In Ohio, Indiana, Oregon, Pennsylvania, Michigan, New York, California, and certain other states this is permissible, but in Maryland, to take one example, wine can't be sold to the consumer or the retailer, only to a wholesaler. I, for one, have always found it ridiculous that American wines can't be shipped across a state line by you or me, so if one finds a wine one likes that is not in general distribution, it is impossible to order a case and have it sent. This makes it easier to buy imported wines than American, a pretty sad state of affairs these days when our own winemakers need all the help they can get. What a pity the right to free access to wine wasn't written into the Constitution. It might have been had the founding fathers given thought to it, for they were all for starting a native industry.

Although we often tend to think of winemaking as a comparatively recent development in America, it has been going on for over 300 years, since the French Huguenots, in the 1560s, made themselves a few barrels from the wild Scuppernong grape of Florida, the native grape that Raleigh also found on Roanoke Island—nor has the taste for the foxy, musky Scuppernong faltered in the South, it's still being drunk there. There were many early attempts to introduce Europeon vinifera vines to America. Lord Delaware, Lord Baltimore, William Penn, Governor John Winthrop, George Washington, and Thomas Jefferson imported French, Spanish, and German vines, with disheartening results. The fragile vinifera could not survive. Icy winters, and the ravages of plant diseases and insects soon finished them off. Benjamin Franklin, ever a booster of the native product, was more realistic. In *Poor Richard's Almanach* he recommended "a method for making wine of the grapes which grow wild in our woods so that we may furnish ourselves with a wholesome sprightly Claret which will keep for several years and is not inferior to that which passeth for French Claret." He may have been overoptimistic but he was thinking along the right lines, for what eventually saved wine-making in this country was the sturdiness and resistance of the American rootstock.

Fortunately for us all, California proved kinder to the vinifera, and the Spanish Franciscans, who planted grapes around their early missions to ensure a modest supply of sacramental wine, were the ones to discover it. By the beginning of the 20th century, winegrowing was well established in the state and had it not been for the stranglehold of Prohibition, that drove vintners to despair and bankruptcy (and to the production of inferior wines for "legitimate" purposes), our wines might, long before this, have built an international reputation and market.

Not even Prohibition, however, could keep wine lovers down—and dry. Through a loophole in the Volstead Act, any head of a household could make 200 gallons of "nonintoxicating cider and fruit juices exclusively for home use," and all it takes to start fermentation is yeast. Grape juice and grape concentrate were peddled to the thirsty masses along with a yeast pill and the warning not to use it or innocent juice would turn into wicked, illegal wine.

One amateur winemaker of the thirties whose hobby was eventually to be responsible for changing the course of wine-

Continued on page 126

Wines to find across America



Arkansas
Illinois
Indiana
Maryland
Missouri
New Jersey
Ohio
Oregon
Pennsylvania
Virginia
Washington

Some other small country wineries in states other than the Big Two, California and New York, that you might consider visiting, or whose wines you might seek out in their home states are:

Arkansas: Post Winery and Wiederkehr Wine Cellars, both in Altus.

Illinois: Thompson Winery, Monee. Treaty Line Wine Cellars, Liberty.

Indiana: Golden Rain Tree Winery, Wadesville. Villa Medeo Vineyard, Madison.

Maryland: Boordy Vineyard, Montbray Wine Cellars.

Missouri: Mount Pleasant Vineyards, Augusta. Stone Hill Wine Company, Hermann.

New Jersey: Tomasello Winery, Hammonton. Chalet Debonné Vineyards, Madison. Moyer Vineyards, Manchester.

Ohio: Hafle Vineyards, Springfield. Valley Vineyard Farm, Morrow.

Oregon: Bjelland Vineyards and Hillcrest Vineyards, both in Roseburg. Charles Coury Vineyards, Forest Grove. Erath Vineyards, The Eyrie Vineyards, both in Dundee. (I've had rave reports from friends about the wines of Oregon, a state, like Washington, climatically suited to vinifera grapes.)

Pennsylvania: Bucks Country Vineyards, New Hope. Harbrook Vineyard, Titusville. Mazza Vineyards, Penn Shore Vineyard, Presque Isle Wine Cellars, all in North East.

Virginia: Farfelu Vineyard, Rappahannock County.

Washington: Associated Vintners, Inc., Sunnyside. (The St. Michelle Vintners, Grandview, and Boordy Vineyards, Prosser, are large wineries with national distribution.)

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An appellation of origin is going to be important in the future, with small wineries mushrooming all over the country

All-American wines

continued from page 124

making in the Eastern states was Philip M. Wagner, at that time the editor of the *Baltimore Evening Sun.* Disliking the taste of the Eastern labrusca grapes but unable, when Prohibition ended, to make the vinifera grow, he imported and experimented with French hybrid grapes, a cross of the classic European vinifera varieties with the hardier American species. Soon he was deep in the business of making wine from the hybrids, propagating the grape vines and selling them to enthusiasts in other states. Finally he and his wife, Jocelyn, established a bonded winery in Maryland, from which the wines are distributed locally and the vines sold, with generous amounts of advice and encouragement, to winemakers across the country.

Boordy Vineyard, the very personal domain of Philip and Jocelyn Wagner, a dedicated, spirited, delightful couple whom age never seems to touch is in many ways the quintessence of the American country winery. The acreage is tiny, the production limited, the wood-and-stucco winery just a stroll from the Wagners' comfortable Colonial farmhouse, half hidden in a maze of quiet residential roads in a Baltimore suburb.

To sit there on the lawn on a peaceful, golden summer afternoon, sipping and discussing the most recent vintage of red, white, and rosé—for the Wagners make their wines *coulant,* as the French say, to be drunk young—is to experience winemaking on its most personal level. The Maryland Boordy wines, blended from French hybrids, are deliciously fresh and fruity, with some of the character of the Loire wines or, in the case of the red, a Beaujolais Nouveau. Unless you live in the Baltimore-Washington area you are not likely, because of the state laws, to be able to find the Wagners' own *vin du pays.* The Boordy Vineyards label on the hybrid blends and vinifera and hybrid varietals you may see in the stores represents the infinitely larger, widely distributed production of the allied wineries established in Penn Yan, New York, and Prosser, in Washington's Yakima Valley, for which the Wagners' knowledge and expertise was backed by the Seneca Foods Corporation.

Two of these wines, a 1972 Landot Noir and a 1973 Seyval Blanc, recently won prizes in the Fourth International Wine Competition held in Czechoslovakia, the first wines made from French hybrid grapes, says Philip Wagner proudly, to be honored in a contest open to products from the world's principal wine-growing regions. He believes that, in the future, modestly sized regional wineries, taking advantage of the many varied climatic conditions existing in this country, will play an increasingly important role in the American wine industry.

One country winery that has already made the news pages, when President Ford served the wines at White House state dinners, is Tabor Hill Vineyard outside Buchanan, Mich. Buchanan is in Berrien County, the heart of the great fruit-growing belt that lies just north of the Ohio boundary, and is but a few miles from the southern tip of Lake Michigan. As with other wine-growing regions, it is the proximity to the water that tempers both winter cold and summer heat, essential factors for growing vinifera.

Tabor Hill is the all-absorbing passion of 34-year-old Leonard Olson, a former Big Ten football player and steel salesman, who has moved his family from Chicago and is staking everything on this dream of producing fine wines in Michigan. On 20 acres of vineyards, with another 150 acres under contract to local growers, he is raising French hybrids and viniferas with notable success. The wines I tasted last summer at Tabor Hill, which range in price from $3 to a top of $8.50, included vintage-dated Chardonnay, Johannisberg Riesling, Baco Noir, Seyval Blanc and Vidal Blanc (a hybrid of the French Ugni Blanc or Italian Trebbiano, which was served at a state dinner for the Chancellor of Austria, Tabor Hill's first commercial wine, of the 1971 vintage) and the generic blends of vinifera and hybrid grapes, Cuvée Rouge, Cuvée Blanc, and Cuvée Rosé. All the wines were extremely well made, with the Riesling and Chardonnay more than holding their own in a blind tasting with California and European versions of the varietals.

This is all the more laudable when you consider that Len Olson had no previous background or experience in winemaking. He has made up for it by study, work, and determination and by seeking the help and advice of the experts at the great German viticultural school in Geisenheim, Dr. Konstantin Frank in Hammondsport, N.Y., a pioneer in Eastern vinifera growing, and Philip Wagner. Tabor Hill is a family business, a business run by young, enthusiastic people. Len's brother, Paul, is assistant vineyard manager, and all his associates and their wives work together to tend the vines, crush the grapes, and show visitors around the brand-new winery. Tabor Hill, a short drive from the South Bend airport, an hour from Chicago and easily accessible from other major Midwestern cities, has a constant flow of visitors and most of the sales are made at the winery, although limited quantities of the wines are currently distributed in fifteen states, with nationwide distribution planned as production increases. Should you happen to be in the area, it's well worth stopping at Tabor Hill, sampling the wines, and talking to the Olsons, and should you choose to buy, I can recommend the Riesling, two bottles of which are in my cellar right now. It's a delightful wine. ■

New ways with microwaves

continued from page 119

onds for a 4-ounce bottle, 1 minute 20 seconds for an 8-ounce bottle. Turn nipple to outside, tighten cap, shake vigorously. Test temperature on wrist.

■ **Warming baby foods.** Strained or junior foods can be heated in their jars, but first always remember to remove cap. (Never heat a sealed or capped jar.) Heat individually from 30 to 45 seconds. Three jars heated together, placed in a circle, will take 1 to 1½ minutes.

■ **To melt butter or other fat.** Place required butter or other fat in a glass dish or measuring cup. Heat, uncovered from 30 seconds to 2 minutes, depending on quantity and temperature of fat.

■ **Reheating leftovers.** All leftovers, whether meats, fish, vegetables, desserts, taste unbelievably fresh when heated in the microwave oven because there is no drying out or reheated flavor. Keep leftovers in dishes that can be placed in the microwave oven from refrigerator or freezer. Simply place in oven, top with a sheet of waxed paper and heat in minutes.

ally precook chickens in icrowave oven in the morning, then finish ooking on charcoal in the evening

make gelatin desserts. 1 cup water into a 1-quart heat 2 to 3 minutes. Re- from oven, add flavored n and stir until dissolved. proceed with recipe of choice, or heat water re- d by recipe, add unflavored n, heat 30 seconds and ed with recipe.

get more juice from es, lemons, or limes. Place one at a time for 30 sec- in microwave oven before ezing.

peel peaches or toma- Heat fruit 15 to 20 seconds crowave depending on its let stand 10 minutes and

plump dried fruits for s. When a recipe calls for and nuts to be soaked 12 hours with a quantity of or brandy, use same quan- f fruits, nuts, and rum or dy. Mix in a large bowl. Heat utes, covered with waxed r.

OWAVE COOKBOOKS M MANUFACTURERS

range Microwave Oven Book, $2.95; *The Micro- Oven Cooking Guide,* ; *The New Microwave Cooking Guide,* $9.95; *Amana Guide to Great ing With a Microwave Oven* 5 at paperback bookstores), Available from Amana Re- ration, Inc., Amana, Iowa 3.

wave Oven Cookbook, . Available from Admiral oration, 1701 East Wood- Road, Schaumsberg, Ill. 2.

and Care Guide for Your Frigidaire Microwave , $5. Each model has its cookbook and it is avail- from Frigidaire Service De- nent Customer Relations, daire Corporation, Dayton, 54442.

ntertop Microwave Oven kbook, $9.95. Available from eral Electric Co., Consum- Institute, Building 4, Room Louisville, Ky 40225.

over Combination Micro- e Range Cooking, $12.95; *Fashioned Goodness with able Power Microwave king,* $9.95; *An Exciting New ld of Microwave Cooking,* 5. Available from Litton, Xenium Lane North, Min- olis, Minn. 55414.

Magic of Microwave Cook- book, $7.95. Available from Magic Chef, Cleveland, Tenn. 37311.

Modern Maid Microwave Cooking, $8. Available from Modern Maid Service Department, Box 111, Chattanooga, Tenn. 37401.

Old Tyme Cook Book, $1; *Microwave Cookery,* $5.95. Available from Roper Sales, Advertising Department, 1905 West Court, Kankakee, Ill. 60901.

Microwave Cooking Guide, $5; *Recipes with International and Country Flavor Created for Tappan's Microwave Oven* by Felipe Rojas-Lombardi, $.25. Available from Tappan, Tappan Advertising Department, Tappan Park, Mansfield, Ohio 44901.

Tappan Creative Cookbook for Microwave Ovens and Ranges by Sylvia Schur, $8.95. Holt, Rinehart & Winston.

Richard Deacon's Microwave Oven Cookbook by Thermador, $6.95. Available from H. P. Books, P.O. Box 5367, Tucson, Ariz. 85703. ■

To dry herbs and flowers

continued from page 119

To dry the stems, spread out in an ordinary paper bag, but do not close the bag. Proceed to dry as for the leaves. A good handful of stems usually takes 25 to 30 seconds to dry. Cool, then blend them for ½ to 1 minute. They will turn into a coarse powder. Label and keep to flavor soups, stews, or any sauce that is strained before serving.

Herbs all have different textures, thicknesses, and humidity, which explains why no absolutely exact time fits them all. After drying a few, you will understand the easy process.

To dry flowers: Flowers dried in the microwave oven retain their natural colors and shapes. Like herbs they are done very quickly and it takes a little practice. Some flowers dried in silica gel in the usual manner tend to discolor during the time-consuming process. Because the microwave does the work of dehydrating and drying in 30 seconds to 1 minute (in silica gel) they are still fresh looking and retain their freshness for a long time. When you have learned to do it well, you will find that they look almost like fresh-cut flowers.

The easiest flowers to dry are:

Continued on next page

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To dry herbs and flowers

continued from preceding page

roses, daffodils, carnations, wild flowers, pansies, lilies, geraniums.

Half-opened flowers dry very nicely because the petals are so firmly rooted they do not fall or become deformed. Avoid flowers that have thick centers or those with petals growing toward the center such as dahlias or chrysanthemums. Leaves of all types are beautiful.

To make a small arrangement of mixed flowers, first arrange in a vase, then dry them in the oven. When ready, rearrange as before. Use a 12-by-8-inch glass baking dish and half fill it with silica gel. Set some flowers on it, making sure that all petals and leaves are well placed. Then sprinkle silica gel on top, slowly and gently, making sure that every area is covered, as the slightest exposure of the petals to the air will spoil the effect of the flower. It is easy to fill the spaces between the petals that are curled inward or are close together if you use a skewer. When they are all covered, place dish in the oven together with a 1-cup measure of water placed at back of oven. Heat 30 seconds, remove dish from oven, check a little corner to test texture of flower. Depending on size and type of flower used, the time will vary from 30 seconds to 1 minute. However, it is well to remember that flowers will continue to dry for 10 to 15 minutes after completion of heating time.

It is easy to remove a little of the silica gel and check the dryness and simply recover the flower and put back in the oven for a few more seconds.

After the flowers are dried and cool, tilt the dish over a sheet of paper to remove the silica gel that tops the flowers, then remove them with care. Any silica gel sticking to the flowers can be removed gently with a small paintbrush or a small metal pick. ■

How music can help you

continued from page 34

"When I don't play, I really do miss it a great deal," admits Lee Lorenz, cartoonist and art editor of the *New Yorker* magazine who blows his trumpet two or three times a week in different jazz bands in New York and Westport, Conn. "There is an important social aspect. The cameraderie, established by doing something together in a group, sharing an experience in music, has a good deal of value. This is what makes it hard for me to give it up, although it takes a lot of energy to play at night after doing my job. Playing part time can be frustrating, but the potential for satisfaction is great. When you play well you know it, and there's no feeling quite like that."

Do musical people come from musical families? Lee Lorenz, like the other music makers, Fritz Coudert, Charles Caine, and Stuart Boynton, admits a musical mother. And the same with Donald Higgins, a painter and creative supervisor in an advertising agency. The Higgins family Phoebe, seventeen, piano and "dying to play the harpsichord," Bo, fifteen, oboe and piano, and Lizzie, thirteen, piano, all have their lessons on Tuesday evenings with Jean Thorp, a gentle but firm teacher who encourages them to practice pieces for performance because "there is a difference between playing for me and getting up before a few friends." Mr. Higgins views all the activity and involvement as a refuge. "Music plunges you into a new world, it erases the workboard for me at the end of the day."

He and Jean Thorp listen to each other play Prokofiev, Scriabin, and Rachmaninoff at the piano. "Music can be a hell of a lot of work if you're never able to get a piece the way you want it," reflects Mr. Higgins. "When my children complain about it, though, I remind them that I had a brother who was sorry he didn't study. I've always been determined that my children should play, not from a career standpoint, but just to know how to play. I think you should have as few things in life you regret as possible."

Whatever kind of music you want to play, you can be helped by listening to yourself on tape. It's rather like learning a language, the playback can give you confidence about personal performance.

Spare-time musicians often find once they get started they discover all sorts of new experiences. Last year, fund raisers at the Couderts' country club, for instance, asked Fritz Coudert to play for an evening's dancing. "They wanted something different. I didn't know if I could provide a change, but I was amazed when the dinner was sold out and 200 came on later to dance. The club made $1000 and I made a record out of it." ■

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Clean air at home *continued from page 116*

by rain, snow, and wind-bearing pollutants, the inside of the house may be subject to polluted air from household activities and movement, deteriorating materials, and obsolete equipment. In fact, the indoor pollution may exceed EPA acceptable standards for outdoor air. *A Study of Indoor Air Quality*, prepared for the EPA by The Research Corp. of New England, reported on indoor air pollutants (nitrogen dioxide, nitric oxide, and carbon monoxide) in four houses. Using a measurement system in living rooms, kitchens, bedrooms and outdoors for two weeks during spring and fall, they found the indoor climate below outdoor standards. Another study, on *Indoor-Outdoor Carbon Monoxide Pollution* by General Electric for EPA, dealt with the urban scene. Extensive testing was carried out at a high-rise apartment house and in another building on one of New York City's canyon streets. Not surprisingly, excessive carbon monoxide contamination was present in both buildings—generated by motor traffic emissions in the streets.

What can be done inside the house?

Dr. Bernard Goldstein, Assistant Professor of Environmental Medicine and Medicine at New York University and Consultant to the National Academy of Science, says that the presence of harmful pollutants in the house depends on its character, condition, and inhabitants. Carbon monoxide can permeate the rooms of heavy smokers as auto emissions do the outside air. There can be more nitrogen oxide present indoors from heating and cooking appliances than there is outdoors. Harmful asbestos fibers can be stirred into the air from worn resilient flooring and from loose insulating materials in attic or basement. But a generous use of rugs, carpeting, wall and window hangings and fabric upholstery is a protection against sulfur dioxide; they become a shield for the house occupants. A collection of growing plants will absorb the carbon dioxide that is life giving to them. A built in vacuum system, which really removes dirt and dust from rooms, and not merely redistributes it, is a most helpful aid.

Air conditioning and the electronic air cleaner

A more effective means of solving the clean air problem in the house is, of course, the installation of house-wide, year-round air conditioning. A still more specific solution is the inclusion as well of an electronic air cleaner, a less familiar but increasingly vital unit for clean air indoors, which can be installed in existing air conditioning systems. Warming and cooling the air, humidifying or dehumidifying it as the seasons demand, circulating and cleaning it, are the functions of air conditioning systems. Properly designed and installed, they generally do an excellent job in controlling indoor climate. They will cope with humid, muggy air in summer, dry, stuffy air in winter, eliminate drafty air, reduce house cleaning work and the costs of cleaning bills for furnishings and repainting. They remove dust and dirt through the customary filters installed in the air circulating ducts. But the electronic air cleaner unit does more than that in combating indoor air pollution. Operating as part of an overall air conditioning system it will eliminate 70 to 95 percent of particulate contaminants; dust, dirt, pollen, smoke, bacteria can be snared down to the smallest particles.

There are two major types of air cleaners; the mechanical and the electronic. Most mechanical cleaners are nonelectrical and are filters installed in the heating or air conditioning system—some are dust stop filters, others have a higher efficiency rating because of manifold surfaces, which trap large particles although not the smallest ones. There are also static charged and electrically charged filters of greater effectiveness among mechanical cleaner models. The electronic air cleaner is an electrostatic precipitator and is connected to the ductwork of the heating-cooling system of the house. Household air passes through this air-condition ing system's return air ducts and reaches the cleaner where it first passes through a pre-filter, which removes larger dirt particles. Then it travels to the ionizer and contaminant particles present in the air receive an electrical charge from ionizing wires. The contaminants then adhere to cell plates and the cleansed air passes on through the system. Air circulation should be continuous so the air is constantly cleaned.

Some electronic cleaners are made with cell plates, which you remove to wash away the collected pollutants in the dishwasher. Others have a water and detergent supply incorporated in the cleaner and the cell plate will wash itself automatically. Various models are available and for best results it is important to install the size that is correct for the size and plan f your house and the layout of y air conditioning system. Units apartment installation and porta cleaners, which you plug into electric outlet, are on the marke well. Air purifier units, which p marily kill odors and bacteria, n possibly emit ozone, which is a p lutant itself.

How to improve your own environment

In an existing house:

- Plant screening trees to counte act fumes from motor cars summer and act as win breaks for the house in wint
- Incorporate ventilating devic to take timely advantage fresh air periods—attic fans pull air through the house night, fans and gable louvers ventilate stagnant or humid a
- Place fences, leafy hedg shrubbery to intercept undes able air currents; use vines house walls and on overhe trellises to combat carbon dio ide emissions.
- Create a barrier to polluted a with thorough insulation of t house—6 inches in the roof, inches in the walls, insulati glass or storm sash in the wi dows. Seal all cracks and cra nies with caulking, weatherstri ping, and flashing.

In planning a new house or r modeling an older one:

- Choose land or a lot to gain be outdoor exposures for the hou —minimum exposure to t street, maximum to the sun winter when heat gain can c operation of your house heatin unit.
- Orient the house away from an industrial, smoky, or built-u areas of the community. Locat windows, doors, outdoor livin areas on protected sides.
- Plan placement of house an outdoor living areas to take ac vantage of prevailing winds tha can move stagnant or pollute air away from the house.

Electronic air cleaners are manufactured by these national companies:

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ianapolis, Ind. 46231

ecipitron"
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Conditioning Division,
5 Interstate Drive, North,
man, Okla. 73069

ctro-Air Division,
neral Electric Co.
Sylvan Ave.,
glewood Cliffs, N.J. 07632

on, Inc.,
). Box 760,
Neill Road,
ford, N.C. 27330

nerican Air Filter Co., Inc.,
). Box 1100,
5 Central Ave.,
uisville, Ky. 40201

search Products Corp.,
5 E. Washington Ave.,
dison, Wis. 53701

ealing power gardening

ntinued from page 67

not naturally conversant
h the elements, but I think
hey expose themselves with
open mind, they too can
perience the benefits. Green
mbs are not necessary. My
ther, for instance, was a
at one for planting onions
side down—which delayed
ir arrival at the surface by
eral days. But she loved to
rden just the same.

"If you don't like to get
ty, you don't have to. You
n garden small, under lights
the living room, or in pots
the kitchen windowsill.
tdoors, there are tools and
ves that keep your hands
t of the dirt. For many, of
urse, getting grubby is half
e fun. It's the same principle
making mud-pies—and for
ults, gardening is one of the
w legitimate mud-pies left."

The idea of gardening as
erapy is not new. In the 18th
ntury, a Scottish doctor dis-
vered the "cure" for insan-
: farm work. In 18th- and
9th-century Europe and
merica, shut-in patients were
nsplanted to the garden—
ith dramatic results. Today
ere are horticultural thera-
sts in hospitals across the
untry, and undergraduate
llege programs to train
em. "Gardening as therapy
much more than a means of
engthening patient's mus-
es and improving their co-
dination," says Mr. Brooks.
Dependent patients who lit-
ally cannot care for them-
lves take pride in the fact
at a plant needs them. Car-

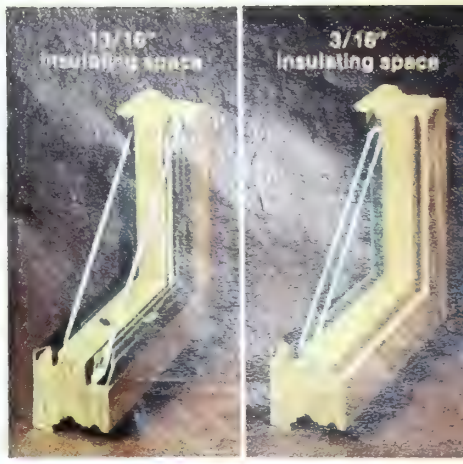
Continued on page 134



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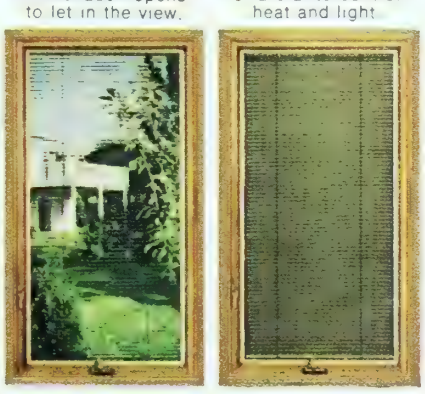
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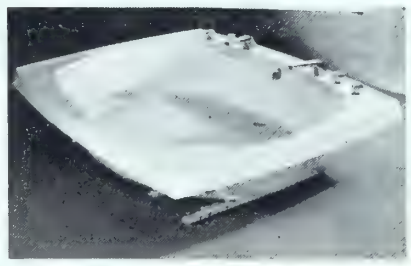
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Redwood City, Calif.
Sarasota, Fla.
Scottsdale, Ariz.
St. Clair Shores, Mich.
St. Louis, Mo.
Strafford-Wayne, Pa.
Wilton, Conn.
Winston-Salem, N.C.
Zionsville, Ind.

Tulsa, Okla. to open in February

Shopping Information

All prices approximate. *Consult your interior designer or store decorating department. Postage indicated by ( ).

EXCITING BATHS
Pages 70-75:



"The Bath," *above*, in parchment colored fiberglass, 5'6" x 7' long: "Roman Bath" polished chromium bath spout; "Alterna" polished chromium faucets; polished chromium drain.
"Lady Vanity" wash basin: 28" x 19" in parchment colored vitreous china; "Alterna" chromium faucet and spray.
"Rondelle" wash basin: 21" x 19" in parchment colored vitreous china; "Alterna" chromium faucet.
"Rochelle" toilet: parchment colored vitreous china; **bidet:** in parchment colored vitreous china; "Alterna" chromium-plated bidet faucet.
All fixtures by Kohler.
Copper flashing: 1 oz. weight, 40" width by Cop-R-Tex on ceilings and high wall area; Guilford vinyl adhesive used to secure flashing; ¾" diameter copper tubing used for ceiling bents for suspended plants; ½" copper tubing for towel rings; 1" diameter heavy gauge copper piping for chaise supports, projection screen. From Copper Development Association, Inc.
Countertops: Dura-Beauty plastic laminate in oxford gray by Consoweld.
Dual-purpose pumps: circulate water through canals. By Little Giant Corp.
Mirrors: supplied by the National Assoc. of Mirror Mfgrs., 1225 19th St. NW, Washington, D.C. 20036
Translucent domes: 19" rise, 54" interior diameter. By Wasco Products.
Two-way projection screen: 36" x 48" high. By Da-Lite Screen.
Acrylic hemispheres holding plants: ⅛" thick, 10" diameter. By Industrial Plastic Supply.
Acrylic stools: 18" high, 14" diameter, white cushioned tops covered for photography. $125 each. At Hammacher Schlemmer.
Naugahyde covering over stools and chaise: persimmon color, 54" wide, mildew and oil resistant, anti-static slip resistant. From the "Spirit of '76" collection by Uniroyal.
"Colony Point" indoor/outdoor carpeting: 6' and 12' widths, Herculon IV polypropylene olefin fiber, in island sand. $7.95 a sq. yd. By Ozite.
Reflector bulbs on walls: half frosted/silvered, 40 watts each, 5⅝" long. $4.80 each; "Reflector Flood" lamp, illuminate skylight, 300 watts, 6½". $3.50 each. By Westinghouse.
"Princette" lamp: illuminates makeup mirror, off-white acrylic base, 3¼" diam., 13¼" high. $15. By Tensor. At Alexander's.
Accessories on counter by makeup mirror: Round acrylic tray, $19.50; acrylic powder jar, $39.95; acrylic cotton ball jar, $25.50; acrylic Q-tips jar, $21.95; under makeup counter, acrylic Coets box, $24.95; counter by wash basin, tumbler with toothbrushes, $10 behind bathtub, rectangular acrylic tray, $15.95. At Hammacher Schlemmer.
Basket holding sponges near bathtub: $20 with cover; smaller basket near it, $15; basket containing fern $25 with cover. All at Henri Bendel.
Chrome clock: on top of storage $59.50. By Howard Miller Clock. At Altman's.
Makeup box: mirror lined cover; cotton jar. Available in gray, yellow, brown, green, white. Imported from Italy by Jakson.
Cosmetics from Germaine Monteil.
Perfume by Halston.
Stereo cassette deck: 15" x 10" x 4" high, Dolby noise reduction system, tape selector for standard or chrome tape, microphone, memory re-wind, built-in headphone amplifier. $399. By Sonab Electronics.
Electronic focus/remote control slide cube projector: 9" sq. x 8" high, 3-position power switch, automatic focus, Scan/Search Convenience for pushbutton sorting and editing. $219.95. Bell & Howell.
AC/Battery FM/AM/VHF-Public Service Band-High and Low/UHF portable radio: 8 5/16" high, 120-minute automatic timer, shoulder strap, batteries, earphone included. $169.95. By Panasonic. At Portnoy's.
"Royal Velvet" bath towels: 90% cotton, 10% polyester, in champagne. By Fieldcrest.
Lace and nylon underwear: bra, $8; panties, $6. By D.D. Duds at Henri Bendel.
Terry bathrobe: 100% cotton. $180. At Porthault.
Orange underwear: bra, $5; panties, $2.50. Imported from Italy for Henri Bendel.
The "Skin Machine" facial brush: battery powered, 8 1/2" x 3" x 3⅝". $15.99. By Clairol. At JC Penney.

A MAN'S BATH
Pages 76-77:
Bathroom fixtures: "Caribbean" bath in espresso color, 36" wide; chromium grip rails; "Roman Bath" chromium bath spout; "Alterna" chromium bath faucet.
"Man's Lav" wash basin: espresso color, 28" x 19" wide; "Alterna" chromium Man's Lav faucet and spray.
"Rochelle" toilet: espresso.
"Trinidad" fiberglass shower cove: in parchment color, 36" x 34" x 75" high; "Alterna" chromium faucets; "Suburban" chrome-plated showerheads. All by Kohler.
Copper flashing: 1 oz. weight, 40" wide by Cop-R-Tex, on walls applied with Guilford vinyl adhesive; 2" diameter copper tubing over flat bar steel for trapeze. Supplied by Copper Development Association, Inc.
Translucent dome: 22" dome rise, 67" interior dia. By Wasco Products.
Acrylic stools: 18" high, 14" diam., white cushioned tops covered for photography. $125 each; **pillar dial scale:** 35" high, in white or black, up to 300 lb. capacity. $100. By Healthometer. At Hammacher Schlemmer.
Naugahyde covering stools: mocha covering, 54" wide, stain and oil resistant, anti-static slip finish. From the "Spirit of '76" collection by Uniroyal.

rrored Plexiglas floor: pit, bronze xiglas shower door, bronze colored ntertop of Rohm & Haas Plexiglas plied by Cadillac Plastic and Chem-

olony Point" indoor/outdoor peting: 6′ and 12′ widths, Herculon polypropylene olefin fiber, island d color. $7.95 a sq. yd. By Ozite.

rrors: supplied by National Asso- tion of Mirror Manufacturers.

umiline" tubular lamps: under- th counter and steps, 60 watts, ¾" long, 1" diam., $4.50 each. By stinghouse.

el raceway: $30.37 per 100 feet; vering, $17.23 per 100 feet; "Lumi-" receptacles, couplings, fittings, gmolds, grounded receptacle, and anguard Duct" all by Wiremold.

)wl Eye" light: 1¼" diam., 5⁄8" h, in center of recessed pit. 49¢. By nalite.

'rincette" lamp: above wash basin, 5. By Tensor. At Alexander's.

astic laminate countertops: by nsoweld.

ock: $156. By Relide Clock. At ercrombie & Fitch.

ooming and bath products by venchy for Men.

Royal Velvet" bath towels: 90% ton, 10% polyester, in cognac. By eldcrest.

ed/black acrylic tray: $10 at iley/Huebner; two nesting flat rec- ngular baskets, $30; geometric de- gn covered baskets, $20 and $25. At nri Bendel.

an's bathrobe: 100% cotton terry. 80. At Porthault.

DENTICAL FURNITURE

ge 97:

ne baskets: range of sizes from 35" 24" x 14" to 13" x 16", imported from lumbia. $120 a set of 5. From Primi- e Artisan.

High Easychair": 14½" x 35" x ⅝" x 26½", chrome-plated steel se, leather seat and headrest; leather ailable in tan, sienna, black, orange, signed by Paul Kjaerholm. $1145. At erman Miller.

Coolskin Drum" table: cigarette d alcohol resistant finish available many colors. $250. At Intrex.*

ccessories on drum

crylic box: in 5 sizes, size shown, 22. By Crayonne. At Bailey/Huebner Henri Bendel.

)ttoman: 32" sq. x 16½" high. By lair.

Ulster Canvas": 86". From Ireland. rom The Ulster Weaving Company.*

Pileo" lamp: 54¾" high, 17¼" iam., adjustable hood, designed by ae Aulenti. $236. By Artemide for astelli Furniture.*

atik covered pillows: floor size, 36; sofa size, $24. At Bailey/Huebner.

rmless sofa: 84½" x 32" x 29" high, ardwood base available in 12 finishes. ortrel filled pillows. $700. From the In" group by Flair. Quilted for pho- graphy.

Hollyridge" carpet: 12′ widths, 9% Zefran ZK3, 1% Zefstat. By Guli- tan Carpets div. of J. P. Stevens.

ABRICS

IVING ROOM

ages 110-111:

Chevron" Fortrel and cotton fab- ic: available in terra-cotta, blue, rown.

)ining Area

Paisley" Fortrel and cotton fab- ic: covering walls, in terra-cotta, reen/brown.

Bedroom

Leopard" Fortrel and cotton fab- ic: covering walls and bed, in terra- otta, and blue.

Natural Jacquard" Fortrel and otton fabric: in natural only, can- py, hangings. **Bakuba Natural" Fortrel and cotton fabric:** for pil- lows, portieres. All fabrics 45" wide and available in made to measure draperies and by-the-yard. Designed by Angelo Donghia in Celanese fibers for J.P. Stevens.

Upholstered side chair: 25" x 29" x 32½" high. $239; **rattan side chair:** 21½" sq. x 37½" high, loose seat cushion. $149; **upholstered ottoman:** 25" x 24" x 16½" high. $129. By Hibriten.

Art Deco cube tables: 22" x 18" x 17" high, chrome and matte black recessed alternating bands; **inverted pyramid console table:** 60" x 20" x 28" high, woven bamboo over wood; **upholstered ottoman:** 24" x 22" x 17½" high, attached cushion. All by Thayer Coggin. At B. Altman.

"Pillow Talk" sectional sofa: corner, 35" sq. x 28" high. $350; armless, 30" x 35" x 28" high. $300. By Kroehler Manufacturing.

Upholstered armchairs: 36" x 20" x 28" high. By Interior Crafts.*

"Golden Fleece" carpet: 12′ widths, Celanese nylon saxony plush with jute backing, available in 18 colors. $15.98 a sq. yd. By Trend Mills.

"Ultra Plaid" and "Ultra Stripe" cotton and polyester sheets: designed by Angelo Donghia for Utica Fine Arts by J.P. Stevens. At Bloomingdale's.

Bedroom and dressing room carpet: "Forte" of Fortrel PCP by Galaxy.

Afghan: handcrocheted and available at The Elder Craftsman.

NEW SHEETS

Pages 112-113:

"Lato," "Kukka," and "Onni" cotton and polyester sheets: in red, gray-beige, brown, blue, yellow.

"Puff": available in down or washable fiberfil, to substitute for top sheet.

"Borderline" tailored dust ruffle: available in "Kukka" and "Lato" patterns, may be special ordered. Designed by Marimekko. At Design Research. Also at Altman's March-April.

"Langenthal Cambridge" china: in white only.

Goblet: $1.95 each; Old Fashioned glasses, $5 each; pitcher, $16. By Iittala; plastic handled stainless flatware, $12.50 per 4-piece setting.

Red acrylic tray: $21.95. By Crayonne.

Salt: $5.50; pepper, $6.50. By Puegeot.

Red acrylic ash trays: $2.50 each. By Decembre.

White lamp: $59. By Luxor.

Acrylic watering can: $8.95. All from Design Research International.

"Multi Box" stacking units: 15" sq. x 20" high each, in white, red, black, yellow, cordovan; as shown $48.50; with casters, $50. Designed by Anna Castelli from the Kartell Collection. At Beylerian.*

Mattress and foundation: by Sealy.

Scotchgard Fabric Protector: 12 ozs., $2.29; 16 ozs., $3.59. By The 3M Co. At supermarkets, hardware stores, home improvement centers.

FOUR-EGG DESSERTS

Pages 122-123:

Table covering: "Villa d'Este" cotton fabric, 59" wide, 3½" repeat. By Cenci.

Arthritis sufferers: are you cheating yourselves?

Four out of five arthritis victims get less medication with every tablet.

You probably have arthritis or you wouldn't be reading this. And if you do, you want all the pain reliever you can get. But if you are not using Anacin®, the chances are four out of five you can get more help with every tablet than you are getting now. Anacin gives you twenty-three percent more pain reliever/anti-inflammatory medication than Bayer, twenty-three percent more than Bufferin, twenty-three percent more than ordinary aspirin tablets.

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Healing power of gardening *continued from page 131*

ing for a living thing is a real gesture of love. Gardening has even been used in prisoner reform. In Illinois a few years back, a warden reported that only horticultural therapy was able to reach some of the toughest psychological criminals."

Enid Haupt, flower lover and flower grower, who donated the therapeutic greenhouse to the Institute of Rehabilitation Medicine in New York, says: "Gardening is therapy for all of us—not only physically and emotionally, but for the spirit as well. When you garden, you feel the real power of nature, and your link with something permanent and real."

Even in the city, gardening has worked its wonders. For many, a city is a forbidding, threatening place, full of unfriendly stonescapes and hostile people. "A small garden helps create a sense of nature," says Mr. Brooks. "There is security in observing and working with the natural cycles of something on-going and perpetual in an otherwise plastic, concrete, and temporal world." As proof, an annual flower contest supervised by the New York Housing Authority resulted in a surprising reduction in vandalism of trees and shrubs planted by the city. Charles Q. Lewis, Horticulturist at Morton Arboretum in Illinois, also discovered the value of gardening in depressed city areas: Gardening has led city dwellers to a fuller appreciation of their own potential in life, and a means of communicating deeper values to people in a hostile environment. In the ecology of the human spirit, the microclimate of a flowerbox can contain tremendous healing force." ■

HOUSE & GARDEN GREAT AMERICAN IDEA CENTERS

You can buy many of the bath and beauty bracers shown on page 206 at any of the House & Garden Great American Idea Centers listed below:

Alabama
Birmingham — Pizitz

Alaska
Anchorage — Nerland's
Fairbanks — Nerland's

Arizona
Phoenix — Goldwater's

California
Los Angeles — Bullock's
San Francisco — Liberty House

Colorado
Denver — May-D&F

Connecticut
Hartford — G. Fox

District of Columbia
Washington — Woodward & Lothrop

Florida
Miami — Burdine's
Tampa — Maas Bros.

Georgia
Atlanta — Rich's

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Maui — Nerland's

Illinois
Chicago — Carson Pirie Scott

Indiana
Indianapolis — L.S. Ayers

Kentucky
Louisville — Stewart Dry Goods

Louisiana
New Orleans — D. H. Holmes

Maryland
Baltimore — Hutzler's

Massachusetts
Boston — Jordan Marsh

Michigan
Detroit — J. L. Hudson

Minnesota
Minneapolis — Dayton's

Missouri
Kansas City — Edward Keith
St. Louis — Stix, Baer & Fuller

Nebraska
Omaha — J. L. Brandeis

New Jersey
Newark — Hahne & Co.

New Mexico
Albuquerque — American Furniture

New York
Brooklyn — Abraham & Straus
Buffalo — Adam, Meldrum & Anderson
New York — B. Altman & Co.
Rochester — Sibley, Lindsay & Curr

North Carolina
Charlotte — Ivey's

Ohio
Akron — O'Neil's
Cincinnati — Shillito's
Cleveland — Higbee's
Columbus — Lazarus
Dayton — Rike's
Toledo — Lasalle's

Oklahoma
Tulsa — Froug's

Oregon
Portland — Heier & Frank

Pennsylvania
Ardmore — O'Neil & Bishop
Philadelphia — Strawbridge & Clothier
Pittsburgh — Kaufmann's

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Utah
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magine losing a full pound in the first 6 hours! 2 pounds between orning and night! Up to 5 pounds in as little as 24 hours! If that ounds unbelievable, get the entire program now and read what an minent doctor says about it. Read what people who have tried it say appened to them! Read the scientific and medical reasons why it may ery well be the fastest, most effective, safest way to lose weight that as ever been discovered.

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low much can I lose? The real beauty of the Weight Loss by the Hour lan is that the **more overweight you are, the faster the unwanted pounds melt away.** The most amazing part is that you lose the most weight in the first few days — from 2 to 5 pounds in the first 24 hours — up to 10 pounds in just one weekend. So if you're just 5 or 10 pounds heavier than your ideal, you can probably achieve in 100 hours or less what might take you 2 to 3 weeks or more on conventional "low calorie" or "low carbohydrate" diets that may leave you hungry, nervous and constantly famished! So on the Health Watcher Plan, you can lose as much as you need to — fast! It's up to you!

Suppose I want to lose a great deal, say 20 pounds? You could do it in as little as 7 days, depending on how overweight you are when you start. You could easily lose more — a 240 pounder might lose 10 to 15% of his body weight! The average person can achieve his ideal weight in only 10 to 14 days!

Will the Weight-Loss-by-the-Hour Plan interfere with my social life, or tennis, or golf? It needn't make the slightest difference. You could go on it for 5 week days, stop on the weekend, and resume the following week if you want — and keep the weight loss you've already achieved. The plan tells you exactly how! Or you can do it only on weekends if that suits you better. There's no need to give up any activity you enjoy — golf, tennis, swimming — whatever you normally like, you can do.

Will it affect my sex life? You bet it will — for the better! As you begin to shed all that extra weight, your energy level starts to increase. Not to mention the fact that you'll feel more desirable, and look it too!

Is the Weight-Loss-By-The-Hour Plan medically approved? Before beginning any weight loss program, says Dr. Louis F. Castaldo, M.D., you should consult your physician. But he continues **"I do not hesitate to recommend Health Watcher's Weight-Loss-By-The-Hour Plan as the safest, healthiest way to lose pounds in the shortest period of time.** Especially this is true for those frustrated people who have had little or no success with other methods of dieting. This amazing regimen, properly followed, may well be the beginning of a whole new life style!"

Send now for the plan, complete with everything you need on this no-risk guarantee. When you return the coupon, you've taken the first step toward being the trim, slim, attractive person you've always wanted to be! You will receive the complete plan, including precise instructions as to how to start, what you can expect to happen, how you'll feel, when to stop, and how to maintain the ideal weight you've achieved. You'll receive a 30-day supply of Health Watcher Weight-Loss-By-The-Hour Tablets containing only healthful, natural ingredients and no dangerous drugs — these are to give you the vitamins and bulk in your system that you need while you're losing weight on the plan. And you'll receive instructions for a healthful exercise and weight maintenance program you can use at your discretion to maintain weight and stay healthy and alert for the rest of your life!

After you've received all this, you may follow and use this Plan for 14 days without obligation. If then you're not pleased, tickled, proud and delighted in every way, if you wish, you may return just the unused Health Watcher tablets and get a full refund of the purchase price. You may keep all the rest of the material in any case, as a gift!

But don't delay — mail the coupon at once! The sooner you start to follow and benefit from this amazing program, the sooner you'll have the trimmer, slimmer figure you've always wanted. Mail your order today!



Would you guess that Marie Glantz, President of Health Watcher USA and author of this plan, and a nationally known nutritionist and lecturer on health and weight loss, is a grandmother 4 times over. Or winner of numerous golf championships? And has more energy and pep than many people half her age? She follows her own advice — keeps her figure trim and slim, just as your can be!



Dr. Castaldo has been a practicing physician for over 30 years. A graduate of the University of Maryland, he received his medical degree at Tufts University, then interned and was a resident at Stamford and Bridgeport Hospitals in Connecticut and Bellevue Hospital.

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Total amount enclosed $_____ (add sales tax where applicable). Check or money order, no CODs please.

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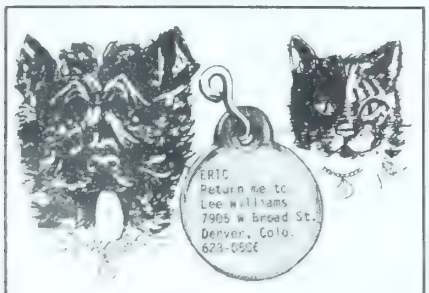
European imported solid hardwood, walnut finish, folding chair. Heavy woven rope seat and back. Full size chair, for use as dining room chair, as bridge chair, or for extra seating in any room. Folds away for easy storage. 34" high, 17½" seat width, 17½" seat height.

$24.95 each **6** for **$129.95**

Min. order two. Ship. chgs. col. No COD's

Send 25c for complete Danish furniture catalog

GENADA IMPORTS
Dept. 2J, P.O. Box 204, Teaneck, NJ 07666
N.J. residents add 5% sales tax



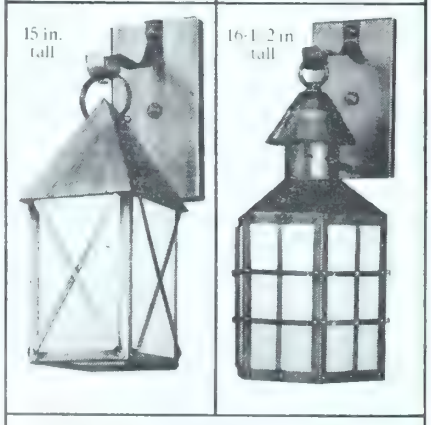
Lifelong ID tag for pets

Don't worry about your dog or cat getting lost. This stainless steel lifetime identification tag displays all the necessary information for his safe return—pet's name, your name, address and phone number, all engraved free. Hook for easy attachment to collar. Specify dog or cat. **$1.00** Ppd.

Write for FREE *catalog of gifts*

HOLIDAY GIFTS
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Colonial Lantern $45 | Country French Lantern $72



Handcrafted from solid brass or copper

Rare Antique Lamp Reproductions

We build these lamps entirely by hand in the old-fashioned way. The designs are authentic copies of lamps that lighted streets and houses 200 years ago (except, of course, they are electrified). Available as wall fixtures (shown above), post lanterns and hanging lanterns (no extra charge). Our little factory can't make too many of these. Order early.

Send $1.00 for beautiful full-color lighting catalog. We'll refund with $2 off on first order.

The Lamp Crafters (Dept. HG-14)
Box 501, Lawrenceville, Ga. 30245

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WITH AUDREY NICHOLS

ORDER MERCHANDISE BY WRITING DIRECTLY TO SHOPS. ENCLOSE CHECK OR MONEY ORDER. ADD SALES TAX WHERE APPLICABLE. ANY UNUSED ITEM (NOT PERSONALIZED) MAY BE RETURNED BY INSURED MAIL FOR REFUND. ALLOW FOUR WEEKS FOR DELIVERY



HANDCRAFTED BRASS TABLE

Design beauty, superb craftsmanship. Handsome solid brass swing-leg table. Base, pivoting at center, can adjust to various surface shapes. Heavy brass posts, 2" dia., cross bars, 1" dia. Any height from 16". As shown 28" by 28" by 20"h. with ½" beveled plate glass top. $250 exp. coll. Custom designing a specialty. Write or call Joao Isabel, Inc., HG2, 120 E. 32nd St., New York, NY 10016.



GARDEN IN GLASS

Fill any gallon-size container with packet of six woodland plants and watch a botanical wonder emerge in two to three weeks. No care needed. Easy instructions. (Glass container not included). Packet, $2; two for $3.75; three for $5 Ppd. House of Wesley, Dept. 5414-38, 2200 East Oakland Ave., Bloomington, IL 61701

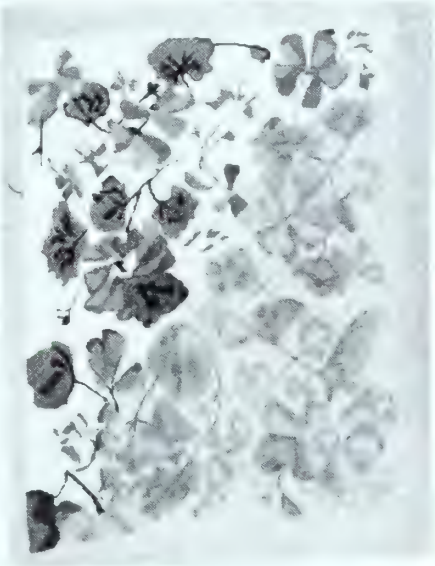
COVER NEWS

The total look of upholstery. "Designers' Choice," bench is 18" by 18" by 22½" l. Available various grades, types of fabrics. $70 as shown; $55 in your fabric (3½ yds. 54"). Send $2 for catalogue and form for requesting fabric samples. Hunt Galleries, Inc., HG762, Box 2324, Hickory, NC 28601.



MAILBOX ART

Receive your mail in style. Decorative box with bas relief figures is an exact copy of a French one. Made of cast aluminum, hand-finished in white, black, verdigris, goldspun white, pewter. Latched door, hinged knob. 14″ w. by 32″h. by 4″d. Mail container, 12″ by 8″, $45 plus $2.40 post. The Patio, HG2, 550 Powell St., San Francisco, CA 94108.



GERANIUM RUG KIT

Constant bloom, constant delight in the flowers you capture in needlepoint for an accent rug. Lively reds and pinks with light and dark green leaves. Choose pale gray-blue or creamy white background yarns. 3′ by 2′ on #10 mono canvas. $87 plus $1 post. Catalogue, 50c. The Persian Cat, Inc., HG2, 4678 St. Roch Ave., New Orleans, LA 70122.



GENTLE CHARMER

For the prettiest feminine look. Slimming scoop-neck dress with a band of exquisite hand-embroidered Italian braid circling the waist, falling gracefully down the long skirt. Silky smooth 100% Polyester knit. Machine wash and dry. Long back zip. Peach/ivory or black with cream top. Sizes 10-16. $60 plus $1 post. Old Pueblo Traders, 610 S. Country Club Rd., H2G, Tucson, AZ 85716.



IMPRESSIVE PENDANT

Great idea for a personal gift. The handsome solid sterling silver sphere worn as a pendant actually presses into service as a wax seal. Deep hand-engraved on bottom surface with reverse script initial (specify). Complete with 24″ sterling silver chain. $22 ppd. Mark Murray, HG2, 297 Ardsley Rd., Longmeadow, MA 01106.

AN *Anne Tracy* FIND

For Home and Office

Hickory-Dickory Table and Chairs



$ 59 95

In Laurel Mountain, West Virginia, we located this different and distinctive children's furniture you will be proud they can enjoy. The soft colors – brown, yellow, white, touched with black are hand-screened and finished in non-toxic lacquers which produces a glowing finish. The center of the table lifts up revealing a vinyl pocket (just wipe out) for whatever – crayons, cookies, waste paper? Table size 30" x 35" x 17¾" H., chairs 11¼" x 26½" H. Old time consideration of construction results in a super-sturdy table and two chairs (made of Baraboard) to be enjoyed and handed down for years to come. Extra chairs are available. Arrives with very easy to follow instructions for assembling. Order No. L 80/81. Weight 47 lbs. (two unmarked cartons). Add $5.00 U.P.S. delivery. West of the Mississippi add $10.00 U.P.S. delivery.

Enclose check or money order. Master Charge or BankAmericard (Expiration date required) MC include inter-bank # and day)

Ohio Residents Add 4% Tax !
Brochure $ .50

Anne Tracy Dept. G42, Box 499, Hudson, Ohio 44236



ANIMAL FARE

A collection of wild creatures—lion, giraffe, tiger, zebra—to decorate your buffet. Deep brown and white ceramic plates are 8½" diameter. Matching mugs have bamboo design handles, 3½" high.

Set of 4 plates, ... **$9.95 a set**

Set of 4 mugs, ... **$9.95 a set**

Please add $1.55 postage for each set ordered.

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Dept. HG-2
Northport, New York 11768

4 to 16 inch exotic plants from

FLORIDA'S LARGEST ALOE PLANTATION



Guaranteed to grow!

Tropical, Medical, Mystical

ALOE VERA

Treasured for centuries as an exotic plant with fantastic medical benefits. Each leaf an amazing first aid for burns, cuts . . . ideal as a shampoo, skin moistener, beautifier. Put in pot and thrill as rosette grows indoors up to 2 ft. tall. Thrives outdoors once weather permits. FREE instructions plus uses. Allow 4 weeks for delivery.

4 to 8 inch ALOE plant only $1.98*
8½ to 12 inch ALOE plant only $3.98*
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*Add 50¢ postage/handling each plant

No shipments to Arizona, California, Texas.

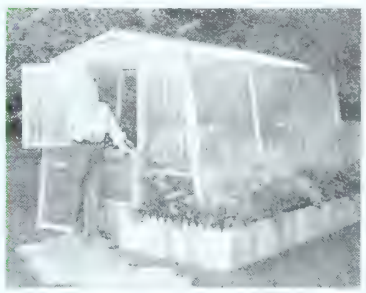
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GREENHOUSES

at America's Lowest Prices!



Grow more!
Save more!

MODELS FROM **$98.95**

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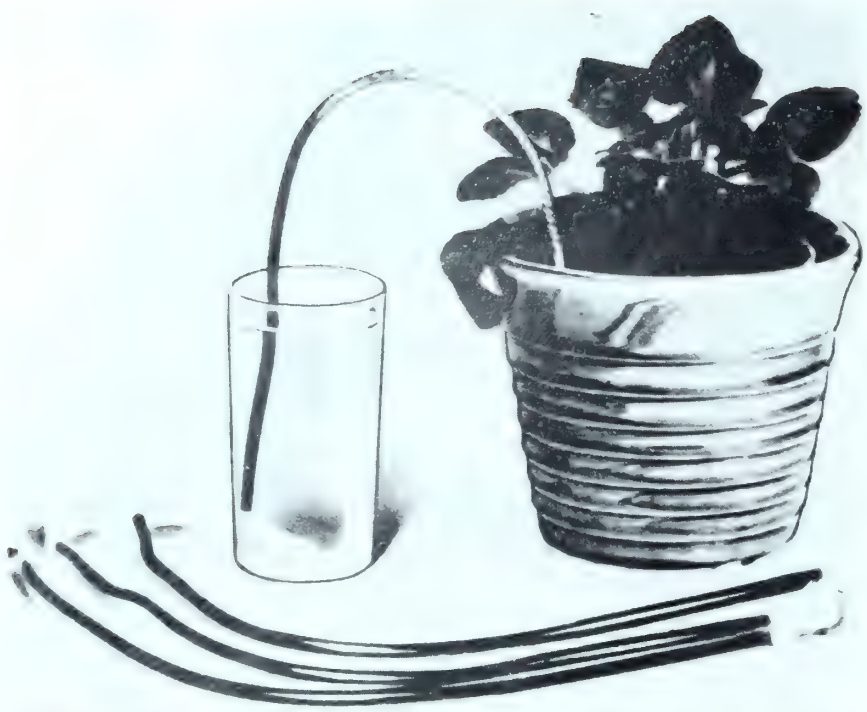
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Country Gingham Flower Kit

Adds nostalgia to any room in your home. Also a thoughtful gift.
All you need to easily create any three of these country style flowers: Tulip, Iris, Poppy, Daisy. Kits include: orange, lime and yellow gingham (easily washed) fabric; wire; florist tape; easy sewing instructions. Flowers are 8" across, 12" tall.
$7.45 plus 50¢ postage and handling. N.J. residents add 40¢ sales tax.
Please send check or money order: Helene Enterprises, 125 Woodgate Rd., Middletown, N.J. 07748. Craft Dept. (Allow 3-6 weeks for delivery.)



WATER THIRSTY PLANTS WHILE ON A TRIP

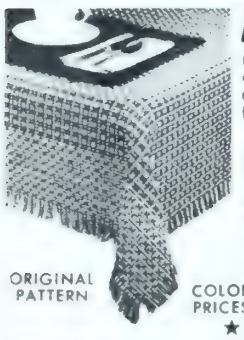
Planning a trip but worried about your thirsty plants? Amazing wicks feed just right amount of water up to 8 weeks. Can be used all year around with all plants. Will not rot or mildew.

SET OF 4 PLANT NURSEMAIDS . . . $2.98 + 45¢ Mailing Each Set.
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No COD's or Billing *California Residents add 6% Sales Tax*

Satisfaction Guaranteed Or Your Money Back

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ORIGINAL PATTERN

Authentic HOMESPUN Tablecloth Fabric

(Woven by Pa. Dutch Weavers) Perfect for tablecloths, placemats and Napkins, HOMESPUN is woven from 100% selected cotton. It's color fast, machine washable, reversible, never needs ironing. Ideal for drapes, bedspreads, too! (Allow for minimal shrinkage.)

CUSTOM-MADE CLOTHS:				BY THE YARD:	
52" x 52"	$8.95	62" x 90"	$13.95	*52" wide (per yard)	$ 3.80
52" x 72"	10.95	62" x 108"	15.95	*62" wide (per yard)	4.40
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72" round with white fringe			17.95	72" cut round	11.00
Placemats (12 x 18").. Each			1.50	WHITE FRINGE to trim 72" round, 7 yds.	2.75
Napkins (18" square).. Each			1.00	* Sides fringed.	

COLORS: White w/Gold, Olive, Red, Blue, Sand, Orange, Brown
PRICES POSTPAID! Satisfaction assured! Pa. residents add 6%
Easy finishing instructions included!
★ *COLOR BROCHURE AVAILABLE!*
DEPT. G-3, Ridge & Keystone Streets, EMMAUS, PA. 18049 **HOMESPUN WEAVERS**



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The exquisite gift to someone special. Mother Nature's unique creation and a Christian legend for centuries. Plated with 24 kt. Gold. All structural details are preserved. Pendant comes with matching 24" chain. Earrings available pierced or screwback. Earrings only $6.95. Pendant only $6.95. (Postpaid.) Ca. Res. add 6% tax. Money back guarantee. HOUSE OF CUPID, Dept. HG1, 348 Pearlwood St., Chula Vista, Ca. 92011.

Michael

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Be original — give "LOVEABLES" Custom full color, watercolor art from an original animal alphabet. Ideal for new babies, weddings, birthdays, house warmings, anniversaries — you name it! 9"x12" matted in yellow, blue, pink, green, orange or red. Up to 8 letters only $4.95 each matted. Additional letters 50¢ each and size increases to 14"x18" matted. You can also add your own slogan or special message. 14" x 18" complete alphabet available at $10.95 matted. Specify capitals or small letters. Postage and handling $1.25 up to 3 pieces to the same address. Orders shipped within 72 hours of receipt. Send check or money order to:

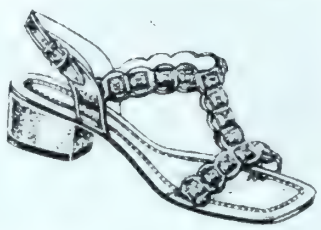
LAURA'S LOVEABLES ©
Dept. HG 276, P.O. 7831
Las Vegas, Nevada 89101

SHOPPING AROUND



HELPFUL GUIDE

"Buying Your House" spells out what to look for and look out for when buying a house. In 254 pages with 47 drawings, it explains which shortcomings are serious and which ones salvagable. $8.95 plus 50c post. Emerson Books, Inc., HG2, Reynolds Lane, Buchanan, NY 10511.



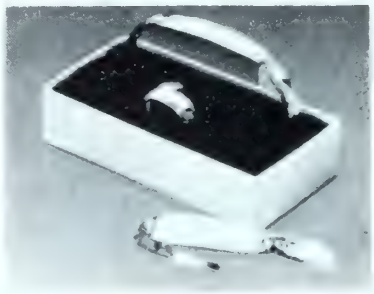
SANDAL DAZZLER

Multicolor "gems." Cushioned insoles, adjustable backs. White, black, gold, silver; pink, blue, yellow, green pastels (specify alternate colors). N 5½-12; M 4-12; W 5-12. (No half sizes over 10.) $11.99 plus 90c post. Morgan's Cove, HG2, 28 W. Prospect, East Brunswick, NJ 08816.



FAMILY AFFAIR

Clever clear-plastic cabinet keeps all toothbrushes free from dust and mix-ups. Holds 5 in separate compartments, each with its own door, ever ready and sanitary. $1.69 plus 25c post. Anthony Enterprises, HG2, 556 Mission St., San Francisco, CA 94105.



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Redwood and sturdy fiberglass models. Each prefabricated one factory-assembled, then taken apart for shipping ppd. Marked for easy bolting. Full frame, auto matic ventilation. Free catalogue. Redfern Greenhouses, 57 Mt. Hermon Rd., Scotts Valley, CA HG2, 95066.



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When fair weather is in store the children come out, for rain or snow it's the old witch. The chalet they live in is of marble-look plastic. Thermometer, too. 5¾" by 4½" by 1½". $2.98 plus 25c post. Order #142. Anthony Enterprises, HG2, 556 Mission St., San Francisco, CA 94105.

Scientific Tests Prove You Can
SLIM DOWN SAFELY
Without Drugs or Amphetamines

Read How These 6 Women Lost Over 45 Pounds In 14 Days!



LAURA QUINN
"I lost 8¼ pounds, 2½ waist inches, and 1 hip inch in 14 days. My posture was greatly improved."



SHELLY NEGRI
"I lost 8¾ pounds, 2½ waist inches, 1¼ hip inches in 14 days — and my husband found me more sensual."



LOREE PEET
"I lost 2 waist inches, 2 hip inches, and 9¼ pounds in 14 days. I no longer need afternoon naps. I feel wonderful!"

In carefully supervised research, these six women were tested against two similar groups — one using amphetamines, the other appetite-suppressant drugs. All were placed on the same exact diet — 850 to 1,000 calories per day.

At the conclusion of the research test, this group — which used the Weider "5" Minute Body Shaper Plan — had lost more total weight and inches in significant measurements than either of the other two groups.

Equally important, this group not only reported they "felt slimmer, firmer, and healthier," but reported less tension and stress, together with more energy and a sense of well-being. Their posture was also improved.

These Tests Proved What
1,500,000
Joe Weider Customers Already Knew...

The Weider "5" Minute Body Shaper Plan is so *delightfully easy and effective!* Five minutes, twice-a-day, doing one simple, rhythmic exercise...and eating everything you like (but *20% less).* It's all in the Guide. No calorie-counting, no starvation pangs, no "forbidden" foods. You may not lose as much weight as quickly as these six women, but you must be delighted with the results. Best of all, you'll never gain it back, so long as you follow our Plan! It slims your waistline, hips, and legs....firms up your arms and bustline...makes you feel slimmer and younger-looking in just 14 days — *or your money back!*

PROVE IT TO YOURSELF AT NO RISK!
We Absolutely Guarantee Satisfaction, or Money Back!

Do one simple "5" Minute Exercise, twice daily, EAT ANYTHING YOU WANT (JUST 20% LESS), and we guarantee you will lose pounds & inches, feel better, more energetic within 14 days — or return our Plan for a full refund of $7.98.



JILL BREKKEN
"I lost 3½ pounds, 1 waist inch, and ½ hip inch in 14 days. My back problems improved

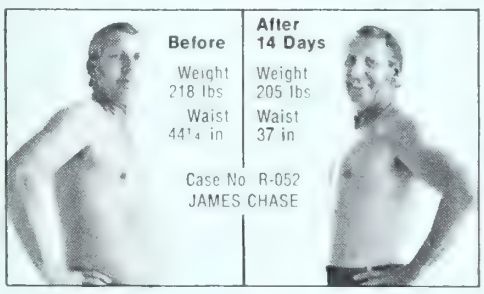


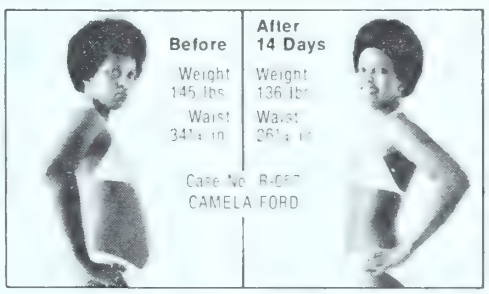
[illegible]
I lost more inches off my abdomen in 14 days than I did while on dangerous diet pills. [illegible] feel firmer all over

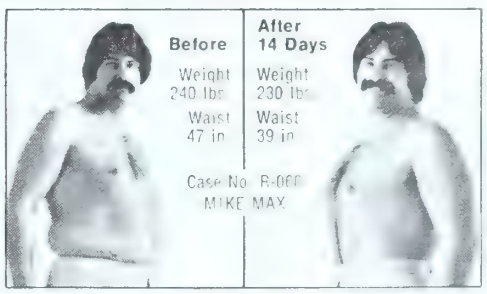


[illegible]
"I lost 2 inches off my waist and 9¾ pounds in 14 days. Plus, I have more energy and feel more fit

A few of over 1,500,000 customers who purchased the "5" Minute Body Shaper Plan.

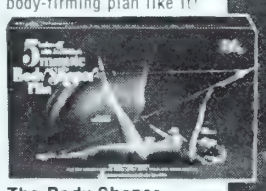




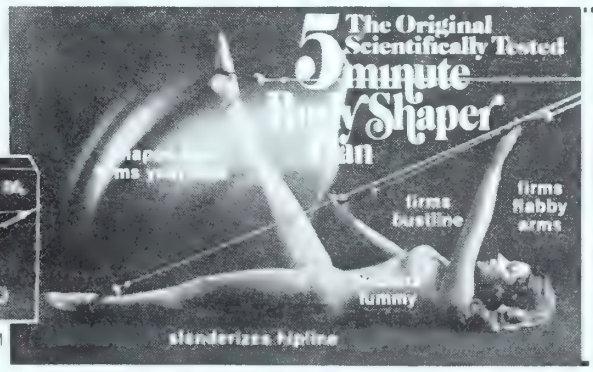


Results vary. Here are some of the more outstanding successful users!

WARNING: Don't be fooled by imitators. There is only one copyrighted and patented Joe Weider "5" Minute Body Shaper Plan. It's scientifically tested. There is no other slimming, body-firming plan like it!



The Body Shaper Weighs 10 ounces. TM



JOE WEIDER Dept. LG NW
[illegible]
21100 ERWIN STREET, WOODLAND HILLS, CALIFORNIA 91364

OK, Joe...**prove it to me!** I'll believe my own eyes when I see **my own** inches and pounds disappear. Rush me your "5" Minute Body Shaper Plan.

I'm enclosing ☐ Check ☐ Money Order for $7.98 (plus $1 postage and handling). If your plan is as good as you say it is **I'll keep it.** Otherwise, I'll return it within 14 days, and you will send back my $7.98. (California residents add 6% sales tax. Allow 3 to 4 weeks for delivery.)

Name ..... Age.....

Address .....

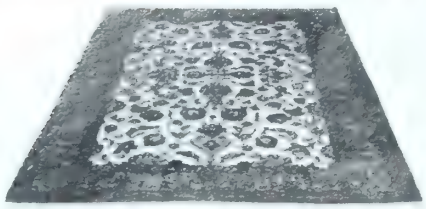
City ..... State.....Zip.....

Patented © Joe Weider, 1975 Another fine product by Weider Health and Fitness

IN CANADA: "5" Minute Body Shaper, 2875 Bates Rd., Montreal, Quebec

Available at Better Beauty Salons.

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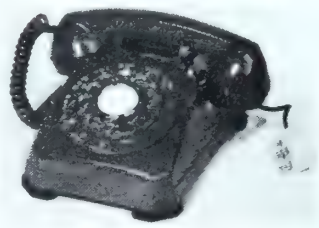
These BIG, strong carts are **perfectly** balanced on two huge wheels — roll easily over lawns and gardens — carry up to 400 lbs. of load — huge volume capacity means you make fewer trips — you'll save time **and** steps

If you are **still** struggling with a wheelbarrow or inadequate cart (with tiny wheels) send for FREE Cart Catalog. Build-it-yourself kits, too.

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For your extra phone, the modern standard is a late model equipped with a standard cord and plug ready for instant use. Phones rebuilt. Choose white, ivory, green, red, yellow, beige, pink, blue.

Only $23.95 (Shpg. Charge $2.00)

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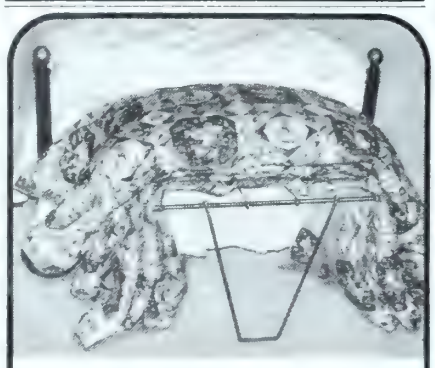
OWN NAME FOOTBALL JERSEY

Just like the pros . . . a football jersey of professional quality with large numerals on front and back. Personalized with first or last name on back as shown. Numbers also on sleeves. Washable and colorfast. Choose red or blue color with white lettering. (Sorry, no choice of numbers). Comes in boys sizes S (6-8), M (10-12), L (14-16), XL (18-20), or mens sizes, S(36), M(38-40), L (42-44), XL (46).

Boy's Sizes .....**$7.50 plus 80¢ postage**
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Specify boys or mens size, color desired and PRINT name. State 2nd Color Choice

DECOR AND GIFTS GALORE Dept. 321
140 Monument Ave., Barrington, Ill. 60010



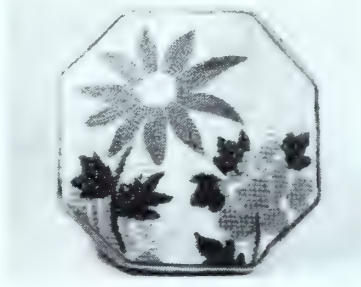
Bedspread caddy saves effort

Easier bed-making without nightly tugging heavy spread. Just pull hidden caddy from between mattress and spring. Legs drop into position. Lay spread onto caddy, accordion fashion . . . ready for quick, easy, morning make-up. Brown metal caddy glides back out of sight by day. Ideal for Hollywood beds or low footboards. For double, king or queen-sized beds, get two. Satisfaction or money back.

$7.83 or 2 for $14.83. Add 90¢ post.

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SHOPPING AROUND



OCTAGONAL FLOWERS

Iris and daisy design painted on 12 mesh canvas to needlepoint in seven stitches for 14" octagonal pillow. Paternayan yarn. Flowers: orange/pink; violet/blue; mauve/rust. Yellow or aqua trellis. Ivory ground. $28.95 ppd. The Flexible Needle, HG2, 162 E. 86th St., NY, NY 10028.



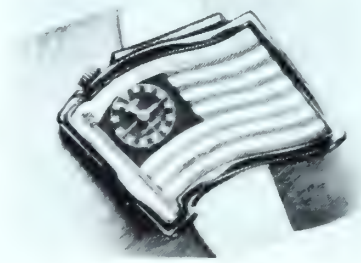
ROPE TRICK

Cool canvas uppers for "Tally" with rope-covered 2" wedge and rope lacings that tie for good fit. Crepe soles and cushioned insoles. Beige, green or yellow. Sizes N 6-12; M 4½-12. $12.95; over 10 $1 extra. Add 90c post. Sofwear Shoes, HG2, 1711 Main, Houston, TX 77002.



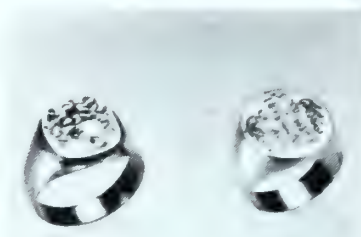
TWO BY TWO

Socks stay together through the washing and drying process with unique plastic rings that keep them paired. An easy solution to that dull hand sorting. Enough sorters for 24 pairs, $1.98 plus 20c post. Anthony Enterprises, HG2, 556 Mission St., San Francisco, CA 94105.



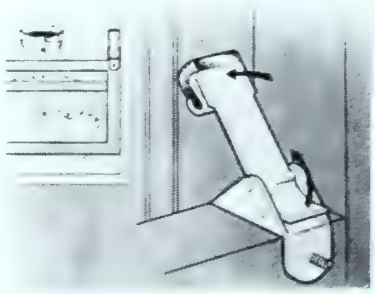
RIGHT ON TIME

An American Bicentennial watch has 17-jewel Swiss movement in gleaming goldtone case. White vinyl strap. Red, white, blue face; 13 stars circling hands. Shock-resistant. Approx. 1¾" by 1". $19.76 plus $2 post. Bicentennial Watch Co., RS-7F, 380 Madison Ave., New York, NY 10017



FAMILY CREST RING

Send coat-of-arms or name for research. Hand engraved. Sterling silver $75. In 14k gold $195. Engraved on precious stones, 14k gold setting. Choose synthetic ruby or sapphire, agate, topaz, lapis lazuli, $285. Ppd. Free catalogue. Heraldica Imports, HG2, 21 W. 46th St., NY 10036.



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Safety lock works on closed or open windows to keep intruders out, and children safe while maintaining usual ventilation. Affords a feeling of security whenever you're away. $1.98 plus 20c post. Anthony Enterprises, HG2, 556 Mission St., San Francisco, CA 94105.



WHAT'S IN STORE?

Take a look into the future with fortune-telling cards that friends will find fun, too. Each card has a different picture or sign for answering questions on love, happiness, finance. $2.98 plus 25c post. Anthony Enterprises, HG2, 556 Mission St., San Francisco, CA 94105.

SHOPPING AROUND

FOR TOTS AND TEENS



Bib overall skirts, Sanforized cotton in brushed blue denim or hickory stripe with rustproof buttons and hardware. Child's (4, 6, 8, 10, 12) stripe $8.95, denim $10.49; jr. (3, 5, 7, 9, 11, 13) stripe $11.95, denim $13.59. Ppd. Miles Kimball, 100 Bond St., Oshkosh, WI 54901.

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Rocker pads are printed with traditional crewel designs of 18th century in 12 soft colors. Scotchguarded cotton with side zippers and plump foam filling. 17½" by 16½" seat 2" thick; back, 17½" by 20". $16.95 a set plus $1.55 post. Yield House, Dept. G62R, N. Conway, NH 03860.

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Hand-cut crystal hurricane lamps with 4" crystal spears suspend from scalloped bobeches. Chimneys are hand-etched. Gold trim. 16" h., 5" dia. Completely electrified. $44.95 pair. Exp. coll. Catalogue, 25c. Luigi Crystal, HG2, 7332 Frankford Ave., Philadelphia, PA 19136.

INSTANT CHANGE

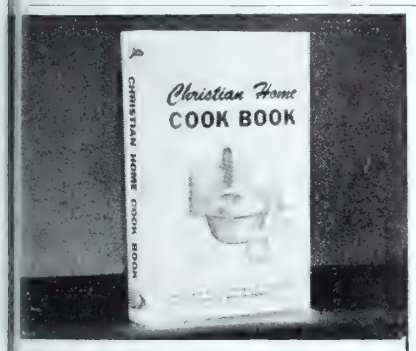


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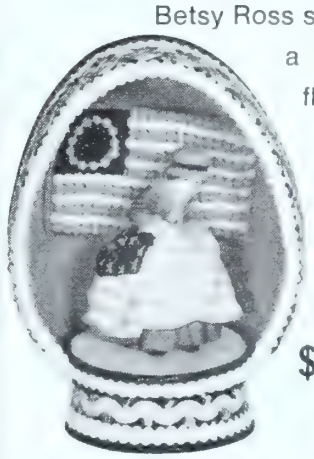
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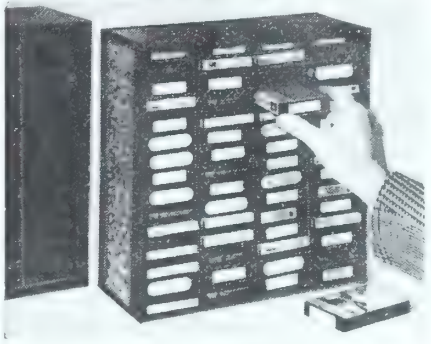
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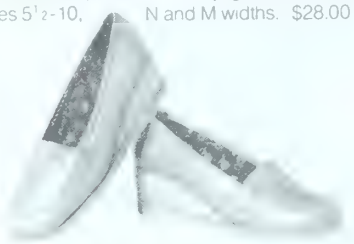
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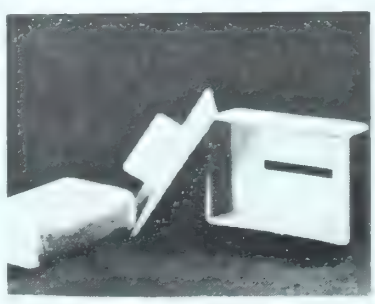
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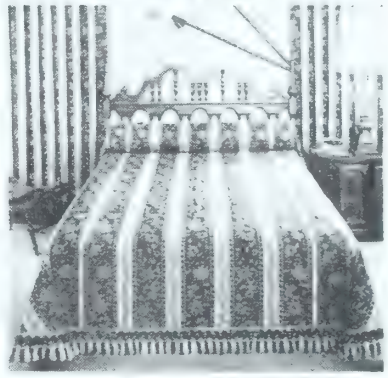
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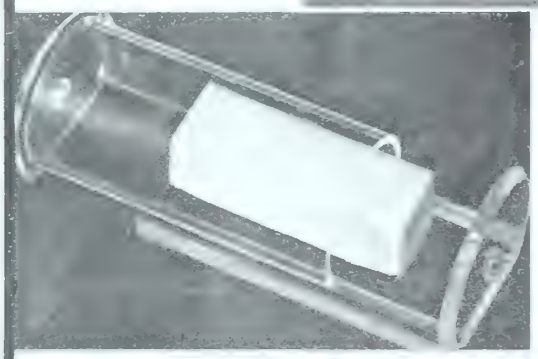
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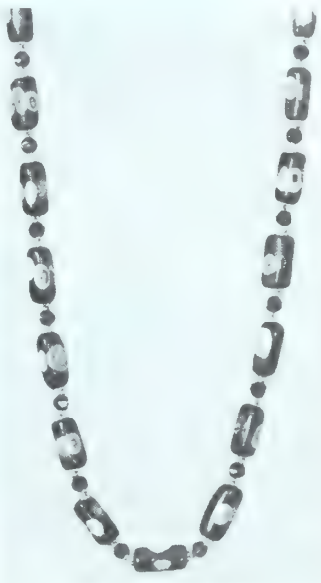


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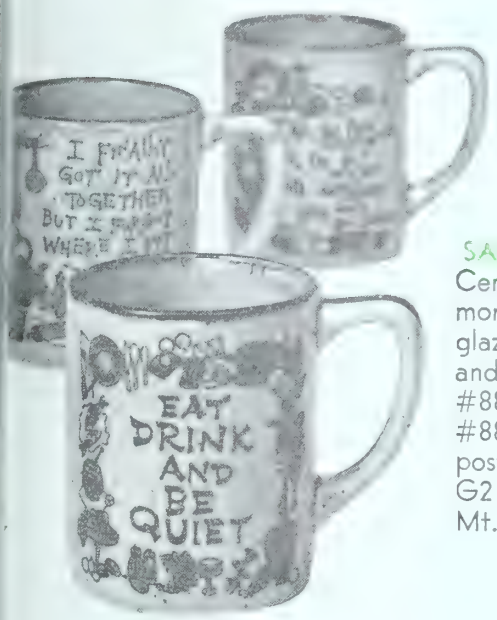
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1951 SILVER JUBILEE 1976

It's our silver anniversary! 25 years, and we're still THE place to shop by mail, the collection that's unique!

LILLIAN VERNON



SPONGE MITTS make baths more fun, create puppet shows, sparkle as decor—too cute for just kids! Polyfoam from West Germany, superbly made to keep their shapes and their multihue trims. Abt. 7¼-8".
8984 Yellow Mouse. $2.98
8983 Red Ladybug. $2.98
8985 Blue Indian. $2.98
8986 All 3! 1 Set $7.98

personalized garment bags

Embroidered initials on fine nylon—strong yet feather-light, water-repellent, too!

Clothes go wrmkle-free and dust-free to train, plane or car—on their own hangers. Superbly crafted—long zip, wide gusset, secure tab-and-tie top. Holds 6 dresses or 3 suits, great also for storage at home. Superbly American-made in 3 colors, 3 sizes.

Specify bag color: **NAVY** (with red monogram), **RED** (with black), or **BLACK** (with gold).

9141 40" for suits or jackets. $13.98
9142 50" for coats or dresses. $14.98
9143 60" for formal lengths. $17.98

PRINT initials, allow extra time.





mexicana!

A marriage of metals, a new look for him or her! Solid Sterling, copper, silver and brass—each lending its natural hue, all spun together in satin-y stripes. Superbly crafted in Mexico, nice weight and heft. Ring Sizes 6,7,8,9.
3259 Four-metal Ring $4.98
3260 Four-metal Bracelet $9.98
3261 Both—save! 1 Set $13.98

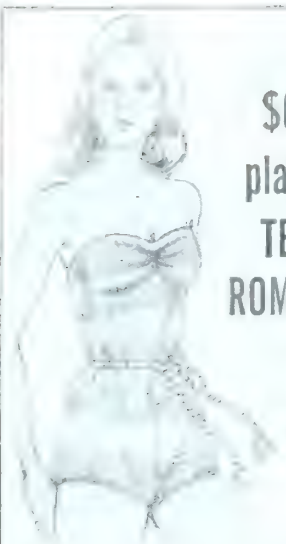
front-page shower curtain

Yes, an authentic front page with only good news—and it wasn't easy to find! The New York Times of Dec. 6, 1933—you can read it all: prohibition repealed (and Maryland legislators giving notice to their State House bootlegger!)—the Lindberghs flying from Africa to Brazil—income tax just 4%, and the newspaper price just 2c! Super decor, screen-printed by hand in black and white, American-made by Saturday Knight Ltd., which has exclusive rights. Heavy gauge vinyl, really heavy, a full 6x6 ft., well made with triple-reinforced eyelets.
8874 Shower Curtain $14.98
2 for $26.98



LILLIAN VERNON Dept. G21
510 S. Fulton Ave.
Mt. Vernon, N.Y. 10550

Add 75c postage & handling. New York residents add applicable taxes
PRINT name, address, zip; send check or money order. Satisfaction guaranteed



$6.90 play-full TERRY ROMPETTE

In S-t-r-e-t-c-h Nylon / Cotton

For lounging, sunning, exercising. Soft stetch Nylon and absorbent Cotton Terry, comfortable and perfect fitting, with elasticized top and legs, built-in French bra; rope-tie belt. In **Orange/Rose/White stripes. Sizes S,M,L.** *Satis. Guar.*

Send for our free full fashion catalogue.

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PROVINCIAL SWITCHPLATES

Switch to beauty in your home with little cost with our golden brass-plated switchplates. Non-tarnish antique finish, screws included. Also in antique white.

SINGLE—3" x 5"	$1.50 each 3 FOR $3.95
DOUBLE—4" x 5"	$1.95 each
TWIN OUTLET—3" x 5"	$1.50 each
TRIPLE—6" x 5"	$3.25 each
COMBINATION—5" x 5"	$1.95 each
DOOR KNOB w/spindle & rosette	$3.25 each

PLUS 60¢ POSTAGE & HANDLING

Pa. Res. Add 6% Sales Tax • Sorry No COD's

WHAT'S NEW SHOP

12-H Water St., Bryn Mawr, Pa. 19010

HANG-EMS TURN YOUR FLOWER POTS INTO LOVELY WALL DECORATIONS!

Order Your Adjustable Enameled Steel **HANG-EMS** Today. . .SEND TO:

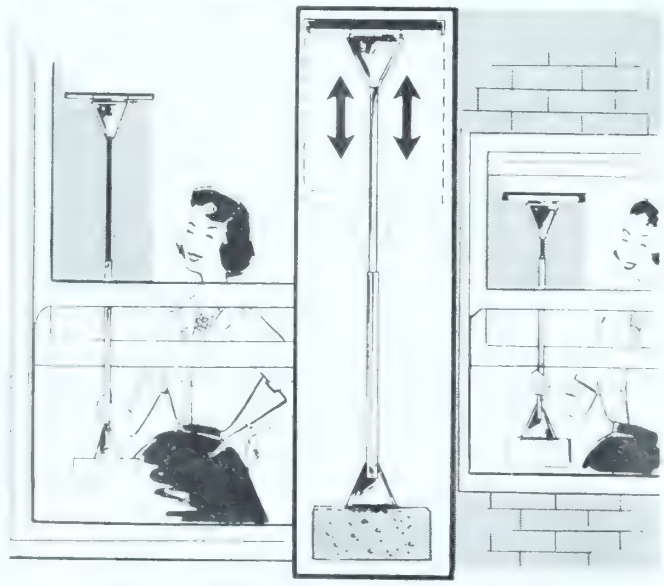
GRANDMA SARAH'S Dept A

P.O. Bx 3186 / Santa Monica CA 90403



3 for $2.00 Postpaid

TALL WINDOWS ← ADJUSTS TO → SHORT WINDOWS



WASH WINDOWS SAFELY

This amazing Window Washer washes tall or short windows inside, outside and between double sash windows from inside the house. No need to pull the top window down because the Window Washer fits in between the upper and lower parts of the window. Extends to 3 feet.

#712 WINDOW WASHER **$4.98 Plus 85¢ Postage & Handling Each**

No COD's or Billing *California Residents add 6% Sales Tax*

Satisfaction Guaranteed or Your Money Back

Anthony Enterprises **Dept. HG-26**
556 Mission, San Francisco, Calif. 94105

SHOPPING AROUND



LOTS OF LUCK

Four-leaf clover is heavy gold-plated metal. You can hang it over a door, or use it on desk as paperweight. Back has verse about the four leaves: hope, faith, love—and luck. Hanger hook. 4″. $7.95 plus 50c post. 64-page catalogue 50c. Downs, 1402, Evanston, IL 60204.



MINIATURE TOOL KIT

Kit with five handy tools. Besides a wrench, a mallet, screwdriver, awl and Phillips screwdriver share a master handle. Keep a set upstairs and save running to hubby's workshop. $1.98 plus 20c post. Anthony Enterprises, HG2, 556 Mission St., San Francisco, CA 94105.



LP REFRESHMENT

File your LP's in leather-like library storage case that holds 20 records. 23k gold tooling trim on brown or blue. With convenient center divider to aid in separating by style, composer or artist. $7.95 each ppd. Art Guild, HG2, Box 23201, Minneapolis, MN 55423.



PORTRAIT IN OIL

A true work of art painted on linen canvas from your old or new photograph. Choose from twelve portrait painters. Canvas sizes range from 12″ by 16″ to 30″ by 40″. Prices from $99.50 to $995. Catalogue, 25c. Van Dyke Oil Portraits, Ltd., HG2, 153 E. 57th St., New York, NY 10022.



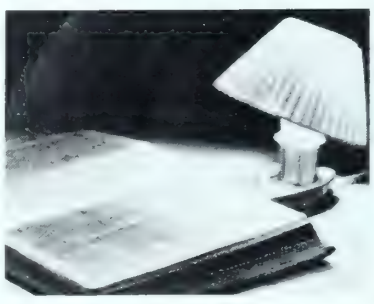
PERFECT FOR POKER

A comfortable chair is a must for any game. 29½″ h., 24½″ w., 18″ seat d. Fruitwood finish. $48.50 as shown in vinyl; $47 in your 3 yds. 54″ fabric; four, $185. Exp. coll. (#300-36) Brochure and fabric form, $1. Pennsbury Collection, HG2, Box 2581, Hickory, NC 28601.



CEILING FAN

Natural air cooling. Adaptair adjusts angle of blades (on 52″ only). 2 speeds. 5 yr. guarantee. 52″ fan with adaptair lever $299; without, $259. 36″ fan $179. Light Adapter kit $20. F.O.B. Memphis. Free brochure. The Ceiling Fan Gallery, HG2, Indian Neck Lane, Peconic, NY 11958.



BOOK LAMP

Just plug in 5′ cord and attach clothespin-type clip to shelf, desk, even book cover. Sturdy spring, on-off switch. Neutral tone high-impact plastic. 5 oz. 15/25-watt bulb (not included). $3.98 plus 65c post. Anthony Enterprises, HG2, 556 Mission St., San Francisco, CA 94105.

SHOPPING AROUND

BRAZILIAN MOCCASIN

Men's moccasin with hand-sewn vamp has non-slip grip sole that makes it great for boating and driving. In ordering send regular size and width. Hand stained brown or natural savage leather. $19.76 plus $1.25 post. Vilce Enterprises, HG2, 3000 Hempstead T'pke, Levittown, NY 11756.



BATH VALET

For luxury at bath time, a combination back scrubber and body massager that creates billows of soap bubbles for a sud' rub-down. Latex band is 36" l., 4¾" w. (#532) $2.98 plus 40c post. Anthony Enterprises, HG2, 556 Mission St., San Francisco, CA 94105.



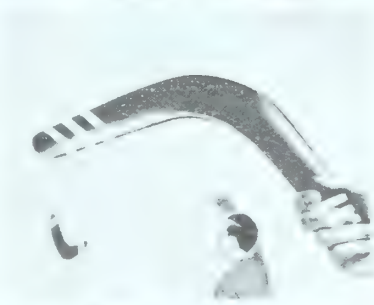
GOLDEN COIN WATCHES

To honor our bicentennial, a fine 17 jewel Swiss movement watch for a man or woman. Man's with either liberty head or American eagle face; lady's with liberty head only. Black suede strap. $24.95 ppd. Horizon Industries, HG6, 5117 11th Ave., Brooklyn, NY 11219.



HAPPY RETURNS

For throwing practice and fun, try a boomerang! Replica of famous hunting weapon used by Australian Aborigines soars hundreds of feet, then circles back. Scientific air-foil design. $2.98 plus 45c post. Anthony Enterprises, HG2, 556 Mission St., San Francisco, CA 94105.



MEMORY-LANE ALBUM

Holds 612 matchbook covers on 42 pages: 32 pre-cut for usual 1½" size; 10 for 2", 3". Slots, no glue. Maroon vinyl, initials (print) gold-stamped. 10" by 12". $6.98; refill (42pp. 1½") $3.98. Add 50c post. Lillian Vernon, G2E, 510 So. Fulton Ave., Mt. Vernon, NY 10550.





BUILD THIS LOVELY HORSE BARN

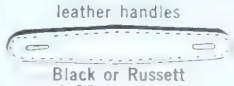
24 ft. wide x 36 ft. long x 18 ft. high. Featuring 3 9 ft. x 12 ft. stalls. Dutch doors to each stall. 17½ ft. x 8½ ft. tack room, 6 ft. x 9 ft. grain room, 12 ft. x 25 ft. with a 9 ft. sliding door to accommodate pick up truck, tractors, etc. 4 ft. rear sliding loft door. Concrete floors and stamped clay for stall area. Send $8.00 for step by step plans and material list. Also 24 ft. x 36 ft. x 18 ft. All purpose barn minus horse barn features **$6.00.**

HAMMOND BARNS
Dept. HG-50 Box 584,
New Castle, Ind. 47362

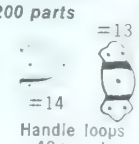
TRUNK SUPPLIES

free catalog of over 200 parts

leather handles



Black or Russett
H-1 $2.75 pair (8")
H-2 $3.00 pair (10")



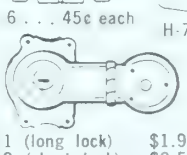
=13
=14
Handle loops 40¢ each



H-6 . . . 45¢ each



H-7 . . . 59¢ each



Hinges
Stay =1 .65¢ each
Stay #2 (small) .50¢ each



A-1 (long lock)	$1.99	
A-2 (short lock)	$2.50	
A-4 (square lock)	$1.99	

Trunk (1") or ¾" Nails or Tacks 50 for .75¢
Shipping and Handling orders under $6.00 add $1.00 over $6.00 add $1.50

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DECORATE, REPAIR and RESTORE ANTIQUE TRUNKS
with 24 illustrated pages of instructions! Enjoy this profitable ANTIQUE and DECORATING craze from America's foremost "TRUNK REPAIR BOOK" and parts supplier.



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NEW BOOK! PRICE and IDENTIFICATION GUIDE to ANTIQUE TRUNKS . . . over 80 actual photographs . . . **$3.35** postpaid. Or order both books, **$5.50** INCLUDING postage. *Free catalog included with above books*

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REMOVE HAIR FOREVER

Perma Tweez is a simple electrolysis instrument that PERMANENTLY removes ugly hair from all areas of the face—such as the chin, upper lip, eyebrows. Embarrassing body hair can now be removed forever in the privacy of your boudoir. Arms and legs can be forever free of the inconvenience of constant hair removal. **An exclusive U.S. patented safety feature allows you to do this without puncturing the skin!**

AN EXPERT'S APPROVAL

Perma Tweez has been clinically tested by a university professor of dermatology and proven to be safe and effective. One of his patients had previously been tweezing hairs from her chin every day for 15 years. After treating herself with Perma Tweez, she has eliminated this time consuming chore for the rest of her life! Over 15 thousand instruments in use by doctors—over 500,000 in use by people like yourself.

Easy instructions make you expert in a few minutes. Save hundreds of dollars on salon electrolysis by doing it yourself.

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Los Angeles, California 90016

☐ I enclose $4.00 deposit and will pay balance COD plus extra COD postage.
☐ I enclose $16.95 in full payment.
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Name_____

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Mfr. of Professional and Home Electrolysis Equipment



NO MORE WET HAIR

Keep hair dry while bathing or swimming. Absorbent Dry Band protects against moisture. Keeps hair-do safe, dry. Easy to use —practical for all ages. Simply wrap poly-foam band around head to cover hairline. Wear under shower or bathing caps. Adjustable.

DRY BAND **$3.98 Plus 45¢ Postage & Handling**

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CHANDELIER CLEANER

Just spray it on and allow to dry. No wiping necessary. Your crystal chandeliers will sparkle in a blaze of glory. Protects and preserves all surfaces with an invisible coating of miracle silicone. 7 cz. spray can.

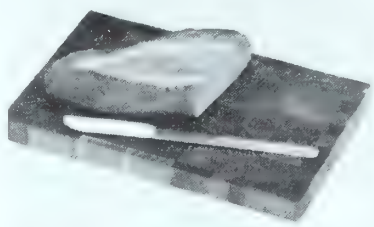
CHANDELIER CLEANER **$3.98 + 65¢ Mailing Each**

California Residents add 6% Sales Tax

Satisfaction Guaranteed or Your Money Back

Anthony Enterprises Dept. HG-26 556 Mission, San Francisco, Calif. 94105

SHOPPING AROUND



HANDSOME HARDWOOD

Handmade chopping block of end grain red alder found only in the Pacific Northwest. 12½" by 8½" by 1⅛", ideal for chopping, for cutting or slicing meats, vegetables, cheese, anything you choose. $8.49 plus $1.45 post. Wretched Mess, Dept. HG2, West Yellowstone, MT 59758.



MUM'S THE WORD

Playful youngsters—chatty teenagers—are discouraged from unsupervised use of the phone when it's under lock and key. Telephone lock is metal for sturdy protection. Two keys. $1 98 plus 20c post. Anthony Enterprises, HG2, 556 Mission St., San Francisco, CA 94105.



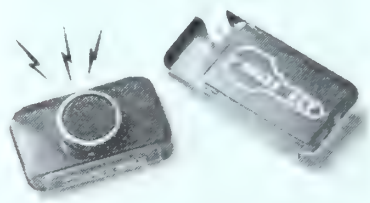
WEEKEND WONDER

Roomy shoulder bag copes with all your needs. Opens while on shoulder, easy to get at keys and money from front. Complete double zipper at handle. 20" w. by 24" overall. Waterproof beige canvas with silky finish. $9.95 ppd. Elizabeth McCaffrey, HG2, Northport, NY 11768.



SOUP'S ON

Serve it up in decorative mugs of heavy stoneware to keep it piping hot whether you sip or spoon it. Embossed with: "Soup and Crackers." Stackable. 3¼" h. by 4¼" dia. Four in set (one each grey, green, beige, brown) $8.98 plus $1 post. Ferry House, HG2, Briarcliff Manor, NY 10510.



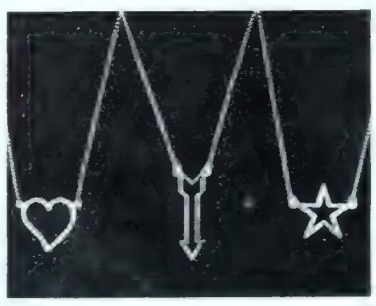
TO THE RESCUE

Brilliantly simple gadget averts many a catastrophe: it keeps an extra car or house key on the fender, bumper or a metal pipe. Metal key case has sliding cover and heavy magnet. $1 plus 15c post. Anthony Enterprises, HG2, 556 Mission St., San Francisco, CA 94105.



PERMANENT PRESS

Woven ¼-inch gingham checks in cotton/polyester. 74" w. pair, 2" ruffles. Red, brown, blue, yellow or pink with white. 25", 30", 36" $7.50; 45", 54", 63", 72" $10; 10" by 74" valance $3. Add $1.75 post. per order. Free catalogue. Country Curtains, HG2, Stockbridge, MA 01262.



LOVELY TRIO

Pendants crafted in 14k yellow gold on fine chains 15" long. Heart ¾", arrow 1⅛", star ¾", (approx.), each $14.90. Matching rings in arrow or star, $17.90. Plus $1 post. Free catalogue of rings and things for men, women. The Strongite Co., HG2, 2 W. 47th St., N.Y., NY 10036.



50 PIECE SET... PISTOL-HANDLED FLATWARE OF 1776... *Reproduced as authentic replicas in satin finish stainless*

NOT $44.95! NOT $34.95! ONLY $22.95!

our home can reflect the candlelight appeal and gracious atmosphere f Early American Colonial elegance when you grace your table with his incredibly beautiful service. Through a special purchase, we can ffer you the famous Pistol-Handled Flatware with all its stunning olonial simplicity in magnificent, satin finish stainless steel at just a action of what you would pay for luxurious Sterling Silver. Each nd every piece is a masterpiece of authenticity—an exquisite replica f the famous Paul Revere settings that highlighted many a candlelit olonial dinner. The knives are the genuine hollow pistol grip handles; he forks are the graceful 3-tined design. And the entire 50-Piece Set made of modern stainless steel, to give you years of carefree

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Don't be disappointed! Take advantage of this amazing lo while our supplies last. Order now and we'll send you the c ervice for 8 including 8 Pistol Grip Hollow Handle Knives; 8 orks; 8 Salad Forks; 8 Soup Spoons; 16 Teaspoons PLUS IAL FREE GIFT of a matching Butter Knife and Sugar 0 pieces in all. The entire set is yours for just $22.95 on ful ack guarantee if you are not absolutely delighted. But don Due to the rising cost of quality stainless steel, the price of thi e increased in the very near future. Take advantage of our t rice while current supplies last. Mail coupon today!



Complete Luxury Service For 8

50 PIECE SET ONLY $22.95

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Please send me the Stainless Steel Pistol Grip Flatware I have checked below on full Money Back Guarantee if I am not absolutely delighted.

(Please add $2.00 postage and handling with each order.)

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	(50-Piece Set)	$22.95
2	*(74-Piece Set)*	33.95
6	*(100-Piece Set)*	44.95

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CLEANS SILVER FAST

Magic Silver Leaf goes in the dishpan, or sink, and safely cleans silver as you wash dishes. No rubbing, no boiling. Keeps silver shining bright and tarnish-free. Safe for finest silverplate and sterling. Odorless and non-toxic. Lasts a lifetime, never wears out.

SILVER LEAF . . . . $3.98 + 40¢ Mailing Each

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Satisfaction Guaranteed or Your Money Back

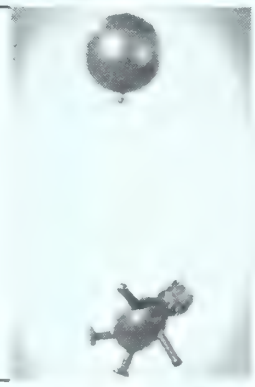
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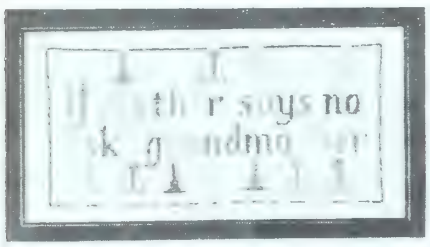
A BIT OF WHIMSEY!

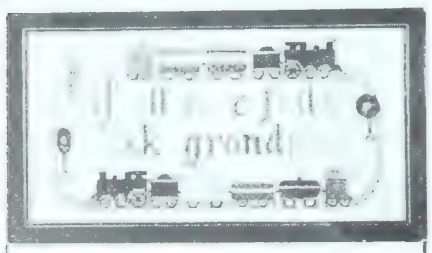
Winnie The Pooh is floating from a red balloon!! Suspended from 10″ thread, Winnie is 3¼″, handpainted, and comes from Sweden. A fun gift for any occasion.

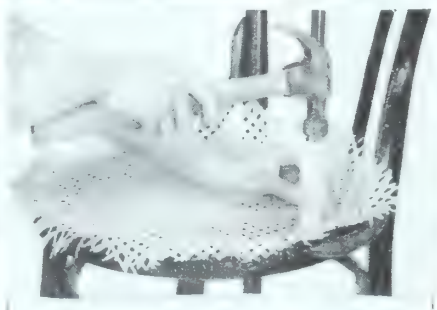
$5.50 ppd.

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225 5th Avenue
New York, N.Y. 10010









DELIGHTFUL STITCHERY

Two irresistible samplers. Each comes in kit-form complete with oyster Belgian linen stamped for cross-stitch, floss in bright colors, 8½″ x 16″ wood frame in maple or mahogany finish, and instructions. Also available, "Grandchildren Are God's Reward For Growing Old".

Grandmother Sampler Kit (shown) $4.25
Grandfather Sampler Kit (shown) $4.25
Grandchildren Sampler Kit $4.25

PLUS 60c POSTAGE & HANDLING
Pa. Res. Add 6% Sales Tax. No C.O.D.'s

VICTORIA GIFTS
12-H Water St., Bryn Mawr, Pa. 19010

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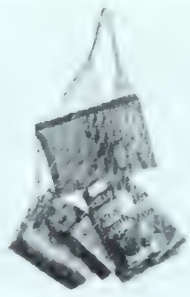
ORIENTAL STYLE

Trapunto design in upholstered back. 29″ w., 27″ d., 30″ h. Finished in walnut, mahogany, teak, fruitwood or add $10 for black or colored lacquer. $145.95 in your fabric; $181.95 in ours, exp. coll. Catalogue, $1. Bryan Robeson, Dept. HG150, Rte. 10, Box 780, Hickory, NC 28601.



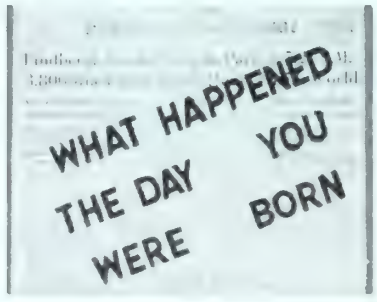
EMBROIDERY NEWS

Full-color catalogue with everything in the finest Swedish designs, from pictures and panels, wall hangings, cloths and cushions. Florals, figures, delicate and spectacular colors. Exclusive "long stitch" designs included. $1. Skon, GE2, 55 Lambert La., New Rochelle, NY 10804.



SHOPPER'S FRIEND

Take along one of the handiest bags ever. It's reminiscent of the once popular French string bags but sturdier. Weightless handful in purse or pocket but holds parcels aplenty. $1 plus 20c post. Anthony Enterprises, HG2, 556 Mission St., San Francisco, CA 94105.



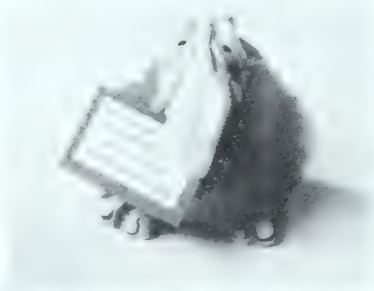
BIRTHDAY SPECIAL

Extra! Extra! Read all about it—in a special edition (front page only) of the New York Herald Tribune. See what the rest of the world was doing on the day you were born. Specify any date from 1/1/1900 to 4/1/66. $2.99 ppd. Holiday Gifts, Dept. 302-D, Wheat Ridge, CO 80033.



GOLDEN MONOGRAM

English script monogram pin with 2″ last name initial, 1½″ first and middle is absolutely smashing with ensembles or on fabric handbag. Underline last initial in order. 24 k gold plated finish, $6 plus 50c post. Decor Galore, HG2, 140 Monument Ave., Barrington, IL 60010.



GOOD ADVICE

Perch a colorful worry bird on desk or shelf. Beak holds card reading: Don't be sad/Don't be blue/'Cause I'm the bird/Who'll worry for you. He'll make more smiles and fewer frowns. 3″ h. $2.98 plus 40c post. Anthony Enterprises, HG2, 556 Mission St., San Francisco, CA 94105.



ZODIAC SERIES

Distinctive thimbles of white porcelain with each of the 12 signs depicted in color. Lovely gift for collectors. 1″. State zodiac sign or birth date for each thimble ordered. $2.25; three $5.50; six $10; 12 $19. Ppd. Ferry House, Dept. G2, Briarcliff Manor, NY 10510.

EGYPTIAN SYMBOL

Striking lithograph from the XVIII Dynasty of Tutankhamen is printed in tones of royal and sky blue, coral, gold on high quality matte paper. 38″ by 15″. Ready to frame as a decorative note. $19.95 ppd. Mail Order Art, HG2, Box 14558, Hartford, CT 06114.



BLOW-UP

An inflatable hanger is a help for drip-dry laundering. Blow it up to plumpness so it holds garment loosely with air space inside. Floral print vinyl with swivel top. Fold flat to store. $1 plus 20c post. Anthony Enterprises, HG2, 556 Mission St., San Francisco, CA 94105.



COWHIDE CYCLE BOOTS

Genuine rugged 100% cowhide boots for guys or gals with stacked leather heels, rubber caps. They quickly conform to foot and leg. Send size and width. Brown or natural antique. $39.95 plus $1.75 post. Vilce Enterprises, HG2, 3000 Hempstead T'pke, Levittown, NY 11756.



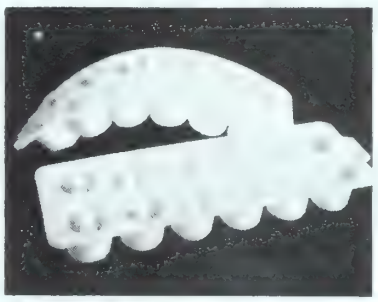
BLACK BEAUTY

An elegantly elongated genuine onyx oval adds a real jewel to your collection. Delicately set in sterling silver ring. Sizes 4 to 9 are available. $8.95 ppd. Write for color catalogue and ring size card 50c. Lions, Dept. HG-26, 665 Middle Neck Rd., Great Neck, NY 11023.



NICE ICE

Something different for icing your drinks. Set of two round ice circle trays, just like those a bartender uses. Flow-through cubes freeze fast. Made of sturdy plastic, each tray makes 12 circles. $1.98 plus 30c post. Anthony Enterprises, HG2, 556 Mission St., San Francisco, CA 94105.





Relax.

Save Your Back!

Fun!

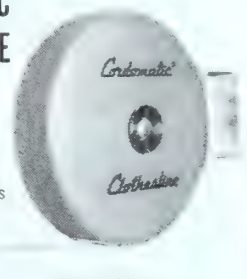


ellow gardeners you know that cul-
vating and weeding are important,
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ugged, power cultivator. Powered
lades and wheels. Loosens soil with-
ut throwing dirt, as well as pulls
eeds. Tiller (extra) is interchangeable
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ells for under $300. From factory
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CORDOMATIC CLOTHESLINE REEL

$7.99
ppd. Pa. residents add sales tax.



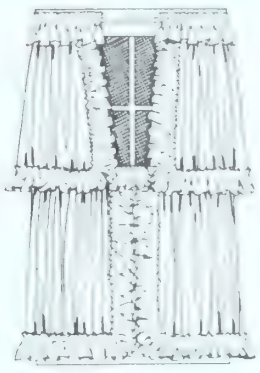
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Automatic New Convenience for Every Home. Retracts automatically when not in use. White, Washable Plastic Clothesline. Easily removed for use indoors & out. Beautifully styled in all weather resident durable vinyl steel casing. Fully Guaranteed.

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NO-IRON MUSLIN IN NATURAL OR WHITE
SUPERIOR QUALITY—VALUE PRICED!





3 RUFFLES
(Style CC3)

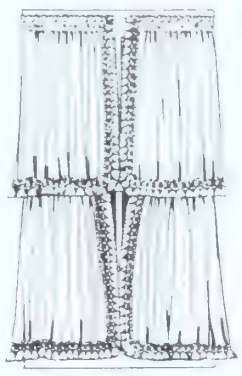
Reproduced from Prov- [illegible] Cape Cod. Extra-full [illegible] Ruffles. Extra-wid[illegible] to the pair.

TIERS
[illegible] 7.00 pr.
WITH TIEBACKS
45 . 54 . 63 long 9.00 pr
72 . 81 . 90 long 11.50 pr
EXTRA
TIEBACKS [illegible]
EXTRA VALANCE
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2″ BRUSH FRINGE
(Style K9)

EXTRA-WIDE 90″ to the pair. Hang them straight or tied back with or without valance.

TIERS
24″, 30″, 36″, 40″ long. . . . . 6.50 pr.
STRAIGHT OR TIEBACK
45″, 54″, 63″ long. . 9.00 pr.
72″, 81″, 90″ long 11.00 pr.
TIEBACKS. . . . . 1.00 pr.
VALANCE 11″ x 72″. 3.00 ea.





The charm of country-style curtains no longer need the drudgery of ironing. Practical, long-wearing, crisp and beautiful. Machine wash and dry, 50% Polyester—50% cotton muslin (preshrunk maximum shrinkage 1%) of unsurpassed quality that we back with **"satisfaction unconditionally guaranteed."** Specify style and color, natural or white. *Add $1.50 post. & hdlg. Please enclose check or m.o. Sorry no C.O.D.'s. N.Y. Res. add sales tax.*

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Since 1947



The clock of life is wound but once
And no man has the power
To tell just when the hands will stop
At late or early hour.
Now is the only time you own.
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Place no faith in "tomorrow" for
The clock may then be still.

THE CLOCK OF LIFE CERAMIC TILE

White Ceramic Tile used as a wall plaque or trivet. Cork base with hanger, 6″ x 6″.

CLOCK OF LIFE TILE
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FlexPort

Why be a doorman for your pet? FlexPort ends scratched doors and whining. Keeps out flies, wind, rain. Gives you and pet complete freedom. Soft plastic triangles close gently and tightly. Easily installed. Send for free folder.



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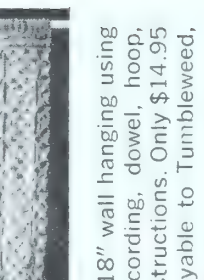


macramé wall hanging

Complete this dramatically beautiful 48"x18" wall hanging using only 3 simple knots. Kit contains jute cording, dowel, hoop, stoneware beads, and easy step by step instructions. Only $14.95 postpaid. Send check or money order payable to Tumbleweed, Dept. HG2, Box 80358, Los Angeles, Ca. 90080.

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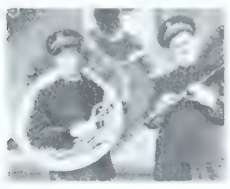
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World's Greatest selection of things to show! Established 1927.

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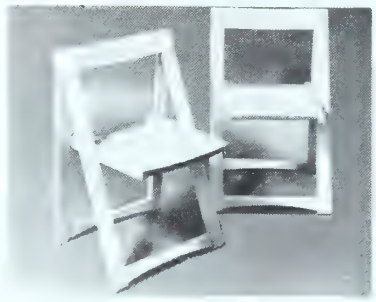
NAME_____

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CITY_____STATE_____ZIP_____

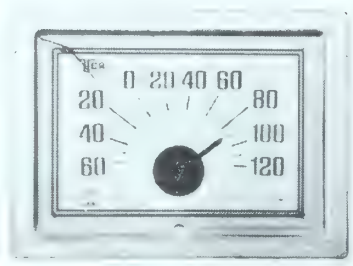
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SHOPPING AROUND



COMPACT COMFORT

Good-looking sturdy seating in butcher block chairs that fold flat to store in a small space. Wood seat, natural only $15.90; cane seat, in natural or walnut finish. $19.90. Exp. coll. New catalogue $1. J & D Brauner, Inc., HG2, 1331 So. Michigan Ave., Chicago, IL 60605.



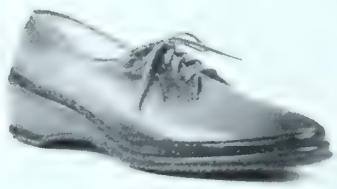
SEE-EASY THERMOMETER

Winter's in the air. See through thermometer sticks outside a window and lets you size up the season. Even youngsters can read exact degrees. 3½" by 2½". $2.98 plus 25c postage. Send to Anthony Enterprises, HG2, 556 Mission St., San Francisco, CA 94105.



BATH LUXURY

Head and shoulders are buoyantly supported while in the tub by a luxurious bath pillow. Held in place by suction cups, wet-proof pillow (to keep hair dry) has gold fleur-de-lis pattern on white or pink. 16" x 20". $4.98 ppd. Better Sleep, Inc., HG2, New Providence, NJ 07974.



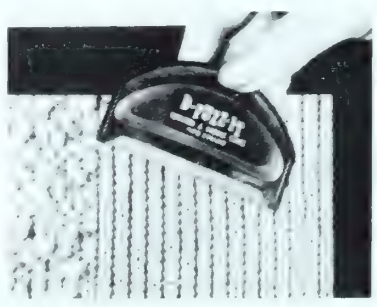
FLYTES FORECAST

Zigzag rubber soled Flytes. Grain calf with smooth calf: black; bone/malt; navy/light blue; teak/brown; black/otter; beige/otter; white. 2½ to 12, widths AAAA to EE. 2½ to 10, $25.95; 10½ to 12, $26.95. Add $1 post. Free catalogue. Solby Bayes, HG2, 45 Winter St., Boston, MA 02108.



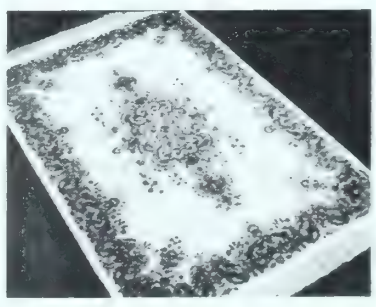
SHOPPER BUYS

Inflation has made us aware of how much our dollars should buy, here's a guide telling where to buy quality fashions, fabrics, housewares. S.O.S. is a directory of outlet and sample stores in USA and Canada. $6.95 plus $1 post. S.O.S. Directory, Dept. RS-7Z, 380 Madison Ave., N.Y., NY 10017.



KNIT VALET

Handy little comb strokes out mats, pills and balls from napped fabrics in seconds. Use it on sweaters, shawls, any knit. May be used on fabrics of man-made fibers. $1.98 plus 20c post. Order D-Fuzz-It from Anthony Enterprises, HG2, 556 Mission St., San Francisco, CA 94105.



ORIENTAL RUGS

Treasured old patterns, authentic reproductions. Dramatically decorative; through-to-the-back construction. Red, ivory, navy, moss green ground. 3′ by 5′, $14.95; 4′ by 6′, $24.95; 6′ by 9′, $49.95; 9′ by 12′, $89.95. Ppd. International Rug Co., HG2, 360 Amsterdam Ave., NY 10024.

SHOPPING AROUND

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A classically regal tankard of clear glass personalized with first or last name or initials etched in frosty white finish, initialed by master etcher. Fourteen ozs. $7.95; two $14.95; four $24.95 ppd. Ivy, Dept. X858, 210 E. 23rd St., New York, NY 10010.

BICENTENNIAL TUNES



Adorable doll classics take patriotic stances on 6" h. music boxes. The flag-maker plays "Grand Old Flag;" the drummer marches to "Yankee Doodle Dandy." They're in red, white and blue ceramic. Each $13.95 ppd. Phyllis, Dept. HG2, 507 Fifth Ave., New York, NY 10017.

SKIN SMOOTHER



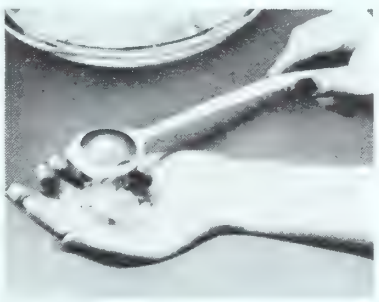
Scented cosmetic pumice stone does wonders for skin that has become dry and calloused. Use it after bath or shower to rub smoothness into elbows, knees, heels, toes, wherever needed. $2.98 plus 40c post. Anthony Enterprises, HG2, 556 Mission St., San Francisco, CA 94105.

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Prize roses to macadamias, all in 1976 master color catalogue. All-American champion hybrids. European winners. Teas, grandifloras, florabundas. 200 roses. Trees, new nectarines, quinces, pomegranates, jujubes. Free catalogue. Armstrong, Dept. 125, Box 473, Ontario, CA 91761.

ICE BREAKER



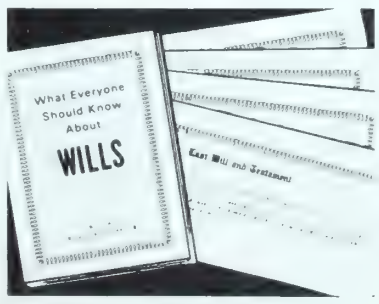
Here's a time-saving, easy-to-work gadget you'll find indispensable. One or two light taps and ice for mists, juleps, shrimp or seafood cocktails is crushed in a trice. Great gift idea. $1.98 plus 25c post. Anthony Enterprises, HG2, 556 Mission St., San Francisco, CA 94105.

MONARCH MONOGRAM



Contoured satin-finish toilet seat. Teksil plastic, white, black, antique gold, cadmium red, pale blue, yellow or pink. Initial in gold, black, white, dark brown or blue. $30; walnut-grain finish, oval style only, $35 Ppd. Tecnik Corp. HG2, 22947 Rasch Dr., Mt. Clemens, MI 48043.

FAMILY PROTECTION



About time to think about making a will to protect the family. "Wills—How to Make and How to Break Them" is written by an attorney. Personal history and asset sheet and four will forms incl. $2.98 plus 20c post. Anthony Enterprises, HG2, 556 Mission St., San Francisco, CA 94105.

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STOP LEAKS OF ALL KINDS

INSTANTLY! PERMANENTLY!

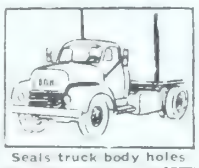


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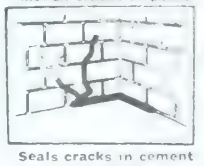
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BOSOM MONEY HOLDER $2.98 Plus 40¢ Post. & Hndlg.
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FIX LOOSE CHAIRS

Chair-Loc "Swells" Joints Tight

Sure-acting liquid synthetic penetrates wood fibres, makes them S-W-E-L-L. Fixes loose chairs, locks rungs, legs forever tight. Also use Chair-Loc for dowels, tool and broom handles, mortised joints. Plastic squeeze bottle with applicator nozzle makes it quick, clean, easy. Over 2 million sold. Satisfaction guaranteed. 3 oz. bottle $1.50 ppd. Send cash, check or M.O. N.J. residents add 8¢ tax.

CHAIR-LOC CO. Dept. HG176 Lakehurst, N.J. 08733



Patent applied for

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SUPER SAFE-BATH CHAIR

(for tub or shower)

The "MOONLANDER I"

IT'S . . . tip proof—slip proof
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IT'S . . . durable—light weight
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IT'S . . . for the INFIRM or HEALTHY
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IT HAS a clear anodized aluminum frame
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ALSO available, BATH SHOWER—attaches to chair, adjusts up and down, to and from. Water "on and off" control in shower head, head removable for hand use—includes all fittings. Hook it up yourself—fits regular shower system. (Special fittings available at extra cost where no shower head exists.).

CHAIR ONLY $69.50
BATH SHOWER ONLY (optional) . . 34.50

Shipping charges collect. Shipping weight 12 pounds.
Send M.O. or check.
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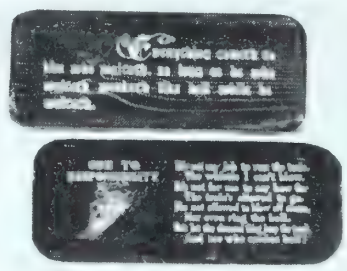
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Box 265,
Marathon, Fl. 33050
(allow 3 weeks for delivery)

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NON-SHOOTING PAIR

Display a replica of Kentucky Rifle #1725, over 53" long, all wood and metal. Safe, can't be fired. #785 powder horn is 6", of genuine steer horn. Rifle $19; powder horn $8; both $25. Ppd. Color catalogue $2. The Muller Co., HG2, Dogwood Hollow, Miller Place, NY 11764.



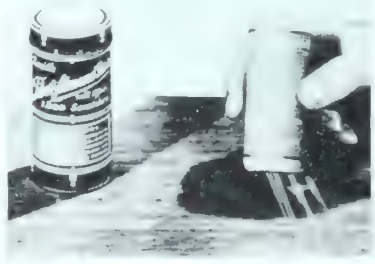
TRUTH IN HUMOR

Attractively lettered plaques of Ponderosa spruce attempt to state the way things are, but not too seriously. Both have a long-lasting finish and metal hanging hook. 11½" by 4½" by ¾". Each $2.50. Add 65c post. Postamatic, HG276, Lafayette Hill, PA 19444.



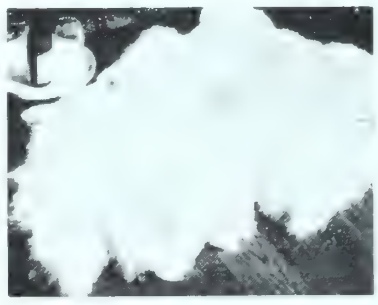
LOOFAH SPONGES

Natural vegetable product that is designed to remove dry scaly skin cells and work on unwanted cellulite bulges. The 12" long sponge is easy to handle, can help smooth and tone the skin. Two $4.95 ppd. Jeffrey Leigh Ltd., HG2, 41 Roundabend Rd., Tarrytown, NY 10591.



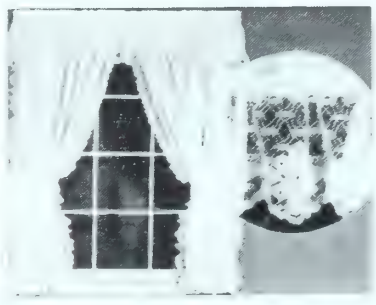
MAGIC TOUCH

One stroke of "Almond Stick" and superficial scratches disappear from pianos, furniture, woodwork. For mahogany, walnut, oak and other finishes. Used by professionals. $1.98 plus 25c post each. Anthony Enterprises, HG2, 556 Mission St., San Francisco, CA 94105.



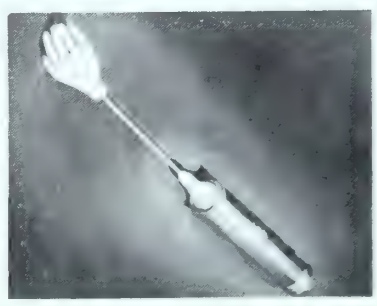
LAMBSKIN LUXURY

Gather around the hearth on a winter's night with a fleecy lambskin rug to enhance the coziness. Approximately nine sq. feet with 2" pile. Unique wall hanging or warm sofa throw. White, creme or honey. $24.95 ppd. La Den, HG26, 115 W. 73rd St., New York, NY 10023.



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Lace ruffles give a fresh country look. Dacron polyester washes like a dream. 80" wide pr. 30" l., $6.50; 36", $7. Tiebacks, $1; 45", $9; 54", $10; 63", $11; 72", $12. Tiebacks included. Add $1.50 post. Brochure, samples, 50c. Mathers, HG2, 31 E. Main St., Westminster, MD 21157.



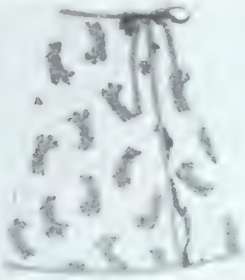
UP TO SCRATCH

Soothe that hard-to-reach itchy spot with a back scratcher that's battery-operated! Chrome-plated metal reach-extender is 15" l.; operates on two "C" cell batteries (not included). $4.98 plus 40c post. Anthony Enterprises, HG2, 556 Mission St., San Francisco, CA 94105.

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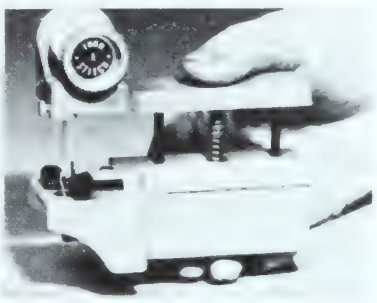
SPRING TREAT

Asparagus print on flared wrap skirt of polyester and cotton, edged and tied in braid. White with green, reverses to green. By Meadowbank. S, M, L and XL (for sizes 6 to 18). $28 plus $1.75 post. Color catalogue free. The Talbots, Dept. TQ, Hingham, MA 02043.



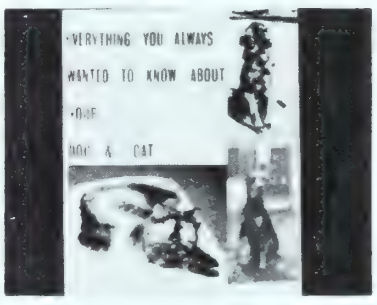
SPEED SEWING

Dexter hand machine can baste, tack, zigzag, sew on buttons and zippers. Blind-stitches hem you're wearing. Does draperies and curtains while they're hanging. With needle threader, booklet. $6.98 plus 60c post. Anthony Enterprises, HG2, 556 Mission St., San Francisco, CA 94105.



PET CARE AND FEEDING

Pet book provides questions and answers on diseases, infections and symptoms of animals as well as their care and feeding and treatment. It discusses puppies and kittens as well as animal pregnancy. $4.95 ppd. Prano, HG2, 322 Sharrotts Rd., Staten Island, NY 10309.



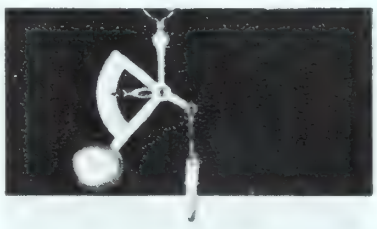
TO HAVE AND TO FOLD

Space saving table made in Europe. Solid beechwood with oiled walnut veneer. Closed, 9″ by 30″; one side up, 37″ by 30″; fully opened, 65″ by 30″, it seats eight. 30″ h. $59.95. Exp. coll. Assembled. Danish catalogue, 25c. Genada Imports, HG2, Box 204, Teaneck, NJ 07666.



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Hand postal scale checks postage for your lengthy letters wherever they go. Shows ounces (up to 4) on one side, grams on other. A must for compulsive writers, a nice travel gift. $1.98 plus 20c post. Anthony Enterprises, HG2, 556 Mission St., San Francisco, CA 94105.



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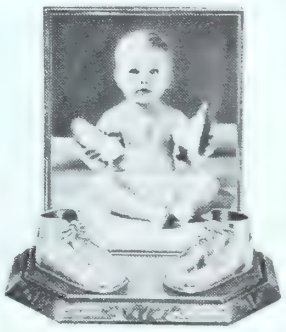
Haugen Products, Inc. Dept. HG, 709 W. Huron, Box 1986, Ann Arbor, Mi 48106

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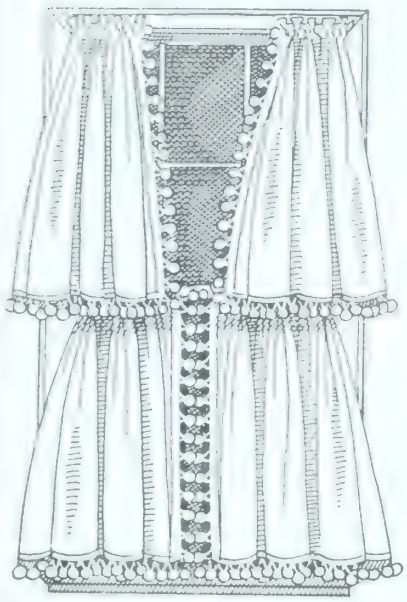
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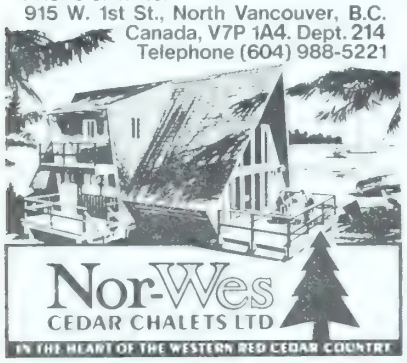
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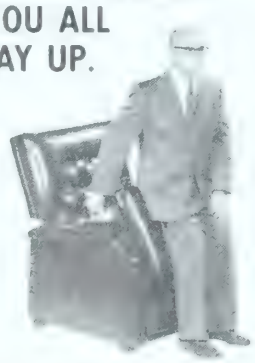
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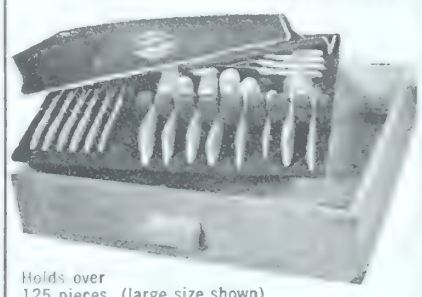
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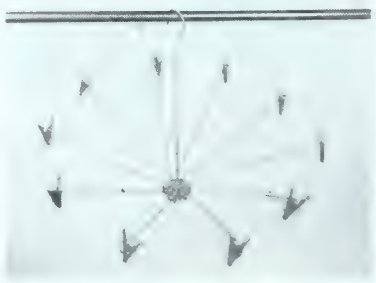
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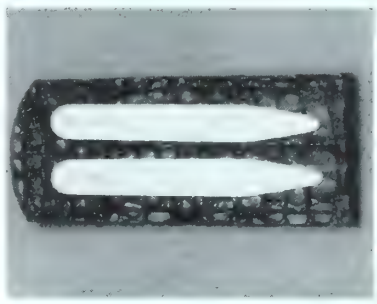
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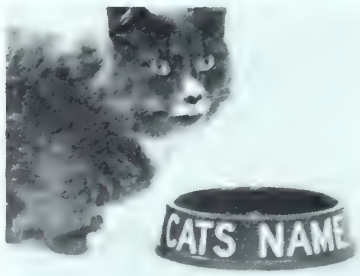
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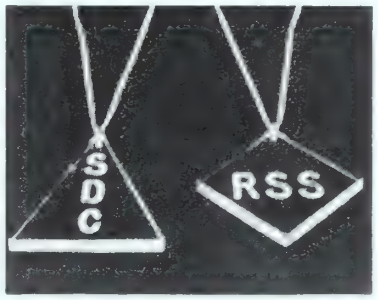
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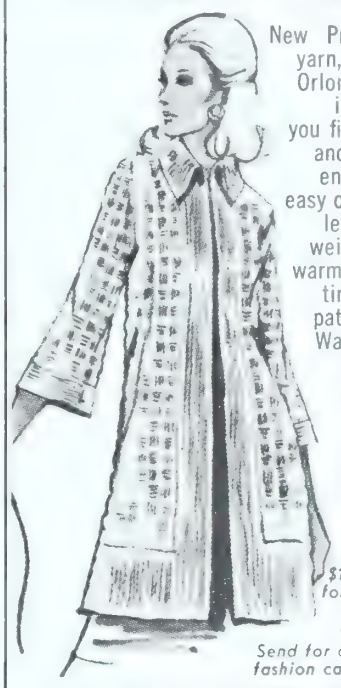
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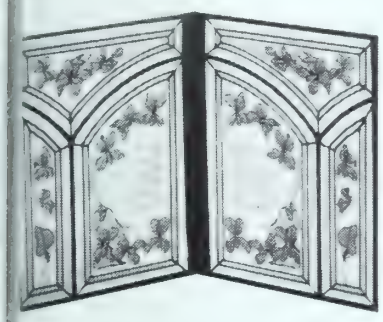
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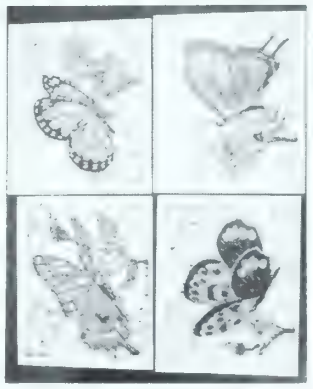
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INFINITY CHAIN

Fine necklace of Italian origin in 14kt. gold to wear with everything, everywhere. Delicate filigree design interspersing narrow chain. Available in two lengths: 15", $33; 18", $37 Ppd. Place Vendome, HG2, Box 2458, St. Thomas, VI 00801.

FOOT FANCY

For poolside, patio or party time attire, these sandals make a striking accent with rainbow colored beads giving a bracelet effect on fine leather. Handcrafted by native artisans. Sizes 6 to 10. $7.95 plus $1.50 air post. La Caravelle, HG2, Box 3858, St. Thomas, VI 00801.



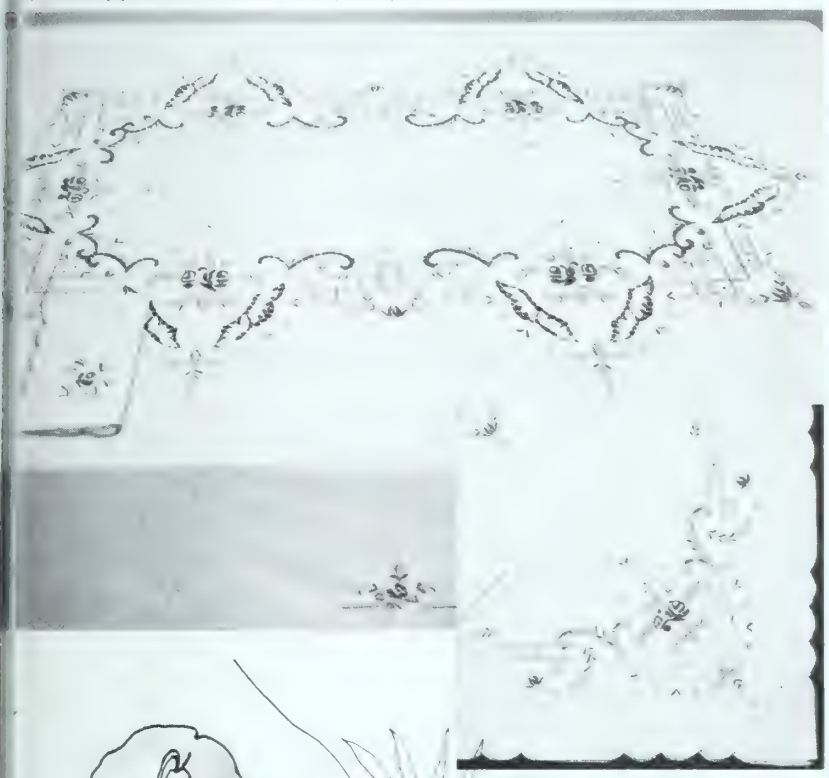


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A great pullover you'll want in every color for sports or just loafing around. Made for Continental in finely knit 52% cotton, 48% polyester. Short sleeve style with three-button placket. Men's sizes, S, M, L, XL in white, navy, lime, sky blue, yellow (state second choice). $10 including air post. New 1976 gift catalogue sent free on request. Continental, Inc., HG2, Box 842, St. Thomas, VI 00801.

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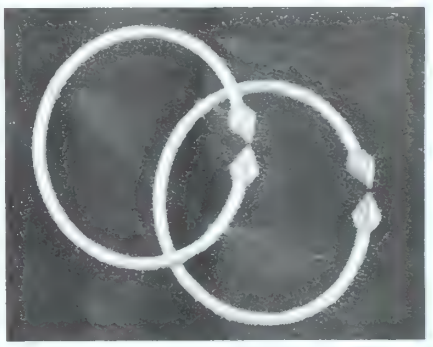
PLACE VENDOME
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St. Thomas, Virgin Islands 00801



MOTHER'S DAY PLATE

For 1976 the latest in Bing & Grondahl's series of commemorative plates with theme of maternal care. Classic blue porcelain from Denmark. Also available, Mother's Day plates back to 1970 and the Christmas plates for 1971 and 1972. Write for information.

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Christiansted, St. Croix, VI 00820



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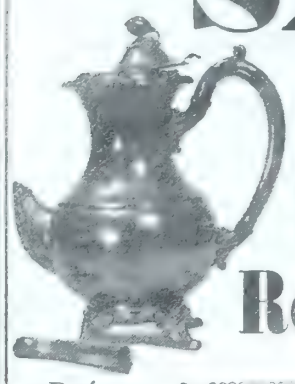
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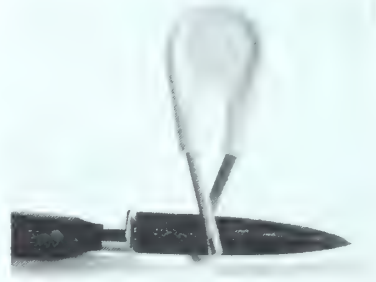
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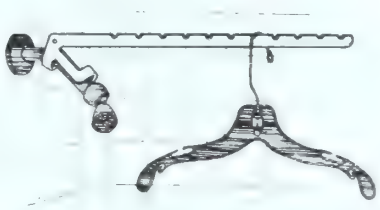
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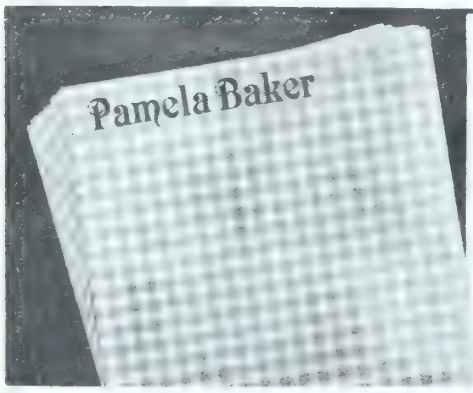
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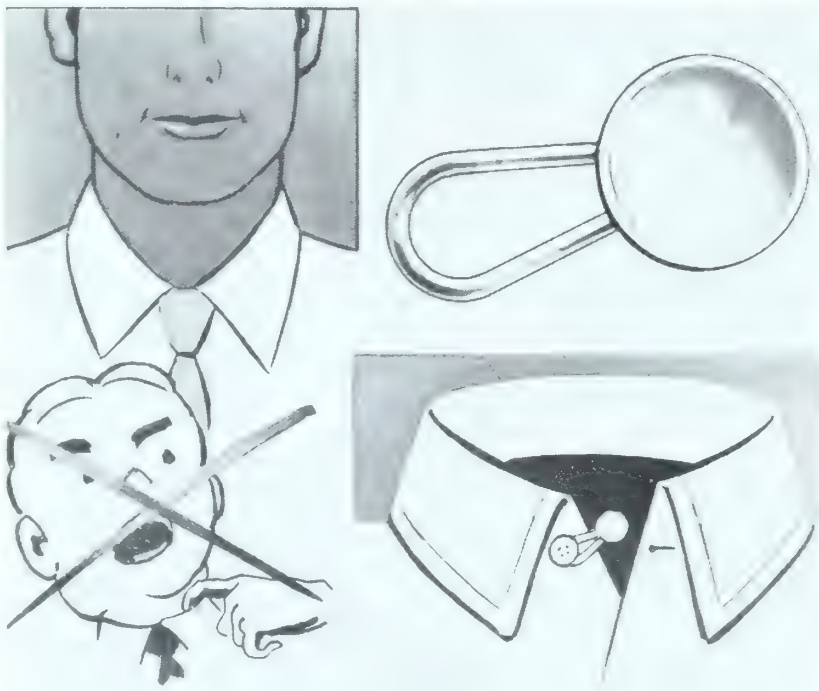


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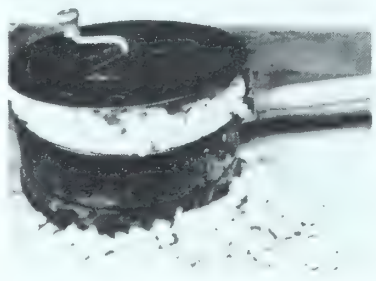
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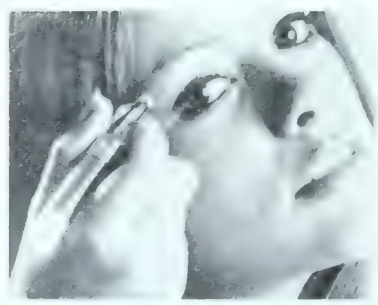
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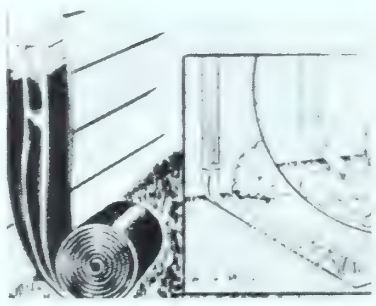
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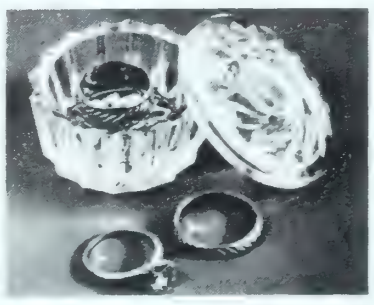
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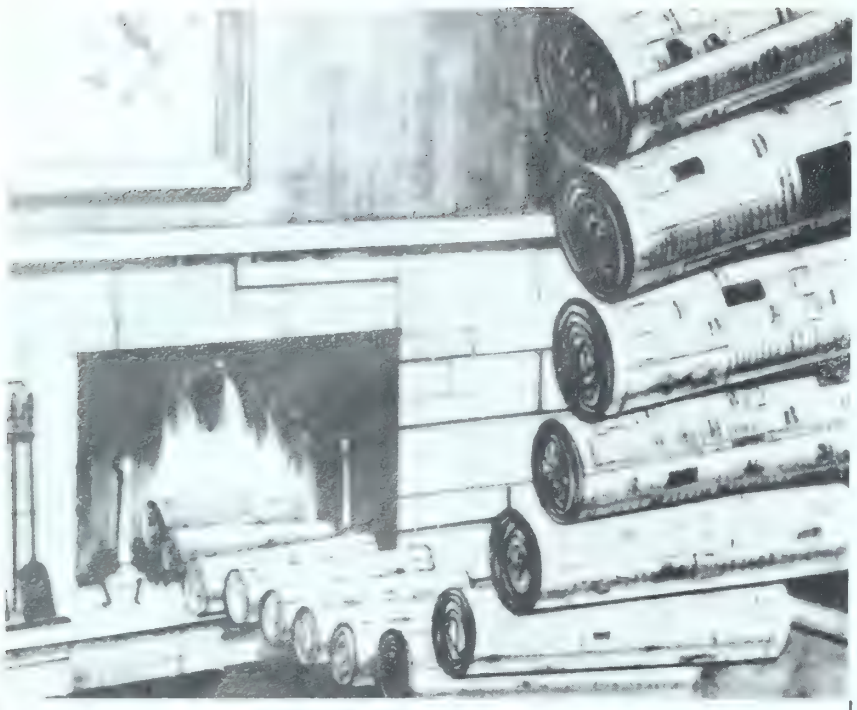
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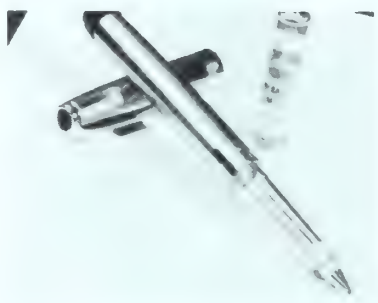
RUGGED TIKE WAGON

Rounded, great for toddlers and up to age four. Plastic, it weighs just seven pounds and is made with steel axles and wide-set wheels. Can't rust, scratch, bend. 14″ by 20″ by 9″ in a choice of robin's egg blue or red. $9.95 ppd. Anne Tracy, HG2, Box 499, Hudson, OH 44236.



COOKBOOK CENTER

Rugged pine cookbook and recipe rack comes ready to assemble, paint, stain. Finished in antique satin. Cookbook shelf, file drawer for recipes, drawer for odds and ends. 13″ w., 8¾″ d., 17″ h. Kit, $14.95; finished, $19.95 ppd. Yield House, Dept. G62X, North Conway, NH 03860.



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By daylight, a nifty ballpoint—but whisk it into darkness and it shines! Chrome-plated satin finish pen comes with penlite battery and refill. Great for jotting middle-of-the-night brainstorms. $5.98 plus 40c post. Anthony Enterprises, HG2, 556 Mission St., San Francisco, CA 94105.



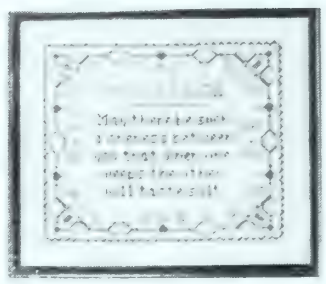
GARDENS UNLIMITED

Burpee's 1976 catalogue of 184 pages is planting and growing guide. Over 1400 flowers, vegetables, fruits, trees, shrubs, garden aids. Expert hints and ideas. Illustrations in full color. Free. W. Atlee Burpee Company, HG2, 9316 Burpee Bldg., Warminster, PA 18974.



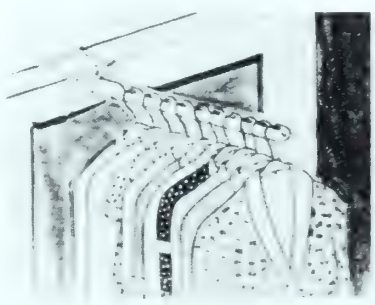
CASTAWAYS

The characteristic atmosphere of a locale captured in black-and-white sketches by artist Burk Sauls. Lithographs of original drawings. Bayou Boat and River Boat, 11″ by 14″, on art stock. Ea. $3; both $5. Add 50c post. Catalogue 25c. The Tattered Boot, HG2, Lamont, FL 32336.



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Delightful cross stitch sampler to work with embroidery floss on natural Belgian linen. Finished 13½″ by 15″. Kit includes: printed design, floss, instructions, $3.75 plus 50c post. Pine frame, $6.25 plus 50c. The World of Stitch 'n Knit, HG26, Box 709, Framingham, MA 01701.



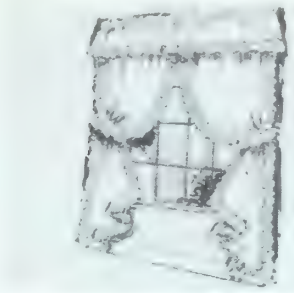
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Any door becomes extra storage space with over-the-door clothes hanger with room for 12 hangers. Heavy-duty chromed steel, fits any door; still lets it open and close. $2.98 plus 65c post. Anthony Enterprises, HG2, 556 Mission St., San Francisco, CA 94105.

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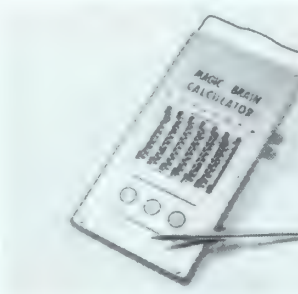
SEMI-SHEER BATISTE

Dainty 2″ lace trim, polyester permanent-press "Jennie". 80″ w. White or ivory. 24″, 30″, 36″ $8; tier ties $1.50. Tieback style 45″, 54″ $12; 63″, 72″ $14. 11″ by 72″ valance $3.75. Add $1.75 post. Catalogue free. Old Colony Curtains, G62JE, Box 759, Westfield, NJ 07090.



SUM FRIEND

Pocket-sized calculator adds, subtracts and multiplies; keeps a constant total. Ideal for figuring income tax, bank statements, grocery lists. Complete with stylus, instructions. $1.98 plus 35c post. Anthony Enterprises, HG2, 556 Mission St., San Francisco, CA 94105.



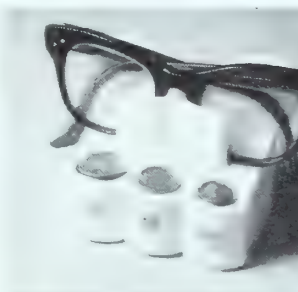
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House the records in the flip box so that you may browse through to view every album cover. Rubber liner protects records from slip hazard. Reinforced fiberboard, suede base. Holds 75 LP's; 13¼″ by 15″ by 6½″. $9.95 ppd. Art Guild, HG2, Box 23201, Minneapolis, MN 55423.



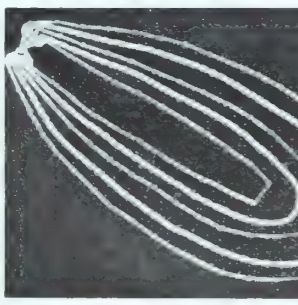
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Whiz through those "exact change only" lanes—you'll always have coins ready with this self-stick car caddy. Nickels, dimes and quarters find their nooks. And so do specs! $1.98 plus 25c post. Anthony Enterprises, HG2, 556 Mission St., San Francisco, CA 94105.



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By Mike Senkiw

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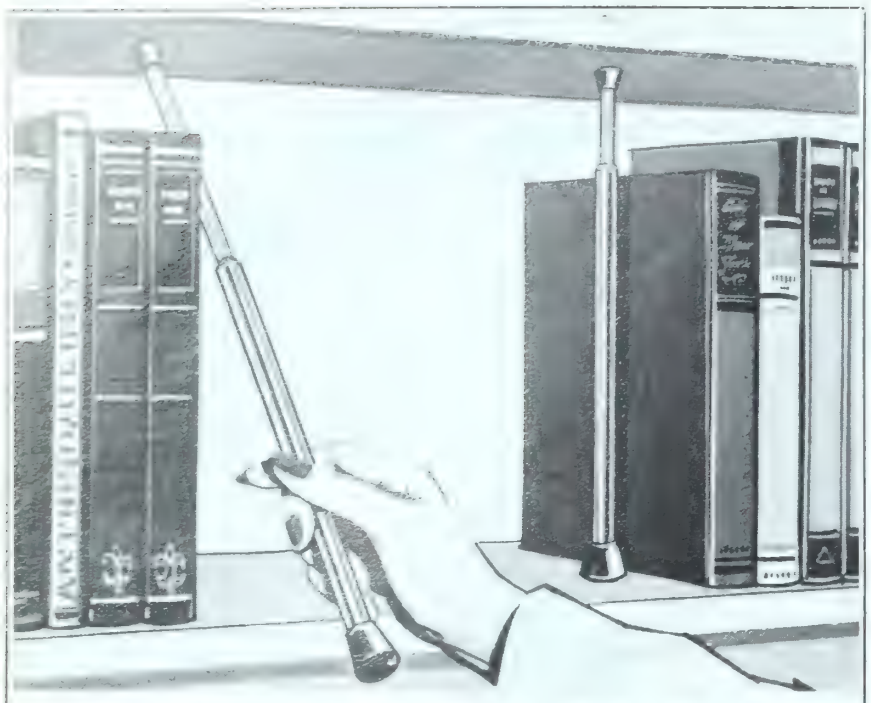
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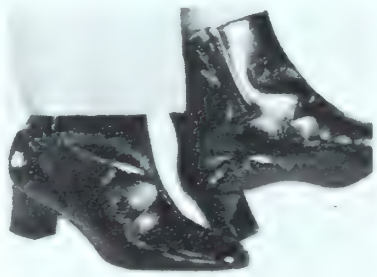
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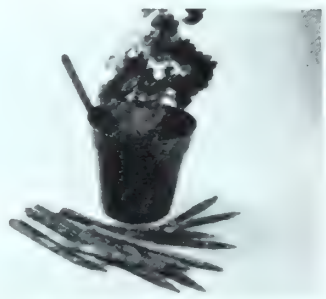
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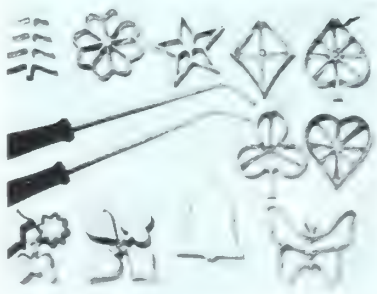
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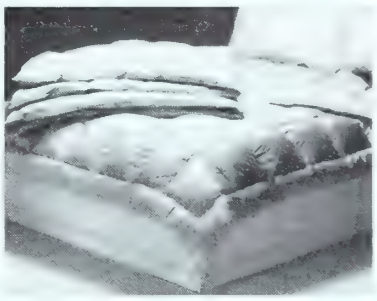
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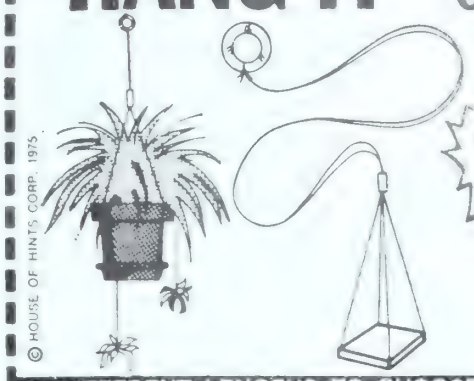
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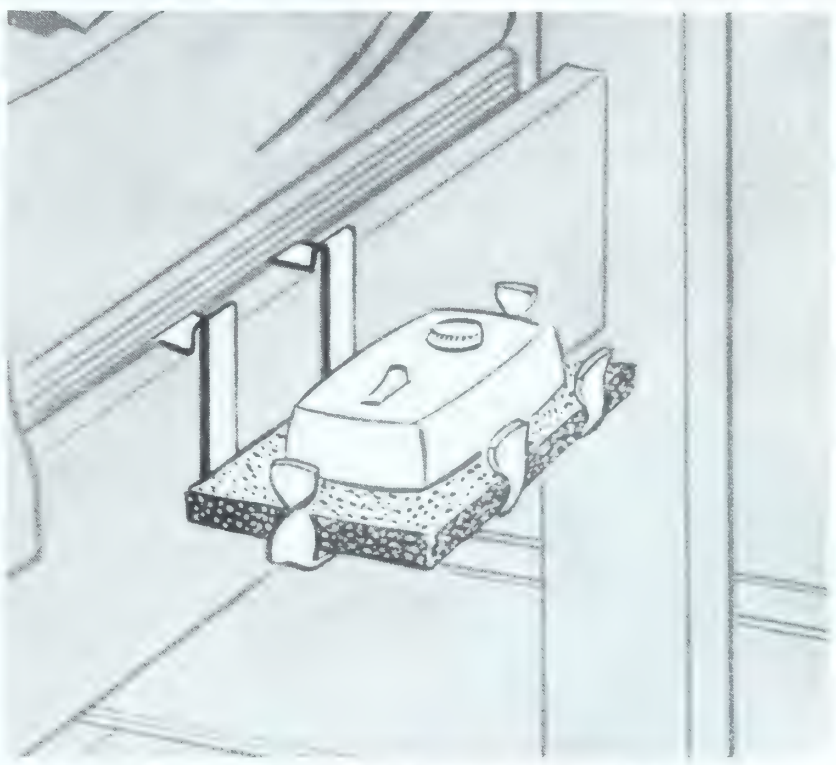
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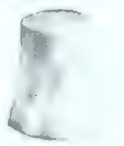
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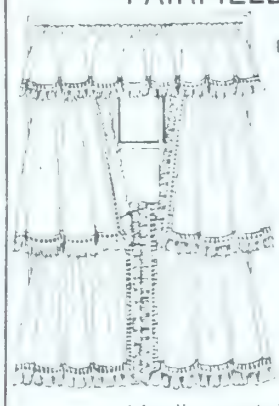
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Tie-Backs Included

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Make 13-star Old Glory for Bicentennial with glass beads, red, white, blue, on white satin ball. Complete ornament with gold color edging, tiny liberty bell. "We The People" kit, 3" size, $3.98; 6" size, $11.30. Ppd. Award-winning catalogue, over 250 original designs, $1.95. The Cracker Box, HGF, Pt. Pleasant, PA 18950.

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Colonial design reminiscent of early American homes. Imported nylon in gold, green, rust, red, brown, blue. 3x5, $19.95; 4x6, $29.95; 6x9, $54.95; 9x12, $109.95; 12 ft. runner, $29.95 Ppd. Color catalogue including Oriental, Navajo rugs, $1. Peerless Imported Rugs, GE-26, 3028 No. Lincoln Ave., Chicago, IL 60657.



COUNTRY COUSINS

All-American favorites. Jaunty jumper of soft, washed cotton denim, gently fitted and back-zippered. Shoulder buckles, roomy patch pockets. Denim blue, sizes 6 to 16, $34. Plaid partner, long-sleeved polyester cotton shirt (matching scarf not shown) red/navy/white. Sizes 6 to 16. $24 plus $1.75 post. Free color catalogue. The Talbots, Dept. TN, Hingham, MA 02043.



HISTORY THIMBLES

Heirlooms for collectors. All in the spirit of '76. Hand-enameled red, white and blue cloisonne on gold-finished metal. Statue of Liberty, American Eagle and Church in Bell, $1.98 ea. All three thimbles, $4.98 plus 45c post. Lillian Vernon, G2E, 510 S. Fulton Ave., Mt. Vernon, NY 10550.





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Permanent glass wick in glass candle works by capillary action. Flame adjustable. Red, blue, green, yellow or clear lamp oil. Pine wood base. 6" dia. chimney ball, 13" h., 4" base, $7.95, pr. $14.90; 3" dia., 12" h. 3½" base, $6.95, pr. $12.90. Lamp oil, 8 oz. btle., $1. Add $1 post per order. Vitro Dynamic, Inc., HG2, 114 Beach St., Rockaway, NJ 07866.



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Your dream house with gambrel roof, dormer windows. One of 230 designs in plan book of 1½ and two-story houses with blueprints available. Other books include 185 one-story designs over 2,000 sq. ft.: 250 under 2,000 sq. ft.; 180 multi-level, 223 vacation houses. $2.25 ea. All five, $7.95 Ppd. Home Planners, HGE62, 16310 Grand River, Detroit, MI 48227.

GREAT SYMBOL

Collector's Bicentennial plate in old-fashioned ironstone. The raised leaves and Liberty Bell in gold leaf on royal blue background. Memorable inscription proclaims American freedom from tyranny. Full 10½" dia. Display on hutch, wall or shelf. $14.95 plus $1.55 post. Yield House, G62Z, North Conway, NH 03860.





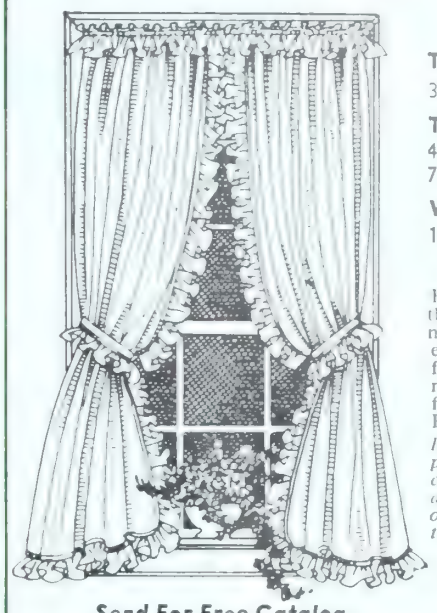
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Full color scene of Burgesses entering Henrico Parish Church for Patrick Henry's "liberty or death" speech decorates museum-quality Early American style chair by famed Nichols & Stone. Second in series of four commemorating Bicentennial. Black or white finish, gold banding, stenciling. 33" h. $77 ppd. Handbook and catalogue 50c. Sturbridge Yankee Workshop, HG2, 574 Brimfield Turnpike, Sturbridge, MA 01566.

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Nantucket Pocketbook



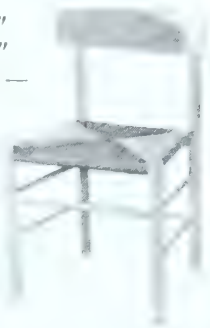
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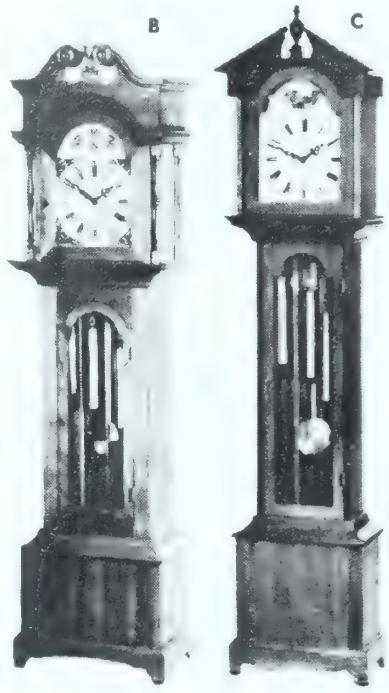
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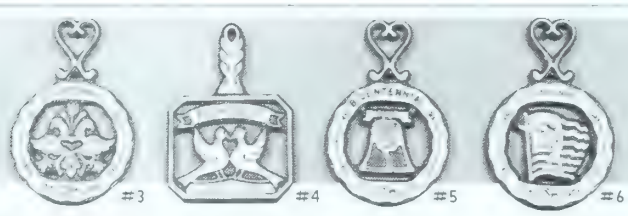
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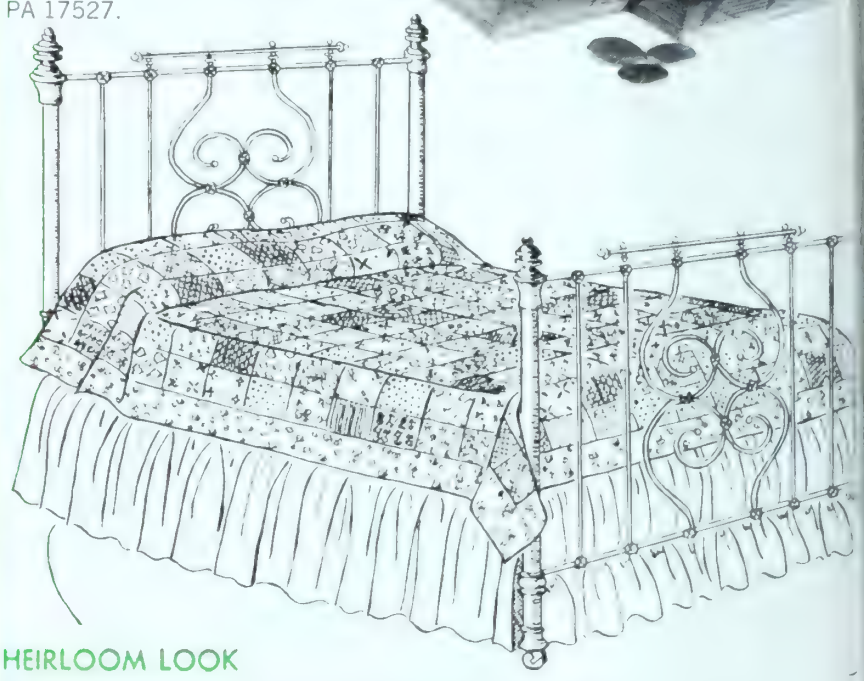
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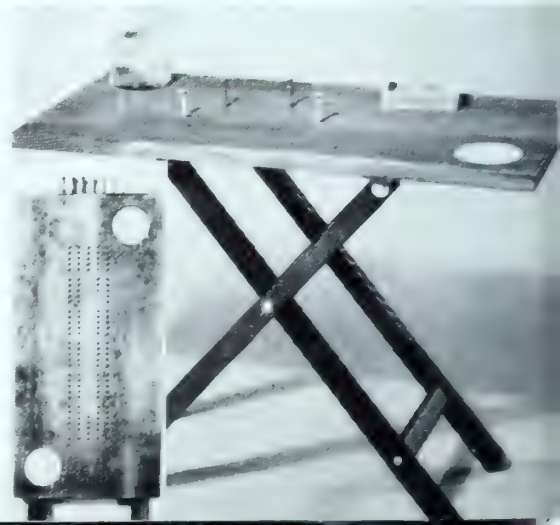


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SHOPPING AROUND

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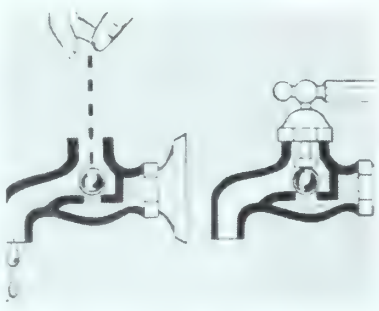
Embroidered 4″ borders, white, no-iron polyester/cotton. 78″ w. pr. 24″, 30″, 36″ $10; 45″, 54″, 63″ $15; 72″, 81″, 90″ $20; eyelet tiebacks $2.50 pr.; 11″ by 72″ valance $5; Add $1.50 post. Free catalogue. Colonial Maid Curtains, HG2, Lawn Terrace, Mamaroneck Village, NY 10543.

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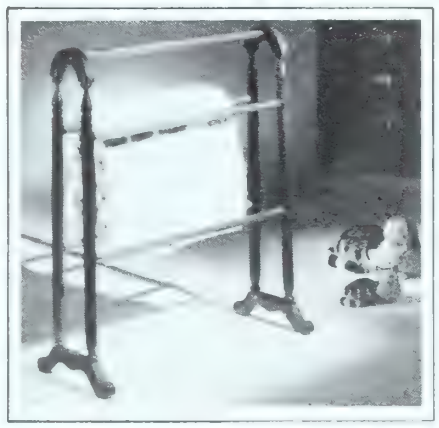
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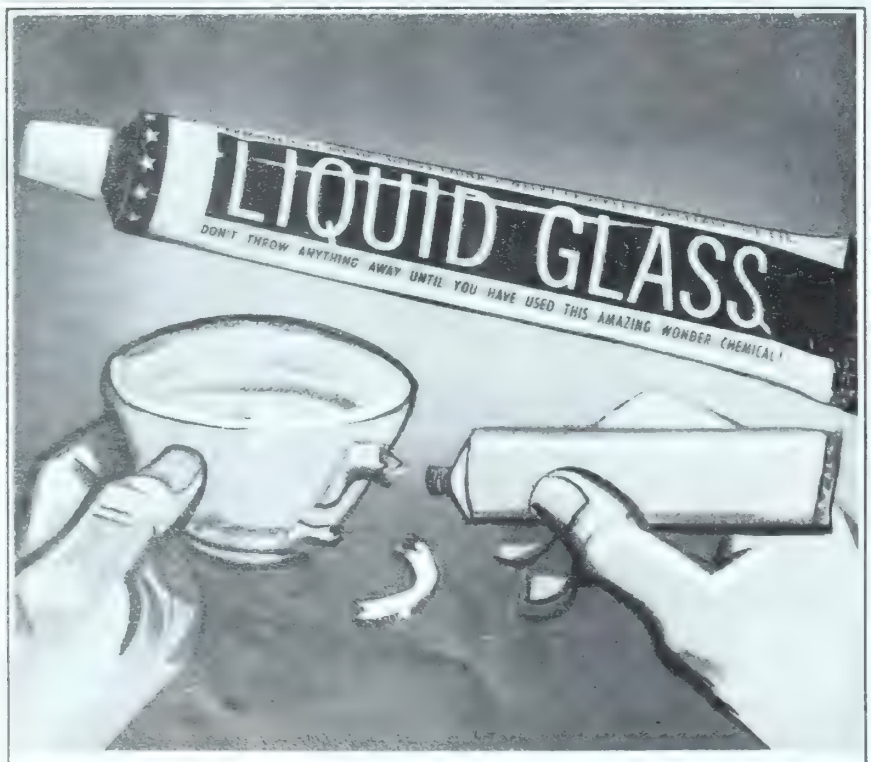
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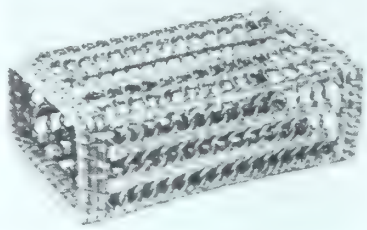
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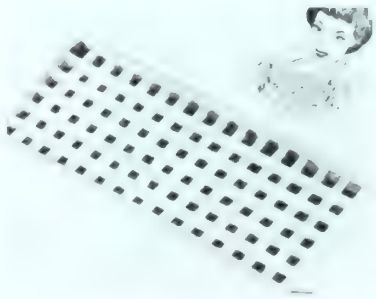
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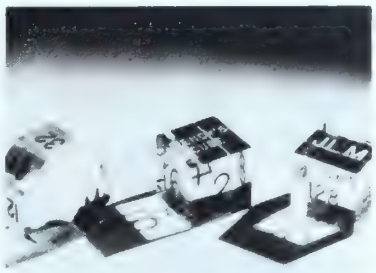
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OLD PINE COATRACK



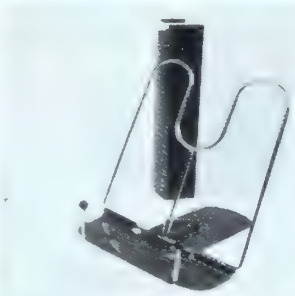
Get set for blustery days with an antique pine rack with four black iron hooks to hold coats, hats, mufflers, mittens or umbrella. 21″ w., 7″ h. and decorated with gold and green rosettes. $11.75 ppd. Yield House, Dept. G62T, North Conway, NH 03860.

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Millions of people read your ad and suddenly, you are swamped with cash orders from all over the country . . . MORE MONEY in 60 days than you could earn in a lifetime!

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Yes, Mail Order is the fastest-growing, most profitable business in America! And now with the population explosion . . . the huge teenage market . . . and more people moving to the suburbs—we are on the verge of the BIGGEST BOOM in Mail Order history!

Mail Order Beginners Get Cash by Mail!

Have you ever thought of operating a little mail order business of your own? Something you could start on a shoestring right from home in your spare time. It's a fabulous business!

Bob Carter of Newark, N.J. ran his first small mail order ad in House Beautiful magazine—offering an auto clothes rack. Business Week reported that his ad brought in $5,000 in orders. By the end of his first year in Mail Order, he had grossed over $100,000!

Another beginner—a lawyer from the midwest, sold a mail order item to fishermen. Specialty Salesman magazine reveals, "he made $70,000 the first three months!"

There is no other business where you can make a fortune so fast. Come up with a "hot" new item . . . and WHAM!

It strikes like a bolt of lightning!

Free

If you are sincerely interested in starting a lucrative business of your own ACT NOW! We can help you get rich in Mail Order just as we've helped others. Mail the coupon or send a postcard. We'll send you a free book, catalog, ads and complete facts about our offer. No salesman will call. No obligation. You don't need previous experience but you must be over 21. Write to:

Mail Order Associates, Inc., Dept. 162
Montvale, New Jersey 07645

Mail Order Associates, Inc., Dept. 162
Montvale, New Jersey 07645

Please rush full details immediately

Name_____

Address_____

City_____

State _____ Zip_____

IMPORTED FROM INDIA



TOP: Copper bracelet with brass elephant heads on each end. Bend to fit S11—**$5.00**
2nd: Be in style with this beautiful handmade bone necklace with gold chain. S12—**$5.50**
3rd: Elegant hand carved from bone, three elephants on gold chain, perfect for evening wear. S13—**$6.00**
BOTTOM: Hand carved bone medallion of the great elephant of India with wooden bead chain S14—**$5.50**

Complete set S15—**$20.00**

Necklaces are 17″ long. Mention catalog number when ordering. All items postpaid.
Calif. residents add 6% tax

SINCLAIR IMPORTS
P.O. Box 22276 San Diego, Calif. 92122
Send $1.50 pp. for catalog of more imported gifts.

Butcher Block



34″ high work table
36″ x 24″, $124.00
48″ x 24″, $140.00
60″ x 30″, $175.00
or choose 30″ dining height table at same prices.
Locking Shepherd Casters, $25.00 additional

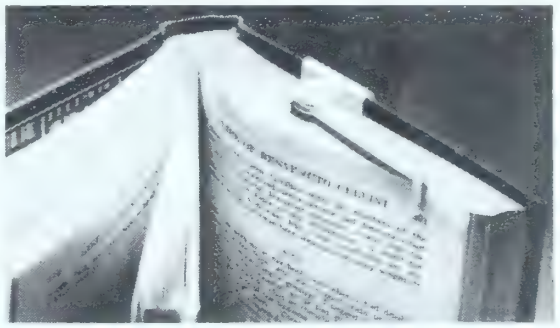
Two-inch thick maple butcher block top, durable bench-construction frame. Sent express collect. In Illinois, add applicable taxes. Send check or money order, no C.O.D.'s please.

Custom sizes and styles always . . . for a complete 24 page catalog of exciting butcher block furniture, send 50c to:

butcher block & more
The Schoenheit Company
Dept. HG-276A, 1600 S. Clinton, Chicago 60616

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BOOKMARK

Is ingenious and will delight all book lovers. A hidden spring mechanism keeps the reader's place automatically by controlling the right hand page to give reading comfort not possible before. The perfect gift! **$3.00** each, **Two for $5.75** add 60¢ postage.



Quality Gift Catalog 25c

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IMPROVED Model . . .



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For Personalized Stationery

Emboss your own personal stationery for a lifetime by just pressing a handle. Makes expensive looking raised letter impressions of any 3 line name & address on PAPER & ENVELOPES (removable). Requires no inks, accessories, service or maintenance. Ideal for adults, teenagers, home or office, clubs, etc. Print clearly 3 lines desired. No more than 24 characters per line. For 1 to 3 lines **$9.95** Plus 65c each postage
For 4 lines add $1.00.
EXTRA PLATE ALONE (no frame) $8.00ppd

NEW DELUXE DESK MODEL
$11.95 - 75c postage

Send 25c for catalog • Pa. res. add 6% sales tax

POSTAMATIC CO. Dept. HG276 Lafayette Hill, Pa. 19444

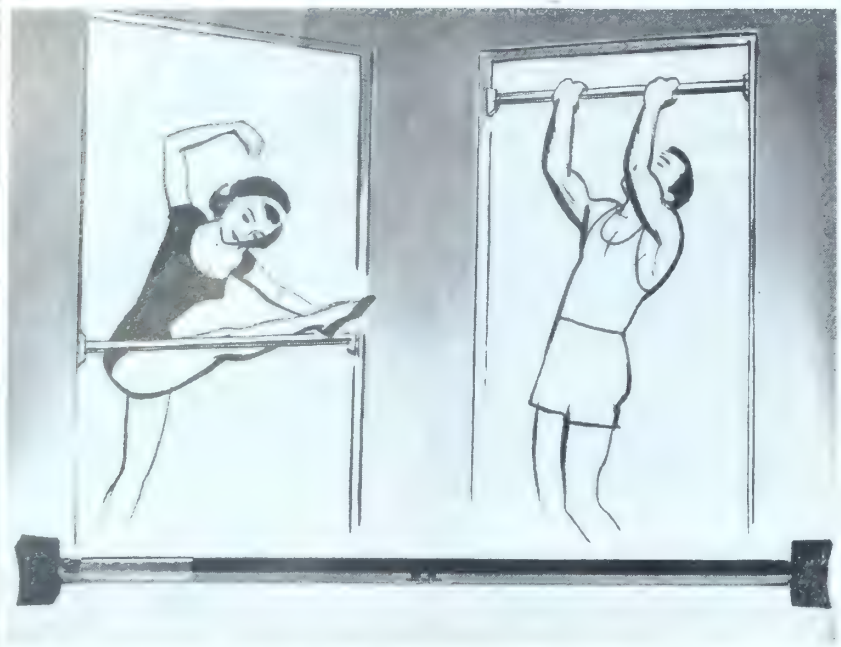
Rattan Lap Desk

Portable chic: a generous 12″ x 14″ toteable desk with lacquered or painted beech writing surface and handsome rattan storage body. Brass latch front, pen well, rattan handle: convenience and good looks to travel with you, balance comfortably wherever you alight—chair, bed, table, in natural rattan, **$15.** painted crisp, white, **$19.95**



add $1.50 postage/handling. Send check, BA, MC, DC or AMX charge. Outside California Call Toll Free (800) 227-4555

THE Patio Dept. HG-25 San Francisco 94108



GYM BAR

A home exerciser for the whole family. Ideal for reducing, improving figure. Gym Bar fits across doorway at any desired height. Expands for snug, secure fit. Fits door widths 24″ to 32″. With illustrated instruction folder. Instant home gymnasium.

GYM BAR . . . . . $11.98 + $1.75 Mailing Each

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Satisfaction Guaranteed or Your Money Back

Anthony Enterprises Dept. HG-26
556 Mission, San Francisco, Calif. 94105



PURSE KEY REEL

The most practical Key Holder yet devised. Reel-ly handy holder works with ease. Eliminates hunting and fumbling for your keys. Reel clips inside purse. Keys pull out easily to be used and then automatically rewind back into case. Wonderful way to stop losing your keys.

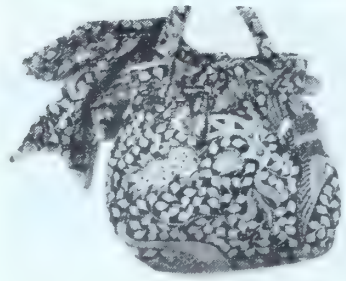
#710 PURSE KEY REEL $2.98 Plus 45¢ Postage & Handling Each

No COD's or Billing *California Residents add 6% Sales Tax*

Satisfaction Guaranteed or Your Money Back

Anthony Enterprises Dept. HG-26
556 Mission, San Francisco, Calif. 94105

SHOPPING AROUND



BATIK KIT

Make-your-own-handbag. Precut fabrics for bag and lining, polyester for outline quilting, two 10″ dowels, four wood balls, instructions. 14″ by 15″. $8.95 plus 75c post. Matching scarf ready to hem $1.95. Phoebe, Dept. HG125, 135 Soundview Dr., Lake Success, NY 11020.



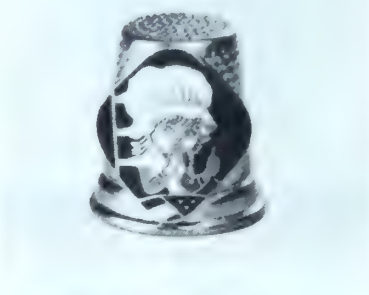
CENTURY LIGHT

Ingenious night light is said to last 36500 nights—that is, a hundred years! Stays cool, plugs into wall socket to light dim areas softly. Continuous operation costs just 2c a week. $1.98 plus 25c post. Anthony Enterprises, HG2, 556 Mission St., San Francisco, CA 94105.



BREEZY

Step along happily in softest leather-like uppers on crepe soles, cushioned insoles, 2″ rope-covered wedges. By Daniel Green. White, beige or peach. Sizes 5-11, N and M. $13.95; size 11 $1 extra. Add 90c post. Sofwear Shoes, HG2, 1711 Main, Houston, TX 77002.



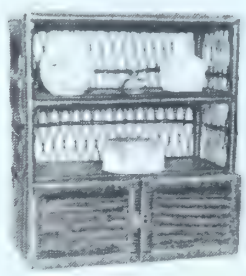
DARLING THIMBLE

Bicentennial collector's item: Betsy Ross design by Moppets®, exquisite in five hand-enameled cloisonne hues on gold-finished metal. American-crafted by Lillian Vernon. $2.98; three $7.50. Add 45c post. Lillian Vernon, G2E, 510 So. Fulton Ave., Mt. Vernon, NY 10550.



PUT IT THERE

Puffy foam tape is for self-stick service to prevent chairs from marking walls, clothes from slipping off hangers, pictures and lamps from tilting. Dozens of uses! 108″ l., ½″ w. (#703) $1.29 plus 20c post. Anthony Enterprises, HG2, 556 Mission St., San Francisco, CA 94105.



WALL SPACE

Handmade rattan unit with two wood shelves above a two-door cabinet. Metal hanging hooks. 9″ by 20″ by 18″. Suitable for bedroom, bath or nursery, for kitchen or bar. $29.95 plus $3 post. Catalogue is 25c. Fran's Basket House, HG2, Route 10, Succasunna, NY 07876.



CLEAN SWEEP

Compact-sized pet brush has 120 plastic bristles that emerge to work, retract for easy cleaning. Just twist to use, for either long or short coats on either cats or dogs. $1.98 plus 25c post. Anthony Enterprises, HG2, 556 Mission St., San Francisco, CA 94105.

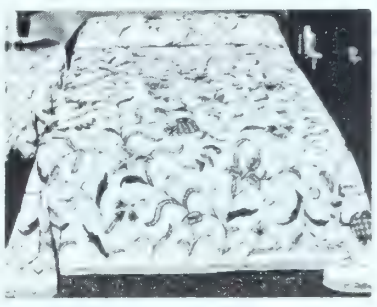
SHOPPING AROUND

MINI STOOL



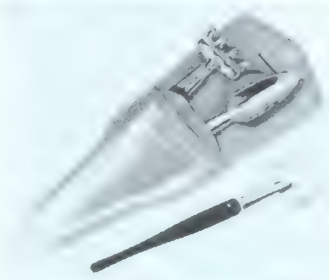
Attached-cushion seat, native hardwood frame 18″ x 18″ x 18″. Upholstered in print, as shown $59; your fabric (2 yds., 54″) $49. Casters add $10. Exp. coll. Furniture catalogue with a request form for fabric swatches $2. Hunt Galleries, HG762, Box 2324, Hickory, NC 28601.

KASHMIR CREWEL



Spreads and tablecloth are handworked in crewel embroidery on natural hand loomed cotton. Imported from Kashmir. Twin, $70; full, $80; queen, $90; king,$100. 70″ dia. cloth, $50; 90″, $60. Ppd. By yard, 50″ w, $14. Catalogue, swatch 50c. Gurian's HG2, 276 5th Ave., NY 10001.

DIG THEY MUST



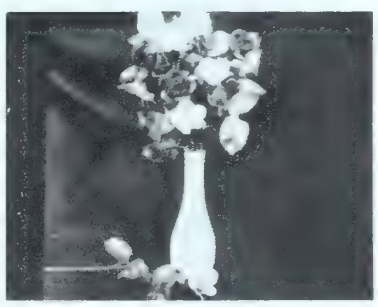
Handy home garden tools are for window boxes, other indoor and pint-sized plantings. Shovel, rake and trowel are 6½″ to 8″ l. with strongmat-chrome metal blades. A clever hostess gift. $1.98 plus 25c post. Anthony Enterprises, HG2, 556 Mission St., San Francisco, CA 94105.

BATH CADDY



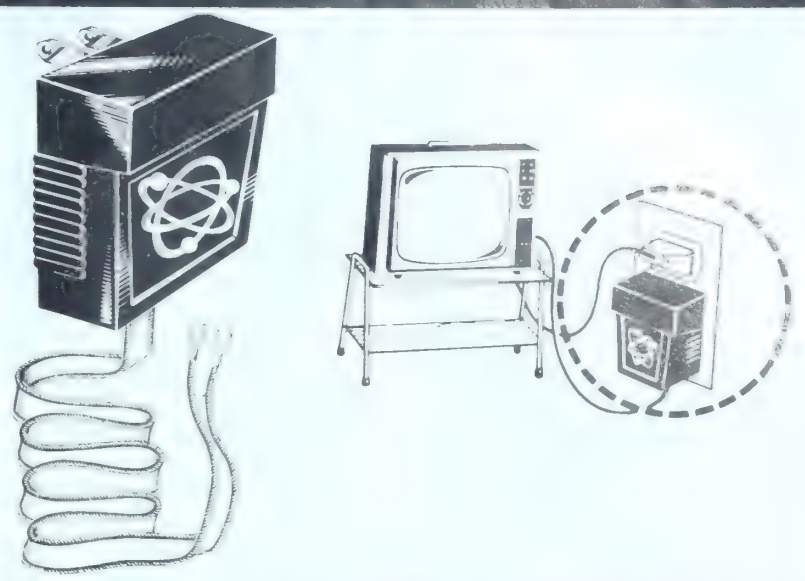
Imported cup and soap dish of porcelain decorated with gold, in goldtone base that holds 6 toothbrushes. Adjustable tulip petals for lipstick, eyeliner. 12″ w. by 10″ h. $29.95 plus $2 post. Bath-items brochure is free. Laurel Creations, HG2, Box 6, Adelphia, NJ 07710.

PICK PORCELAIN



Real-looking roses, thorns and all, are 13″ tall. Put one in a bud vase or arrange a dramatic dozen. Colorful crimson, yellow, wine. One $1 or; six $4.95. Extras 79c each. Add 25c post. singles; 75c for six. American Consumer, Dept. RP-45, Caroline Rd., Philadelphia, PA 19176.

POWER PLUG TV ANTENNA



ELIMINATES RABBIT EARS

Secret Power Antenna attaches to rear of TV set and plugs into any AC/DC outlet to bring in marvelously crisp, clear pictures and eliminate all manner of ghosts and electronic gremlins. Unseen antenna eliminates need for ugly roof equipment or old-fashioned rabbit ears. Uses no current. For AM/FM, UHF/VHF, Black & White or Color sets.

POWER PLUG TV ANTENNA
$7.98 Plus $1.00 Postage & Handling Each

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Satisfaction Guaranteed or your money back.

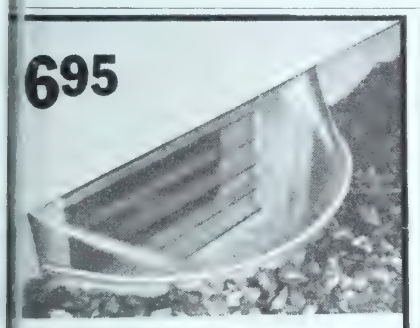
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Teethshirts for Teens Guaranteed to keep any young "metal mouth" smiling! Snowy white, 100% cotton T-shirt is screened with a sunshiny yellow face boasting a tin smile and the words, "Braces Are Beautiful." Matching poster is a huge 20x28", screened in yellow and black on a blue background. Postpaid. Shirt, **$5.98; 3759-6**—Size 32-34 .... **3760-6**—Size 34-36, **3761-6**—Size 36-38 ... **3762-6**—Poster, **$3.25**

Write For New Free Gift Catalog!

Miles Kimball
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695

PLASTIC WINDOW WELL COVER
Do It Yourself & Save up to $10.
5 MIN. TO ASSEMBLE & INSTALL
its semicircular basement window wells 40" W., 15" H., 17" proj.—Helps keep ut rain, leaves and snow.
ets light in, keeps rodents out. Can be djusted for ventilation. Designed to be nstalled on wood, aluminum or asbestos iding, stone, brick or cement. All hardare supplied.
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Order 2 for $13.00 or 3 for $19.00
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YOU LEARN to make and restore dolls of all kinds—old and new. Wonderful hobby, satisfying part time business. Turn your love of dolls into rewarding pastime. Design and create doll clothes, repair mechanical dolls, authenticate old dolls. Easy to read lessons and free consultation to insure your satisfaction.

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with "Inner Magic" shaping

Silky polished cotton with sweeping ba and figure-mold ed front mid-riff. Authen Hawaiian florals, in **Blue, Gold, Green, Red or Pink**. Sizes P, S, M, L, XL. Sensa

$27.00

VICKI WAYNE - H2H
610 S. Country Club, Tucson, AZ 85716

PLANT PRINT PORTFOLIO

4 Beautiful 11 x 14
pen and ink prints
on heavy ivory stock

Plant lovers delight. Enjoy these magnificent plant prints reproduced on "felt finish" ivory cover stock in rich deep brown ink. Perfect frameable size 11 x 14. The ideal answer to the perfect gift! 1 set (4 prints, 1 of each as shown) $5.00 P. Pd. 3 sets (12 prints, 3 of each as shown) special $10.00 P. Pd. Shipped in flat box. Send cash, check, or Money Order to:

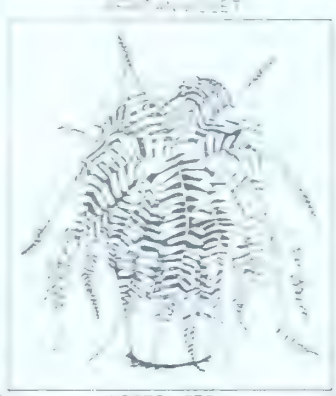
Salem Print Co.
Dept. HG 2
P.O. Box 11522
Winston-Salem, N.C. 27106



CALADIUM







BOSTON FERN



PORTRAIT PENDANT

An artist's head to neck portrait of your favorite person delicately hand engraved on a sterling silver or gold filled ¾ inch pendant (18 inch chain). A precious piece of jewelry you will never tire of. Send clear photo (returned). $29.95 plus $2 postage and handling. Additional portrait on reverse side $20 extra. N.J. res. add 5% tax. Pets same price. Specify sterling or gold filled.

NEEDLEPOINT PORTRAITS LTD.
Studio E3, 20 Nassau Street
Princeton, N.J. 08540



The Overhead Smash "T" Shirt

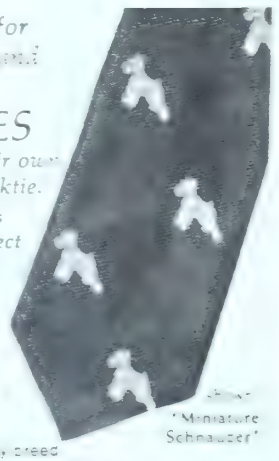
Kids . . . 10-12 & 14-16;
Adults . . . Small, Medium, Large & X-large. $4.50, 2 for $8.50, 3 for $12.00 (plus 20¢ for handling).

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Give them their own breed on a necktie. Over 60 breeds available. Perfect reproductions, authentically woven in Switzerland. Exclusively ours $12.50



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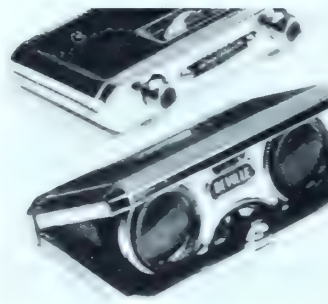
MOLTO-ITALIANO

Stunning import adds a graceful swirl to your finger. Sterling silver rings, hand-sculptured, hand-polished and sparked with cloisonne enamel in green or blue. Adjustable. $7.98; both $14.98. Add 45c post. Lillian Vernon, G2E, 510 So. Fulton Ave., Mt. Vernon, NY 10550.



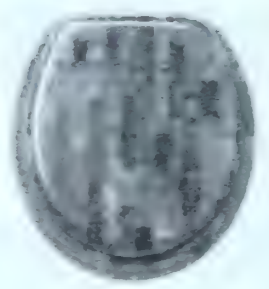
SHOP FOR SPRING

Here's another great catalogue from famous Carroll Reed. With items on facing pages coordinated, it's easy and such a pleasure to assemble a new season wardrobe for every member of the family. Thirty-two full color pages. Free from Carroll Reed, HG2, North Conway, NH 03860.



OPTIC OPERA AIDS

Folding opera glasses. Slip into handbag or pocket. Sports fans, theater buffs, ballet bugs love them. Makes balcony seats seem like first-row center! Chrome plated. 2.5 by 25 m/m. $4.98 plus 50c post. Anthony Enterprises, HG2, 556 Mission St., San Francisco, CA 94105.



LUXURY TOUCH

Cushioned toilet seat for good looks and comfort. Soft padding electronically laminated, heat-sealed. Five colors and designs: butcher block, cerulean blue, canary yellow, sable brown and pink pink. $19.95 ppd. Jo-Dan Sales, Ltd., HG2, 7011 Ca amo St., Springfield, VA 22150.



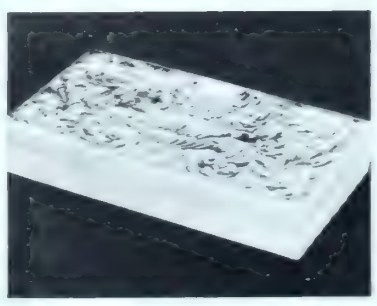
PANTS DEMI-BOOT

Of stretchy polyurethane lined with Treco foam. Has cushioned insoles, rubber-like sole, 2 3/16" non-skid heel. 8¾" high. Bone, brown, black, red, white, navy. ½ sizes 5-8½; 9, 10. $15 plus $1 post. Old Pueblo Traders, 610 So. Country Club Rd., Dept. H2E, Tucson, AZ 85716.



STRETCH SAUNA SUIT

Zip into a uniquely designed sauna exercise suit and go about chores or relaxing and excess body moisture is shed. For men and women. One size fits all. $9.98 plus $1 post. Anthony Enterprises, HG2, 556 Mission St., San Francisco, CA 94105.



COLLECTOR'S CASE

Opulent cigarette case is a work of art, part of a limited edition, numbered. Handcrafted in pure sterling silver, designed to be a treasured heirloom. 7¼" by 4" by 1½". $250 plus $3.50 post. Free brochure. The Silversmith, HG2, 10305 Crestmoor Dr., Silver Spring, MD 20901.

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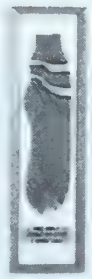
FLOWERY BODICED ROBE

Besprinkled with delicate blossoms and trimmed with frosty white ruffles, a cozy warm robe of brushed Arnel and nylon velours. Red, navy or lavender in sizes 10 to 18. $14.95 ppd. Almatex International Co., HG2, 3569 Bristol Pike, Cornwells Heights, PA 19020.



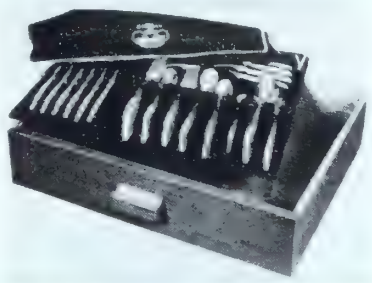
GOLF GAG

So your friend the golfer says a hole-in-one is impossible? Then give one as a gift! Framed cotton sock with toe poking out reads, "The only hole-in-one I ever had." A golfer's pride! (#533) $3.98 plus 60c post. Anthony Enterprises, HG2, 556 Mission St., San Francisco, CA 94105.



SILVER PROTECTION

Tarnish-proof Pacific Cloth drawer pads made by Gorham. Prevent tarnish and scratching! 11½" by 14½" by 2½" holds 100 pieces, $10.75; 17" by 12" by 2½" holds 125 pieces, $12.75. Add $1 post. each. Barrington Specialties, HG2, Box 154-G, Barrington, RI 02806.



CURTAIN CLAMPS

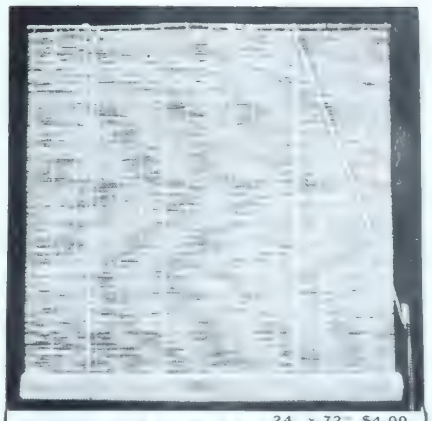
Shower curtains won't blow out of the tub when plastic magnetic holders are snapped on to the curtain. Permanently magnetized; won't rust or mar. Eliminate wet floors. Set of three, $1.98 plus 20c post. Anthony Enterprises, HG2, 556 Mission St., San Francisco, CA 94105.



HAPPILY APPLE-Y

Applesauce and apple trifle perfectly served in clear crystal apple-shaped dishes. Use them for hot or cold soups, salads, cereals, desserts. Each dish 6½" in diameter. $6.95 plus 75c post. for set of eight. Colonial Garden Kitchens, HGE 2, Valley Stream, NY 11582.





BAMBOO SHADES—Add an exotic tropical look to any decor with match stick roll up blinds. Handmade in Taiwan with cord locking device. Plus $1.00 postage per shade

24 x 72"	$4.00
30 x 72	5.00
36 x 72	6.00
42 x 72	8.00
48 x 72	9.00
60 x 72	11.00
72 x 72	13.00

WICKER WALL LAMP

Handwoven completely wired with on off switch. 11" dia. x 9". Painted in white, yellow, green add $2.00.

$13.95 plus $1.00 postage



VICTORIAN WALL SHELF

Holds books knick-knacks beauty aids on two sturdy wood shelves. Handwoven of natural rattan. 15" x 7" x 18" high. $12.95 plus $2.00 postage. Painted add $3.00.



$9.95 plus $1.00 postage

HANGING PLANTERS

Half round willow baskets with metal liners for lovely wall accents and easy planting. Set of three from 10" x 7" x 6½" to 8" x 6" x 5½"

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These sturdy Jack Daniel's shot glasses deliver the right amount of pour (1½ ounces, to be exact) every time. They're good for bar decoration, too. Because each one carries an old-time Jack Daniel Distillery design in black and gold script, and the whole set is packed in a nice little gift box. Set of 4, $4.00. Postage included

Send check, money order, American Express, BankAmericard or Master Charge, including all numbers and signature.
(Tennessee residents add 5% tax.)
For a free catalog of Tennessee items, write address above

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"Love Flower"



Guaranteed to Grow!

FREE Hawaiian **TI PLANT** per order

one for **$1.75** plus 50¢ post.

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One of the most colorful and beautifully scented flowers in the islands is the "Love Flower." The Plumeria's sweet-scented blossoms is one of the favorites with lei makers. From our beaches to the valleys Plumerias grow profusely. Requires hardly any care and will be 6" to 7" tall. Choice of Colors: Yellow; Pink; & Red

HAPAKI OF HAWAII

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TUB TAPE

Self-adhesive white vinyl tape seals the cracks and openings around the bathtub, sink or basin. Just press tape onto surface and it's ready to work. Also Sink 'N Wall and Tub 'N Floor Tape.

Tub Tape, ¾" x 11 ft. ..... **$2.98 + 50¢ Mailing Each.**
Sink 'N Wall Tape, 2" x 6 ft. ..... **$2.98 + 50¢ Mailing Each.**
Tub 'N Floor Tape, 1½" x 5½ ft. ..... **$2.98 + 50¢ Mailing Each.**

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Satisfaction Guaranteed or Your Money Back

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Waist Watchers will feel muscle tighten and see stomach shrink from first day you use the Waist Wheel. A few rolls back and forth from knee position equals 100 sit-ups.

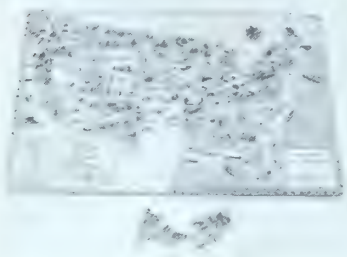
Single Waist Wheel ..... **$7.98 + 80¢ Mailing Each**
Dual Waist Wheel ..... **$9.98 + $1.00 Mailing Each**

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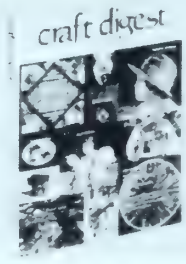
JIGSAW GEOGRAPHY

Multi-colored map with pieces cut on state lines. Shows main products, industries; capitals listed on box lid. 15¾" by 9¾". Made in England of 4-ply wood on ¼" plywood tray-base. Gift boxed. $9.98 plus $1 post. Lillian Vernon, G2E, 510 So. Fulton Ave., Mt. Vernon, NY 10550.



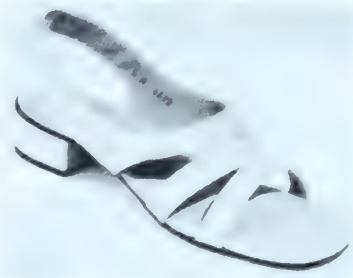
HANDS ACROSS TIME

First exclusive limited edition Christmas lithograph in full color, from an original oil painting by J. P. Zent. Warm flesh tones on soft blues, violets and magenta. Each, 20" x 24", signed, numbered. $35 ppd. Specify Christmas print. Collectors Print, HG-2, Box 73, Lightfoot, VA 23090.



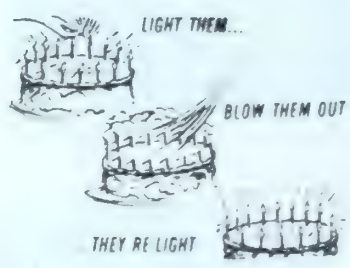
HOW-TO HANDBOOK

Twenty-eight popular crafts such as enameling, china painting, jewelry, and doll making in a fascinating book. Hundreds of pictures, instructions, background material. 288 pages. $5.95 plus 40c post. Anthony Enterprises, HG2, 556 Mission St., San Francisco, CA 94105.



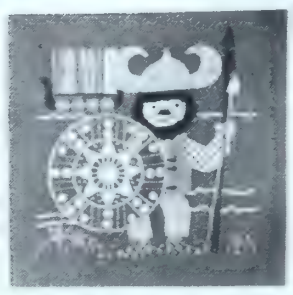
PRETTY STRAPPING

You'll enjoy Heather's smooth leather uppers, thick cushiony insoles, smart one-inch heels. A little dressy, with lots of comfort. In white, beige or black. 4-12; N, M, W. $12.95; over 10 $1 extra. Add 90c post. Sofwear Shoes, HG2, 1711 Main, Houston, TX 77002.



HUFFY BIRTHDAY

No matter how hard the birthday person huffs and puffs, the trick candles keep relighting! A great gag for "blowhards". The secret: just pinch the wick to extinguish flame. Set of 12, $1.98 plus 30c post. Anthony Enterprises, HG2, 556 Mission St., San Francisco, CA 94105.



SWEDISH CHARM

Imported picture to embroider in basic stitches on electric blue linen ground. Yarns: gold, orange, white and browns. Kit has full instructions, mounting board. 13¾" square. #0372. $19.75 plus $1 post. Catalogue $1. Skon, GE2, 55 Lambert La., New Rochelle, NY 10804.



TWO FROM ONE

Bakers in a hurry love the egg separator, which lets whites drop into cup while yolk stays on top. Clever plastic device does three eggs at once! No more fumbling with slippery eggs. $1 plus 20c post. Anthony Enterprises, HG2, 556 Mission St., San Francisco, CA 94105.

SHOPPING AROUND

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Ivory telephone with a French accent fitted with brass and built to plug in for instant use. An Old World beauty for the most elegant décor in any room of the country villa or town apartment. $69.95 plus $2 post. Catalogue, 50c. Grand Com Inc., HG2, 324 Fifth Ave., New York, NY 10001.



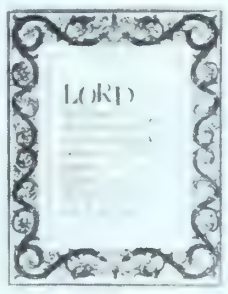
STETHOSCOPE

Young and old alike learn the mysteries of the heart with an authentic stethoscope. Just like doctors and nurses use. It's fitted with rubber hose, chrome plate fittings, plastic ear caps. $5.98 plus 30c post. Anthony Enterprises, HG2, 556 Mission St., San Francisco, CA 94105.



WINNING TEAM

Inspirational 8" by 6" wood.n plaque reads, "Lord, help me to remember that nothing is going to happen to me today that you and I together can't handle." Italian scroll border. Laminated. $1.98 plus 35c post. Cadlyn's, Dept. HGL-2, 2077 New York Ave., Huntington Sta., NY 11746.



PATCHWORK KITS

Solid color and print patches in colorfast and shrinkage controlled fabrics are precut in 7" size. 74" by 94" quilt kit, $19.95; 14" pillow kit, $3.95; for larger quilts order 50 extra patches at $7.95. Ppd. J.P. Enterprises, HG2, 22 H. Lexington St., Waltham, MA 02154.



NO MORE SUDS

Foam sponge shower goggles with clear plastic lenses permit shower takers to watch while eyes are protected from both water and soap. Self-adjusting elastic strap, one size fits all. $1.29 plus 20c post. Anthony Enterprises, HG2, 556 Mission St., San Francisco, CA 94105.



Grow Your Own

Leaf of Life



Amazing! Mystical!

The Leaf of Life is so amazing the Yogis of India believe that these mystical leaves possess the Secret of Life

Wherever a leaf falls, a new plant starts to grow . . . on air, water, or soil.

Yes, the Leaf of Life can start to grow on air alone. New plants grow from the edges of each leaf

After it starts, put the leaf in a pot. The bigger the pot, the bigger the plant will grow — from one to six feet tall. You can have the size you want and it grows in sun or shade

It blossoms with fragrant pink & lime bell-like flowers that look like jeweled, oriental lanterns.

The Leaf of Life makes a thoughtful gift, symbolic of wishing your friends a long life and happiness

It comes with complete instructions and is easy to grow.

Three Leaves of Life for $1.00 Nine for $2.50

Please add 25c for handling and postage

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King 74"x53" $64.95

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Handsome of natural rattan peel over wooden frame with drawer for personal use. 17"x18"x25" high $54.95 plus $4.00 postage.

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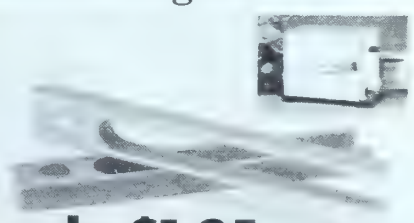
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The greatest invention since sliced bread! Crafted of solid Walnut with built-in magnet for hanging on toaster or any other metal surface. Spares your fingers, ends dangerous poking in toaster with a fork. Great for muffins, too. A delightful and inexpensive gift idea at this get-acquainted price. 30-Day Money-Back Guarantee!

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"Protecto" Watch Domes with removable hook, walnut base.

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"FLOWER CENTER" creates a garden in your home!

You'll love displaying your plants on this decorator finished, sturdy metal FLOWER CENTER. Holds plants on drip-proof trays, also hangs baskets from rotating hooks to position plants for best sunlight exposure. Compact, requires but 2 feet of floor space.

ALL MODELS BLACK OR WHITE

FLOWER CENTER JR. — 48" Hi
4 flower pot trays
4 rotating hooks — $19.95

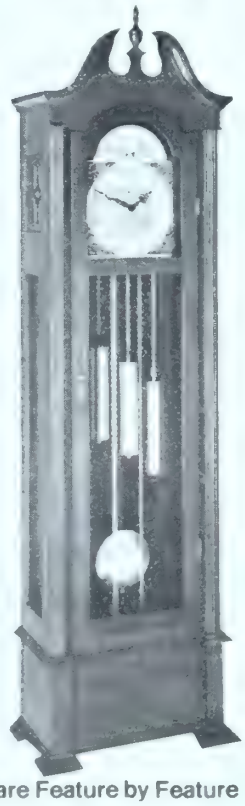
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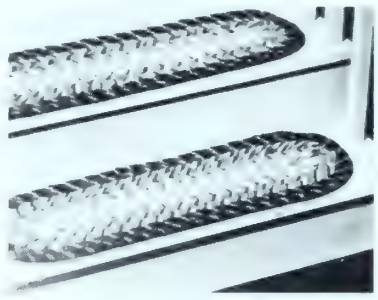
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ORIENTAL DESIGNS

From England, versatile metal boxes lithographed in red, gold and silver on satiny black ground. Hinged lids. Canisters or hold-alls. Set of three, 3¾" by 8½" (½ lb./1 lb./3 lb. sizes) $6.98 plus 70c post. Country Gourmet, G2E, 512 So. Fulton Ave., Mt. Vernon, NY 10550.



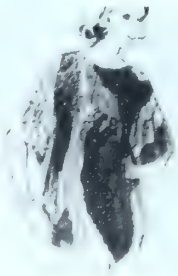
FOR UPS AND DOWNS

These braided stair treads are durable, woven nylon traditionally styled for a hand made look in avocado green or chestnut brown. They'll blend with most decors. Each 9" by 27", $4.50 each; set of 13, $32.50. Ppd. Yield House, Dept. B62S, No. Conway, NH 03860.



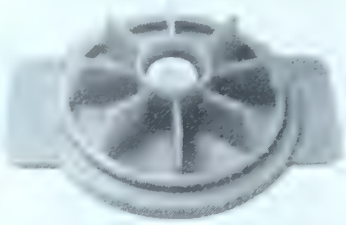
LOUD AND CLEAR

Tiny pocket-sized timer sounds a buzzer to remind you it's time to put more coins in the meter, meet a friend, whatever. Swiss made; the dial adjusts from two to sixty minutes. $8.98 plus 50c post. Anthony Enterprises, HG2, 556 Mission St., San Francisco, CA 94105.



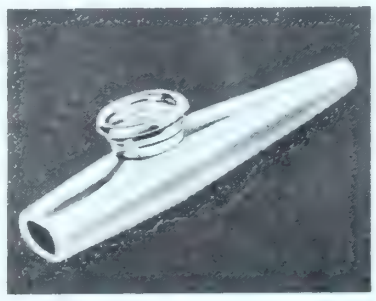
CAFTAN COVER-UP

Permanent press pleated topper. Washable, no-iron acrylic. Adjustable neck. Predominate colors, green, pink, blue, purple. Also polyester textured crepe, solid peacock blue, hot pink, black, white. $22 plus $1 post. Old Pueblo Traders, 600 S. Country Club Rd., H2A, Tucson, AZ 85716.



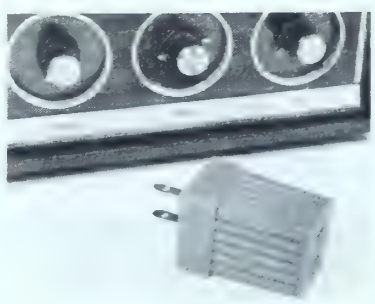
ROSY FUTURE

Pretty radish roses for decorating salads, loaves, buffet platters are easy to make with a unique one-step radish press. Trim radish, push onto press and there's the rose! $1 plus 20c post. Anthony Enterprises, HG2, 556 Mission St., San Francisco, CA 94105.



OUT OF OUR PAST

Golden oldies and those who are prone to do their own thing love a tune on the kazoo. This beauty is gold-toned and gift-boxed. Amusing guide to increase repertoire. $5, 2 for $9.75 plus 85c post. each. Sleepy Hollow Gifts, HG2, 6651 Arlington Blvd., Falls Church, VA 22042.



HISS FILTER

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NATURAL SEAGRASS



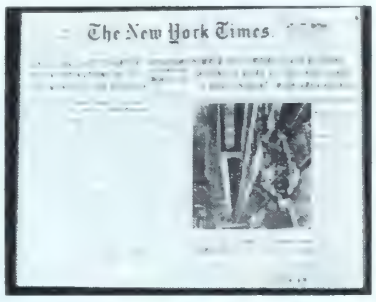
Baskets made by generations of Chinese weavers. Nested ovals, all with covers, from 7½" by 5½" by 3½" to 4½" by 3¼" by 2½". Also hexagon shape. Set of five $9.95; three sets $24.95. Ppd. Catalogue of other items, 25c. Baskets, etc., HG2, Box 19982, Atlanta, GA 30325.

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NO-SHINE DISCOVERY



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SPEED

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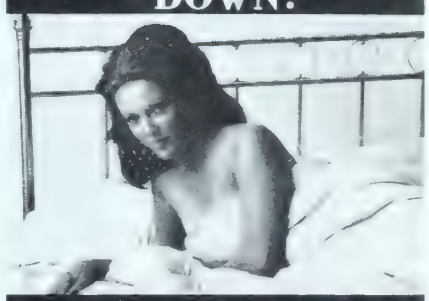
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■ There's a new Ring of Truth that can do fantastic things for you—to put you in touch with your true feelings and emotions. You've probably read about it—how it is becoming the biggest style news in years. But most of its popularity is due to the uncanny knack it seems to have of reading the emotional changes of its wearer.

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It sounds too strange to be true—that a jewelry stone can change color with **your** change of mood. But just wear it and watch. You'll find it endlessly fascinating!

Now you can wear a stunning piece of jewelry that is uniquely **yours** as it changes to reflect your feelings at any given moment.

NEW LOW PRICE!

We have this fabulous new synthetic gem made of imported European crystal. Micro-encapsulated—it is not affected by water, sun or fluorescent light. And we have brought the price down to a low, low $3.95 . . . a price so low that you simply can't let yourself miss it.

Send for your ring now. You'll love its beauty, its lovely setting—and the fascination of watching it!

Available in Goldtone or Silver finish (please specify). Adjustable to your size.

We guarantee your complete pleasure and satisfaction. If you're not thrilled and fascinated, you may return it in 10 days for prompt complete refund. Mail handy coupon below.

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BROWN
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scattered GREEN: Actively involved.
BLUE-GREEN
BRIGHT BLUE
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A wonderful exercising aid made of firm resilient rubber with space for each finger, designed to strengthen hand and arm muscles. Also recommended by doctors for relief from arthritic pain, aches and stiffness.

HAND EXERCISER ..... **$2.98 Each + 30¢ Mailing Each**

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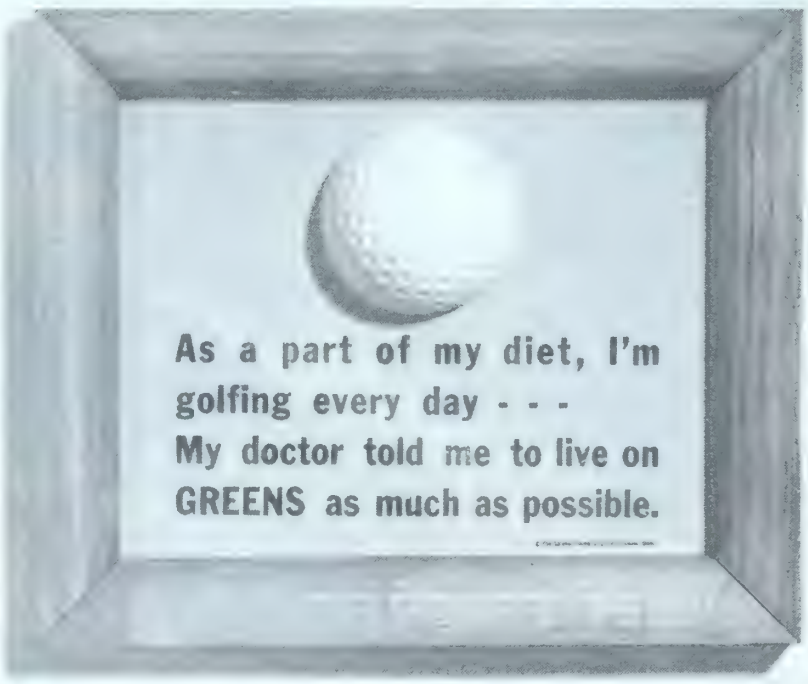
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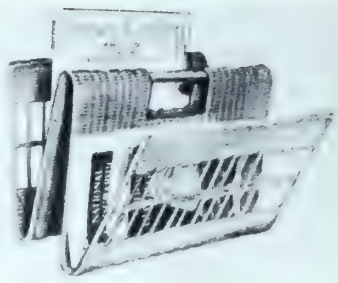
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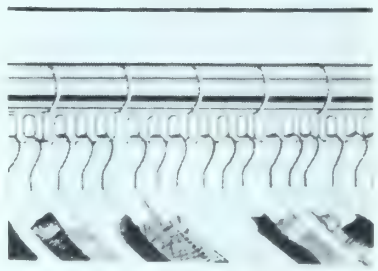
AT HOME LACE-DECKED KAFTAN

Bell-shaped kaftan in polyester and cotton Krinkle Kloth with Cluny lace on bodice, back and sleeve. Natural color in small, medium, large sizes. $39.95 ppd. Send for brochure of unusual and personalized gifts, free. Sea Captain's Chest, HG2, 211 Jefferson St., San Francisco, CA 94133.



LIGHT AND AIRY

Magazine rack of natural rattan can hold your periodicals and newspapers wherever you happen to want them. It's 10" h. by 10" w. by 15" l. $8.95; painted white $2 extra. Add $1.50 post. Catalogue 25c. Fran's Basket House, Dept. HG2, Route 10, Succasunna, NJ 07876.



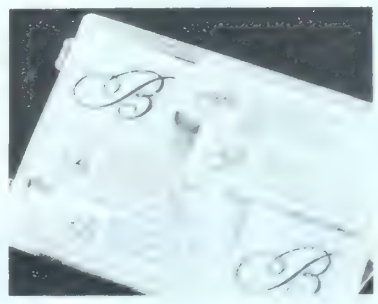
SPACE RACE

Crushed clothes and tangled hangers are a thing of the past: brass-plated steel hanger spaces snap onto closet rod to hold hangers separately. Set of 10 to hold 30 hangers, $2.98 plus 60c post. Anthony Enterprises, HG2, 556 Mission St., San Francisco, CA 94105.



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Greet guests with "My House Is Your House" neatly lettered in Spanish. Cocoa fiber mat with contrast green has thick brush pile and non-skid backing. 26" by 15½". Made in India. $7.98 plus $1 post. Lillian Vernon, G2E, 510 So. Fulton Ave., Mt. Vernon, NY 10550.



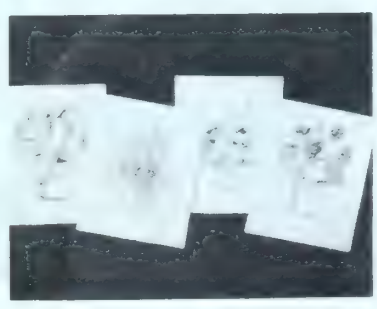
GOLDEN IDENTITY

Address labels and initial envelope seals in gold with black lettering and script initials. Use for correspondence, checks, books. 250 1½" by ½" labels 20 letters per 4 lines; 125 seals, 1" by 1", $3.50 ppd. Bruce Bolind, HG2, Bolind Bldg., Boulder, CO 80302.



HAVE A LOOK

Handy magnifying mirror offers a good look wherever you need it. A large all-rubber suction cup holds mirror firmly to any smooth and clean surface. 3½" dia. Convenient for traveling. $2.98 plus 60c post. Anthony Enterprises, HG2, 556 Mission St., San Francisco, CA 94105.



PEN AND INK PRINTS

Quartet of favorite plants that requires no weeding or watering is done in brown ink on heavy ivory stock ready for framing. African violet, caladium, fern, geranium. 11" by 14" each. Set, $5 ppd. Three sets, $10. Salem Print Co., HG2, Box 11522, Winston-Salem, NC 27106.

SHOPPING AROUND

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Armed plant hanger and lighting fixture in matte black or white or polished chrome. 12″ hanging arms swivel and swing. 12′ wire extension, on-line switch, plug. B or W, $24.95; chrome, $27; add $1.50 post. Home Plant Displayers, Inc., Dept. C202, 51 E. 42nd St., New York, NY 10017.

REST-A-PHONE



No handed talking! Phone rest adjusts for either left or right shoulder keeping hands free. Padded with nonmarking rubber. Fits all hand sets. Black, beige, white, gray, green. $2.98 plus 25c post. Anthony Enterprises, HG2, 556 Mission St., San Francisco, CA 94105.

OLD TIME FRESHNESS



Salt and pepper shakers are reproduction Mason jars with wire bails securing lids and rings to lock in freshness. 3¾″ high. $1.98 a set, two sets, $3.49 plus 25c post a set. American Consumer, Dept. MJ23, Caroline and Charter Rds., Philadelphia, PA 19176.

ROUND AND ROUND



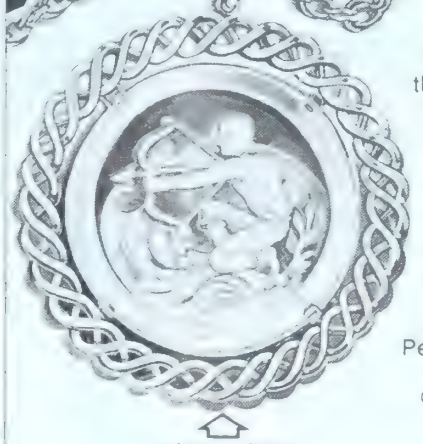
Perfect round melon balls are created by melon baller that makes pretty fruit salads. It works just as beautifully with potatoes, butter, cream cheese. Dishwasher safe. $1 plus 20c post. Anthony Enterprises, HG2, 556 Mission St., San Francisco, CA 94105.

HISTORICAL MOMENT



One of Norman Rockwell's famed Saturday Evening Post covers reproduced on a 8½″ china plate by Gorham. Depicts in vibrant colors the signing of the Declaration of Independence by Benjamin Franklin. $19.50 ppd. Trein's, HG2, 201 W. 1st St., Dixon, IL 61021.

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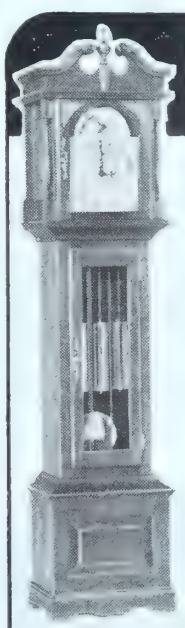
Our four-leaf clover is a 24-karat gold plated replica of the Florentine original. You can hang it over the door for luck, or use it as a paper weight. On the back is the inscription, "One Leaf Is For Hope, and One Is For Faith, and One Is For Love, You Know, And God Put Another in For Luck." Get one for you and several for gifts.

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GRIND THE BEST

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DRY LOOK

Stick-on towel holders attach to tile or any smooth surface for a decorator look. Towels poke through split surfaces to drape prettily in the bath; to remove towel, just pull. One pair, $1.29 plus 20c post. Anthony Enterprises, HG2, 556 Mission St., San Francisco, CA 94105.



WORKING TELEPHONE

Pay station models were in use. Taken off line, they're rebuilt as regular phones. Money goes from coin slots on to savings box, helps pay for extra calls. Finished black or green. $125 plus $20 post. Catalogue 50c. Grand Com Inc., HG2, 324 Fifth Ave., New York, NY 10001.



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Sleep is king night or day that you don the mask: shuts out any flicker of light that could disturb the psyche, the body's rest. Fabric and elastic band's so constructed that it fits any cranium. $2.98 plus 20c post. Anthony Enterprises, HG2, 556 Mission St., San Francisco, CA 94105.



OUR PRESIDENTS

New U.S. coin spoons for collectors. Silverplated. Die sunk, bas relief, replicas of obverse side of Lincoln 1c, Jefferson 5c, Roosevelt 10c, Washington 25c, JFK 50c, Eisenhower $1. 4¾" l. $3.95 ea.; 6 in set $16.95. Ppd. Art Guild, HG2, Box 23201, Minneapolis, MN 55423.



ECONOMIC IDEA

These days a penny saved is, indeed a penny earned. Tube squeezers are a prime example. Turn key as tube contents are used and no mess no waste. Reusable, too! Set of eight, $1.98 plus 20c post. Anthony Enterprises, HG2, 556 Mission St., San Francisco, CA 94105.



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SHOPPING AROUND

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Great grandparents knew this from their schoolrooms where its happy face made work easier. Hand-rubbed walnut tone wood cabinet, key wind, brass tone pendulum. Chimes hour, ½ hr. 24″ x 15¾″ x 5″; 7 lbs. $69 plus $5 post. JFF Internat'l, HG2, 12 Dale Rd., Monsey, NY 10952.

TICKING TOTE



Smart carryall with bright red stitching and monogram on navy/white/red. Lined with bandanna print. Inner pockets, double straps and snap closure. Underline last initial. 9½″ by 10″. $26 plus $1.75 post. Free catalogue. The Talbots, Dept. TP, Hingham, MA 02043.

UP TO PAR



Gag golf putter encourages golfer to get on his knees not only to putt—but to pray! "Kneel 'n Pray" putter, 7″ l., is good for long or short practice putts. (#706) Golfers love it! $3.98 plus 60c post. Anthony Enterprises, HG2, 556 Mission St., San Francisco, CA 94105.

PICTURESQUE COVER-UP



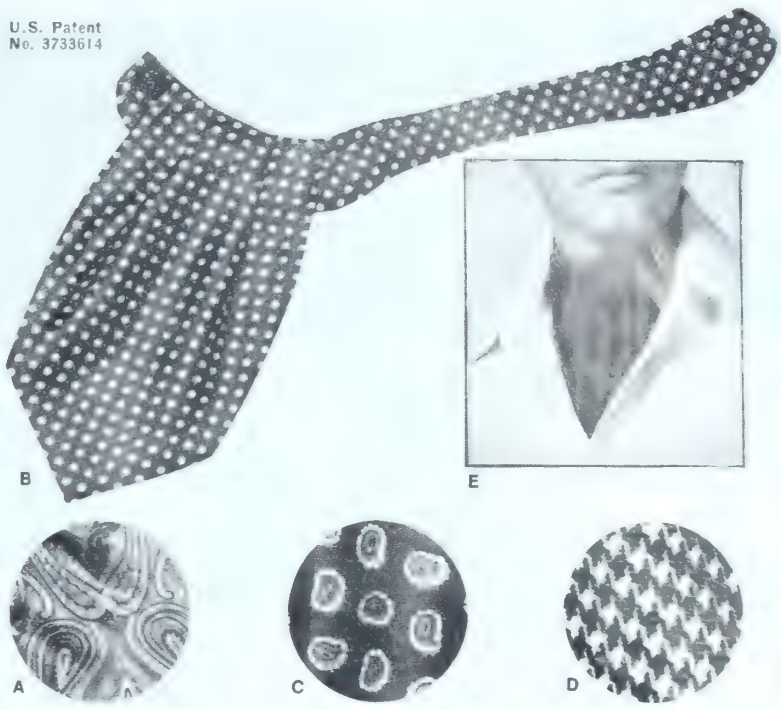
Heavy-weight clear styrene switch plate cover is used over any on/off light switch with favorite snapshots or photo. Plate protects wall from finger marks. $1.99 each; two, $3.79; four, $6.49 plus 50c post. per order. The Unicorn Gallery, G26, 15111 N.H. Ave., Colesville, MD 20904.

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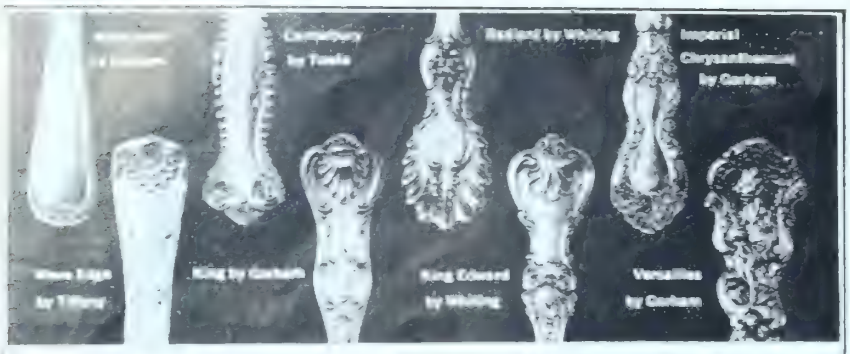
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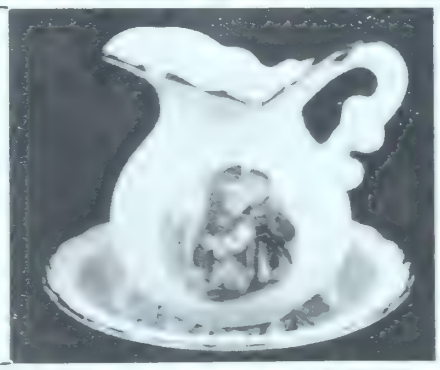
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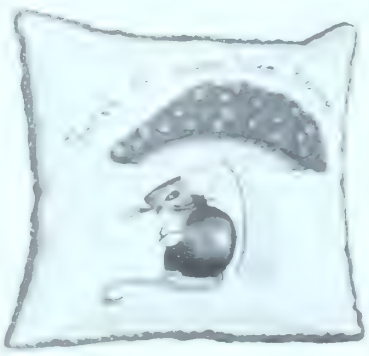
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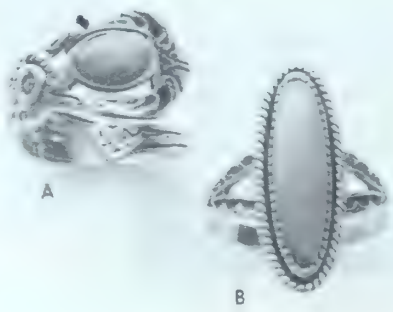
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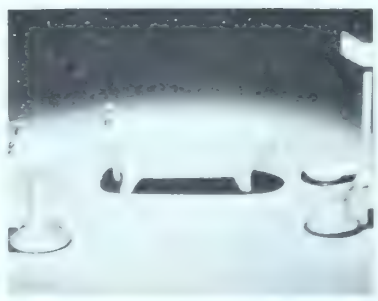
RUSTIC DECOR

Nine realistic farm-fresh eggs of poly-plastic rest on crisp wood shavings in a country box of stained wood. 5½" by 6" by 6". Crafted in Italy. Brown and white eggs, and gingham checks. $6.50 plus 50c post. The Country Gourmet, G2E, 512 So. Fulton Ave., Mt. Vernon, NY 10550.



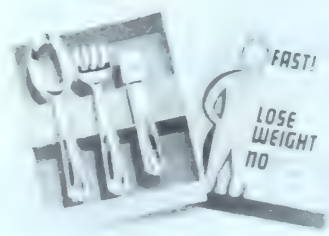
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Keeps those dangling electrical cords off the floor and out of the way with cord shortener that holds up to three feet of cord. Just wind excess cord around shortener. Only $1.49 for set of six plus 20c post. Anthony Enterprises, HG2, 556 Mission St., San Francisco, CA 94105.



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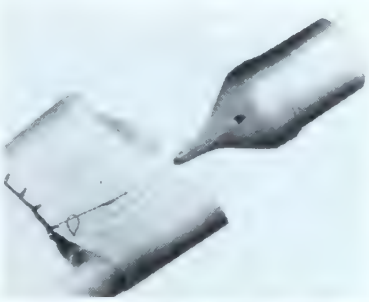
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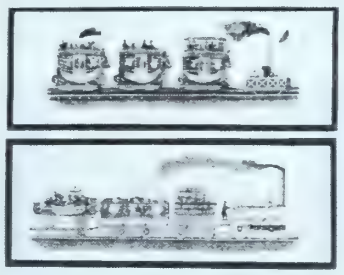
TIMELY KITTEN

Fun design, "Hang in There Baby" wristwatch, 1-jewel Swiss movement, sweep second hand. Goldtone case, stainless steel back; anti-magnetic. Men's band black leather; women's mod leather. $22.80 plus 75c post. The Wretched Mess News, HG2, West Yellowstone, MT 59758.



AGE OF STEAM

Quartet of early steam locomotives by American artist, Logan, are reproduced on heavy parchment paper 26″ wide, 9″ h. So great to hang and frame as a dramatic grouping in the home or office. 50c each. World Art Group, Dept. HG2, Westport, CT 06880.



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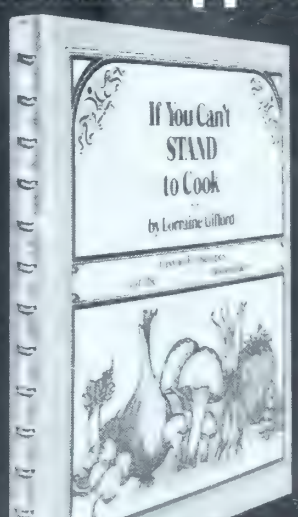
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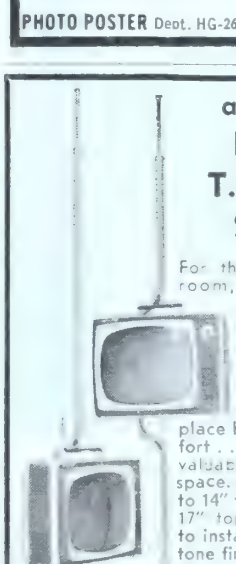
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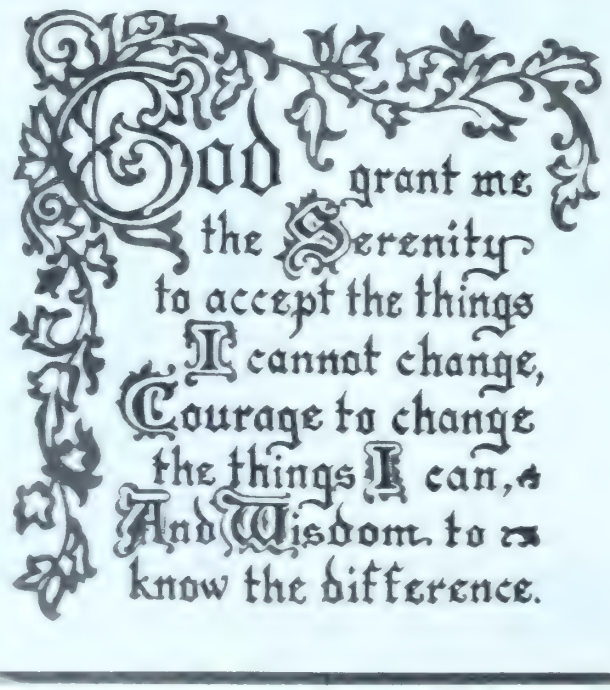
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White Ceramic Tile used as a wall plaque or trivet. Cork base with hanger. 6" x 6".

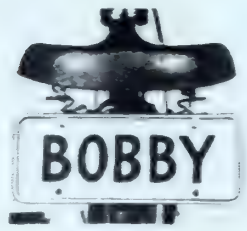
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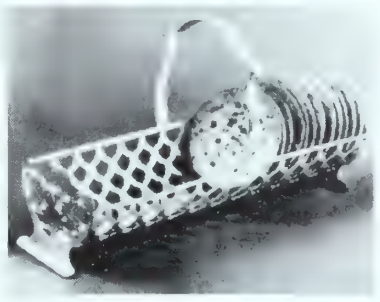
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KEYS IN STITCHES



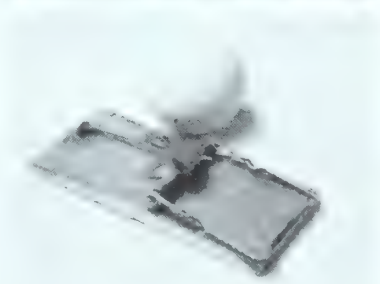
Lollipop flowers, daisies or golf, tennis, bowling, sailing, skiing designs on 2" by 3½" key tags. Stitch initials on the back. Includes canvas, Paterna Persian wool, design chart, needle, chain. $2.25 each, six, $11.95. Add 50c post. Classic Corner, 12H Water St., Bryn Mawr, PA 19010.

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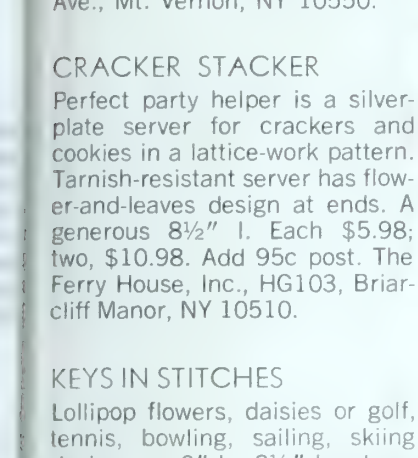
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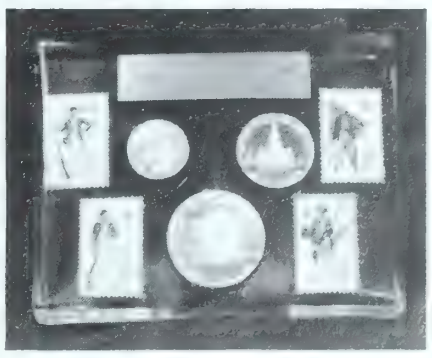
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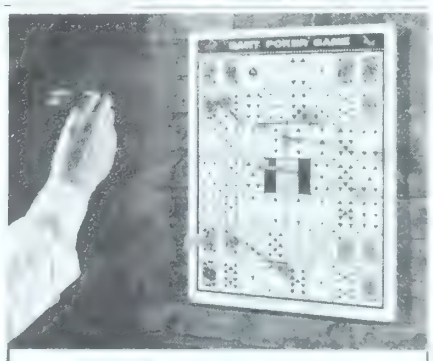
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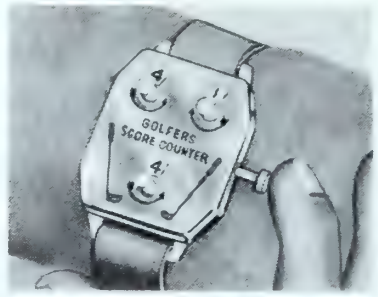
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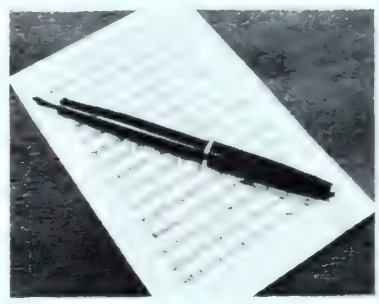
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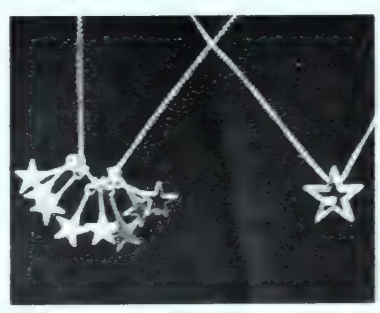
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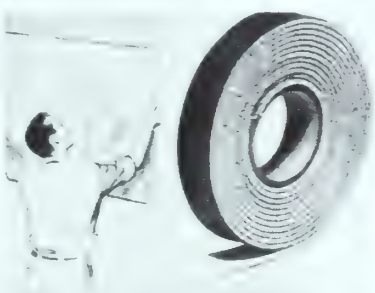
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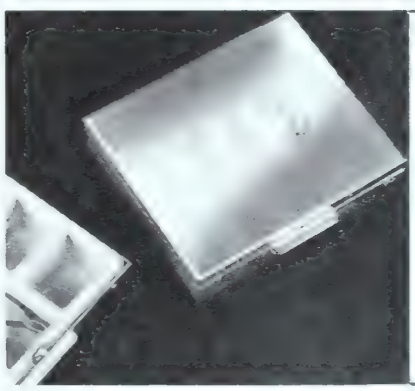
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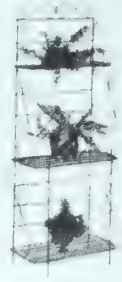
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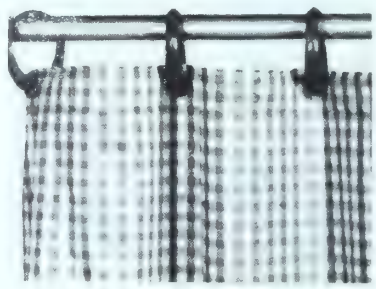
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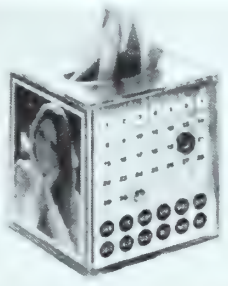
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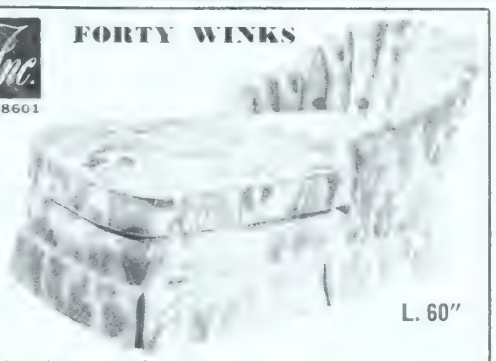
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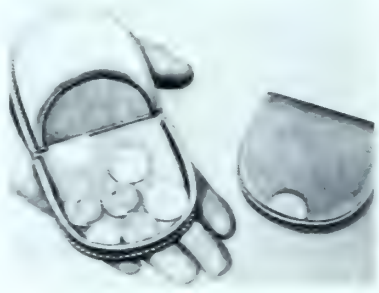
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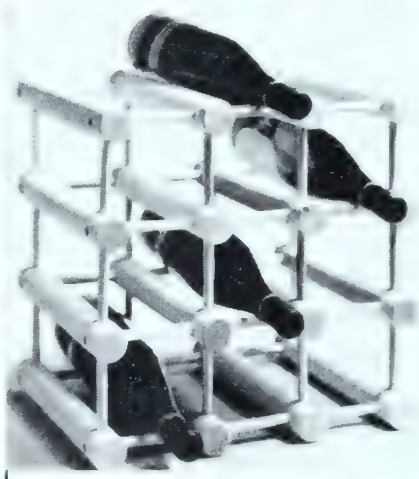
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AN ELEGANT VICTORIAN

Rattan frame surrounded by curlicues, buds and a blossom. 24" w. by 30" l. Natural $13.95; painted white, pineapple yellow, space blue, bittersweet, parrot green, azalea or black add $3. Add $2 post. Catalogue 25c. Fran's Basket House, HG2, Route 10, Succasunna, NJ 07876.



REEL-Y HANDY

This very practical key holder does away with fumbling and groping. Reel clips inside purse: unreels keys, automatically rewinds into case. Clip to your bag, pocket or belt. $2.98 plus 20c post. Order from Anthony Enterprises, HG2, 556 Mission St., San Francisco, CA 94105.



EYELET RUFFLES

Ensemble in white or eggshell polyester/cotton. "Marion", as shown, twin size spread, quilted top, $55; canopy, $28; shams, $11 ea., curtains 100" w. 63"l., $24.50; tier, 68"w. 36"l. $8. Add $1.75 post. ea. Free catalogue. Rovens Connecticut Curtains, HG2, Wilton, CT 06987.



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Stubborn, hard-to-reach zippers get their come-uppance with a gold-plated chain pull to be attached before the garment is on. 18" l. To unzip, attach at top before starting. $1.98 plus 20c post. Anthony Enterprises, HG2, 556 Mission St., San Francisco, CA 94105.



COLONIAL EVENTS

Four prints in red, white and blue on cream art stock. Flag of 13 Colonies, Drum and Bugle Corps, Liberty Bell, and Declaration of Independence. Ready to frame, decoupage or mount. 9" by 12". Set $1 plus 35c post. Cadlyn's, HG2, 2077 N.Y. Ave., Huntington Sta., NY 11746.



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SHOPPING AROUND

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Natural or white 65% polyester -35% cotton. Dust ruffle: 14". 18" or 22"; twin, double $13; queen $15; king $18. Canopy: twin, double $17. Twin, double coverlet $27.50; queen, king $40. Add $1.50 post. Colonial Maid Curtains, HG2, Lawn Terrace, Mamaroneck, NY 10543.

PERSONAL MASSEUR



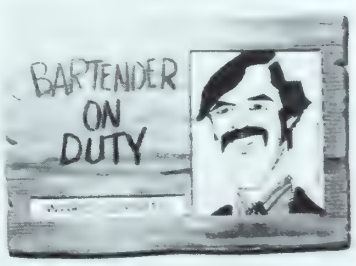
Lightweight hardwood roller acts like seperate fingers to knead and firm muscles and flab on hips, thighs, buttocks and stomach. 18" l., 15 rollers. Stimulates circulation, rolls away inches. $5.95 plus 50c post. Contempo, HG2, 1701 Highway 35, Neptune, NJ 07753.

NEW DUET



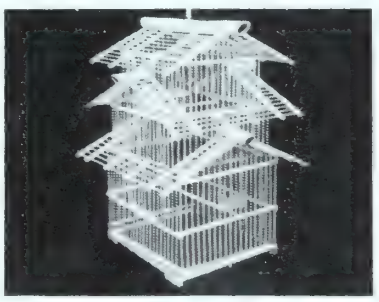
Listen to your favorite program in privacy while you shower or shave. Compact AM transistor radio; complete with a standard 9 volt battery. 6½" by 9". Tissue holder included. $12.98 plus $1 post each. Anthony Enterprises, HG2, 556 Mission St., San Francisco, CA 94105.

BARTENDER IDENTITY



The house bartender caricatured from a photo you send to Bruce Bolind with hair and eye color and your favorite mixologist's name for a 12" by 16" plaque and 6" by 8" caricature. Print name; picture returned with the plaque. $15 ppd. Bruce Bolind, HG2, Boulder, CO 80302.

BAMBOO ARTISTRY

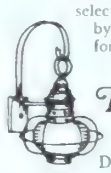


Beautifully designed bird cage has three stories, reminiscent of Eastern temples. Practical slide-out tray makes cleaning easy. Natural color. 24" high by 15" by 15". $14.95 plus $2 post. Catalogue is 25c. Fran's Basket House, HG2, Route 10, Succasunna, NJ 07876.



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makes a bold scarlet protest on innocent-pink stitchery background (approx. 14" x 10"). Taped #12-mono French canvas, Paternayan Persian yarn, needles, illustrated instructions

and only

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CAT DOOR STOP

After about nine lives the idea of a door stop is still going strong.



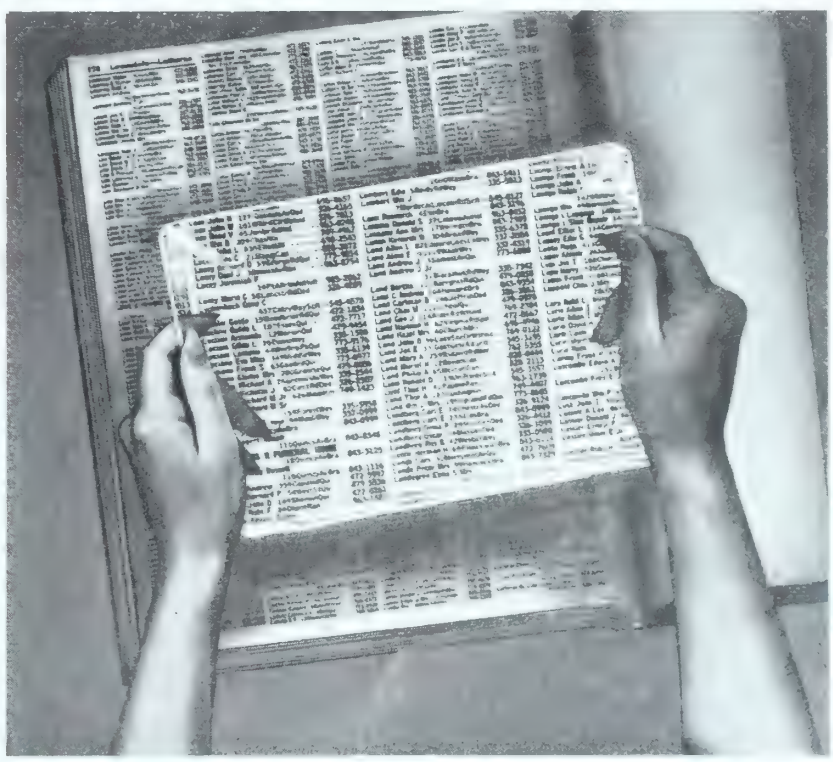
A long way back in our heritage door stops were near to being an art form. They came in all varieties, all shapes and sizes. We've picked the cat as our effort to bring back the door stop. It's made of black cast iron from a rare design and measures 10¾" h., 8" l., and 2¾" d.

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THE ADDED TOUCH

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Newspaper "Log Roller"

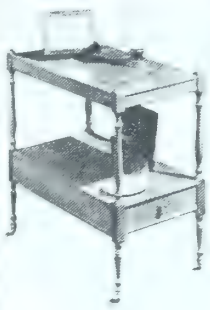
Save those newspapers; roll your own "logs." Here is a bonus energy source to combat the fuel shortage. Newspaper logs burn just like wood, thanks to the built-in flu at the core of each log. And remember, wood logs cost nearly $100.00 per cord; newspaper logs are free! Complete instructions included. Very easy to use. The all-metal roller bin measures 19" wide by 6" tall. Color choice: BLACK or HARVEST GOLD.

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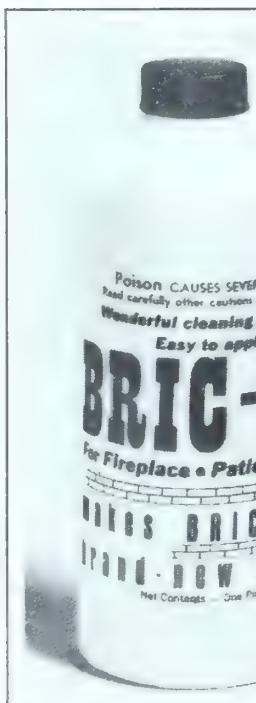


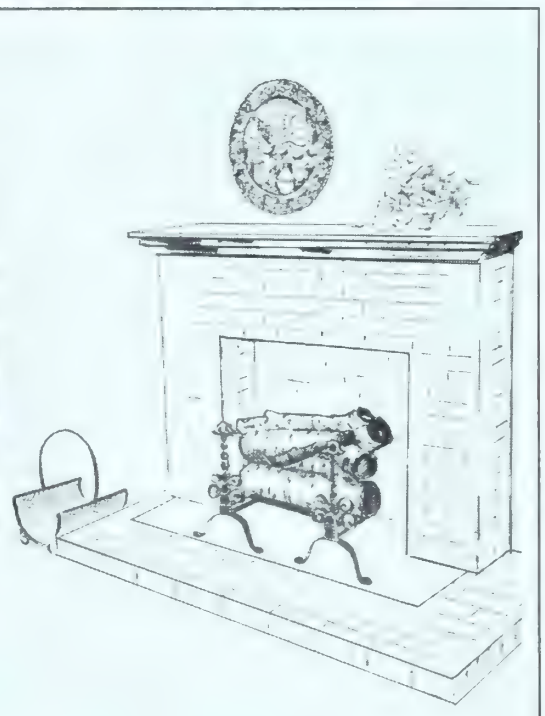
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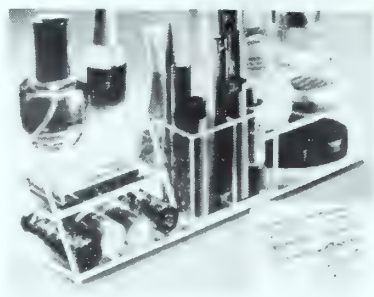
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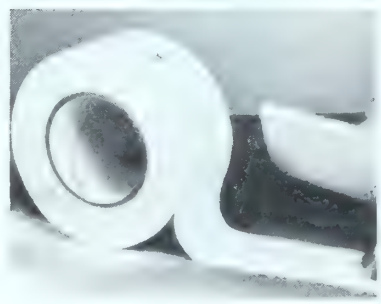
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BEAUTY BAR

Clear acrylic cosmetics center has shelves for lipsticks and jars, a compartmented section, for tall items like bottles, that slides out for easy access. Place on a dressing table or in standard medicine cabinet. 9½" by 3". $6.98 ppd. Crown-Castle Ltd., CP-515, 51 Bank St., Stamford, CT 06901.



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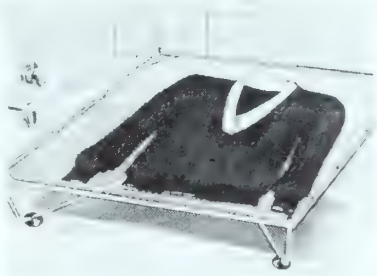
Foam rubber pads adhere to glass frames. Savvy solution to glasses that slide down on the nose. Pads also relieve pressure of frames on sensitive skin. $1.98 for 24 pads plus 15c post. Anthony Enterprises, HG2, 556 Mission St., San Francisco, CA 94105.

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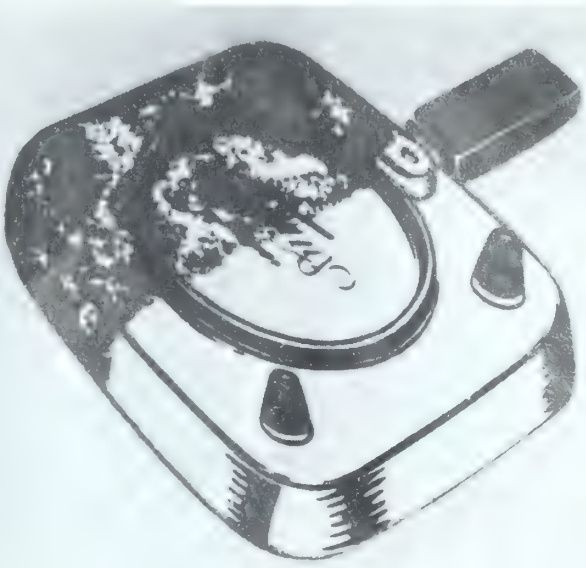


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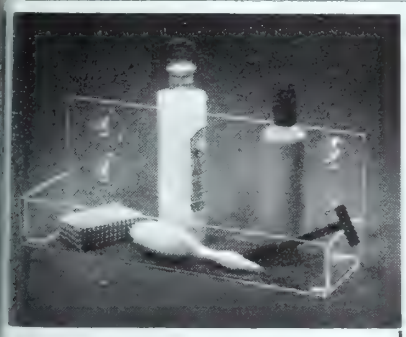
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VENETIAN HOUSE HG2
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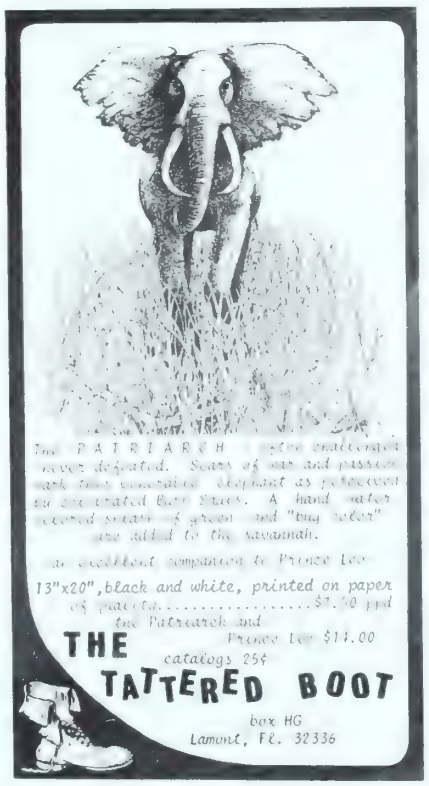
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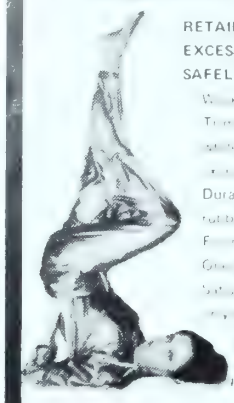
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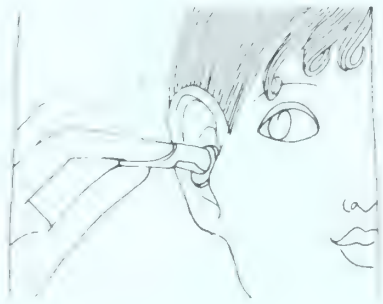
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Silence is golden, but these days we get precious little of it. Soft, pliable silencers slip into the ears, have an easy-to-grasp flange. Slip them in every night for refreshing sleep. $2.98 a pair plus 20c post. Anthony Enterprises, HG2, 556 Mission St., San Francisco, CA 94105.



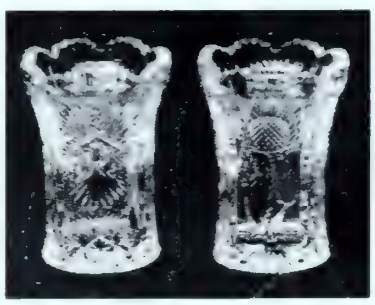
OLD YET NEW

Blue enamel metal spatterware might have come from Grandma's kitchen. Crafted in Mexico. Holes for hanging. 7″ fry pan $3.75; 6″ tsp., 7½″ tbsp., two 8½″ tbsps., set, $1.75; coffee pot (4 cups) $4.75. Add 25c post. each. Downs & Co., 1403X, Evanston, IL 60204.



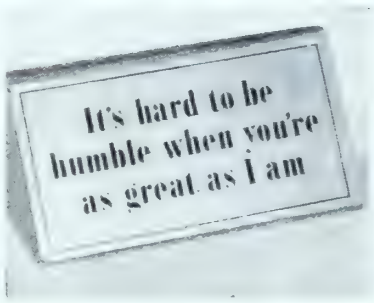
COLLAR OPEN SESAME

It's almost magical what the collar-extender can do to ease any tight collars on his good shirts. Tiny hook-on gadget gives extra half-size comfort for a just right feeling! $1.29 for set of two, add 15c post. Anthony Enterprises, HG2, 556 Mission St., San Francisco, CA 94105.



ANTIQUE COPIES

Charming mini vases in a panel thistle design over 100 years old. Each carries famous "bee" mark. Fluted, scalloped, flare tops. 2½″ h. for candles, short stems, tooth picks. Pair $4.95 plus 90c post. Artisan Galleries, HG2, 2100 No. Haskell Ave., Dallas, TX 75204.



LOUD AND CLEAR

Gold-colored metal desk plaque proclaims in black lettering: It's hard to be humble when you're as great as I am. No false modesty or is it ego-assuaging? 4″ x 4″ solid walnut stand. $2:98 plus 25c post. Anthony Enterprises, HG2, 556 Mission St., San Francisco, CA 94105.

SHOPPING AROUND

FINGERTIP TOUCH

Push button phone can be used on any dial system; an inner memory remembers the last number dialed. Fitted with standard cord and plug, it is ready to plug in. $119.95 plus $2 post. Catalogue, 50c. Grand Com Inc., HG2, 324 Fifth Ave., New York, N.Y. 10001.



TWO VIEWS

Pocket magnifier has two lenses for close-up work—four-power or eight-power magnification! Ideal for seeing small type, splinters, stamps. Lenses fold into protective case. $3.98 plus 20c post. Anthony Enterprises, HG2, 556 Mission St., San Francisco, CA 94105.



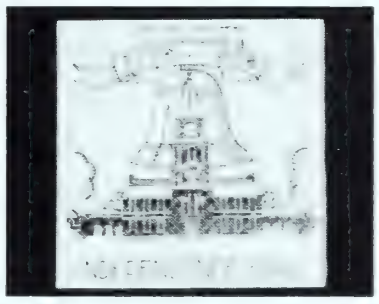
GARDEN PLOT

White plant table with four 5" square dark green pots. High-impact styrene polymer, special drip tray keeps moisture from floor. Weather-resistant. No tools, easy assembly. 16" top, 19" h. $13.98 plus $1.79 post. House of Minnel, 516E, Deerpath Rd., Batavia, IL 60510.



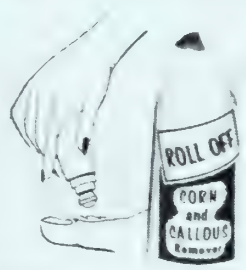
HISTORIC STITCHERY

Cross-stitch sampler of famous Independence Hall. Stamped on oyster linen 10" by 10". Comes complete with floss in colonial colors. Instructions included. $2.25. Mahogany or maple frame, $1.50. Add 60c post ea. Victoria Gifts, 12H Water St., Bryn Mawr, PA 19010.



FOOT FORMULA

Start off on the right foot: use an ingenious roll-on liquid to rid feet of pesky corns and callouses for fast foot relief. Formula smooths them away. Unbreakable roll-top bottle. $1.98 plus 25c post. Anthony Enterprises, HG2, 556 Mission St., San Francisco, CA 94105.





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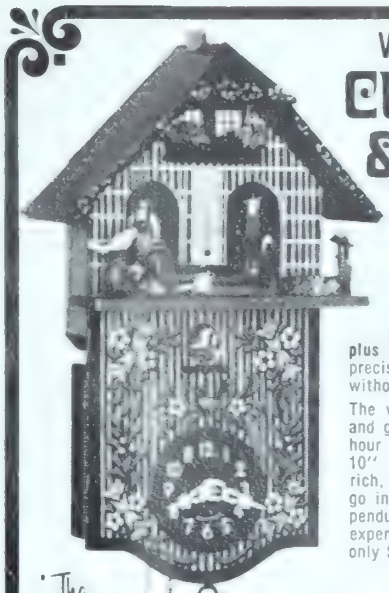


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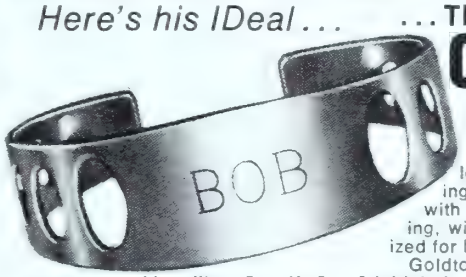
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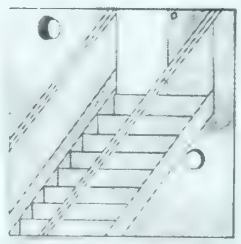
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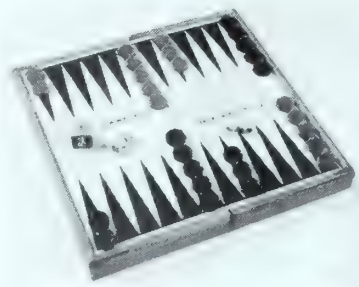
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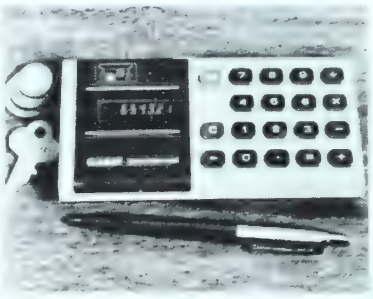
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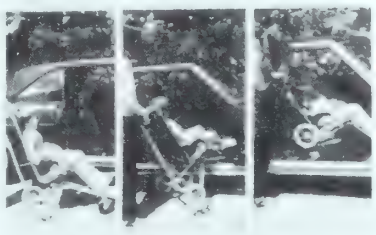
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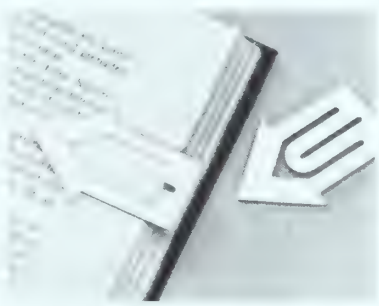
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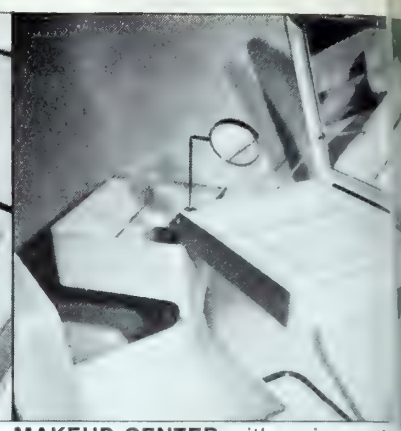
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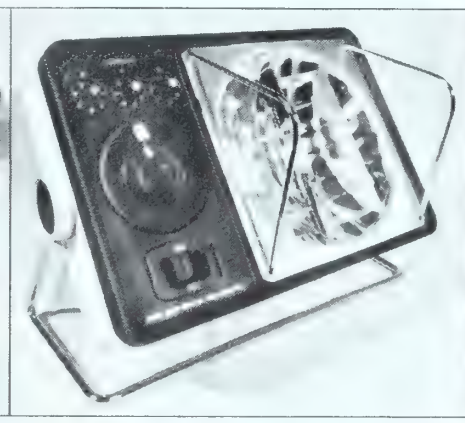
ACRYLIC backsplashes for the tub are used here with a two-jet whirlpool bath by Jacuzzi. Design by Paul Associates.



MAKEUP CENTER with swing-out fold-down mirror, vinyl cushioned per seat. "Ciarly" from Hastings



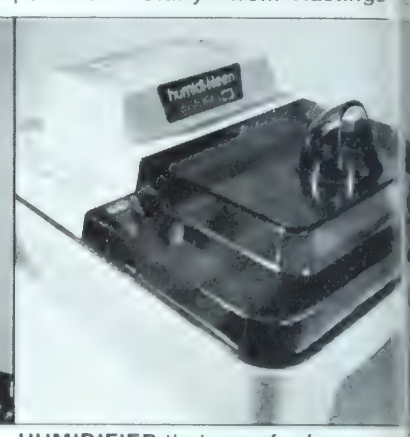
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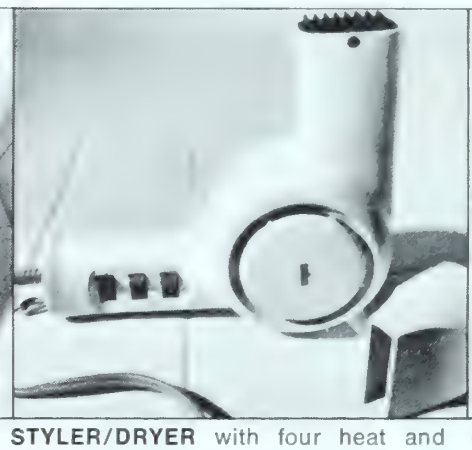
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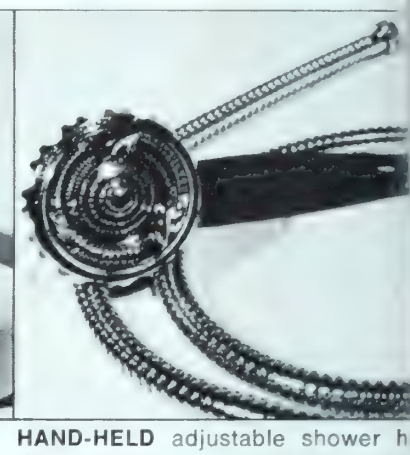
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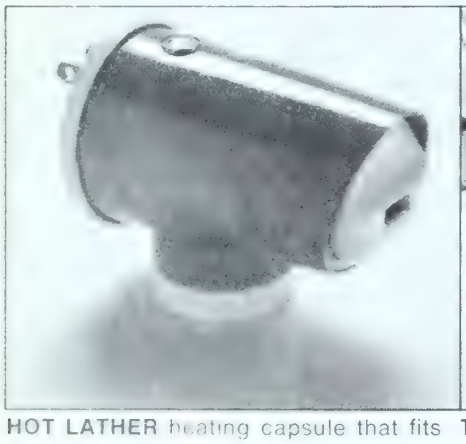
BATH SCALE that weighs you in both kilos and pounds comes in lots of bright colors. Cushioned vinyl. $23. Terraillon.



STYLER/DRYER with four heat and airflow combinations for all hair textures, slip-on concentrator. $35. Braun.



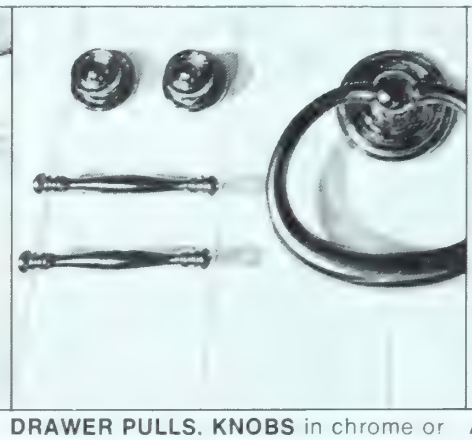
HAND-HELD adjustable shower h that pulsates or massages with mounts for tub, shower. $33. Alson



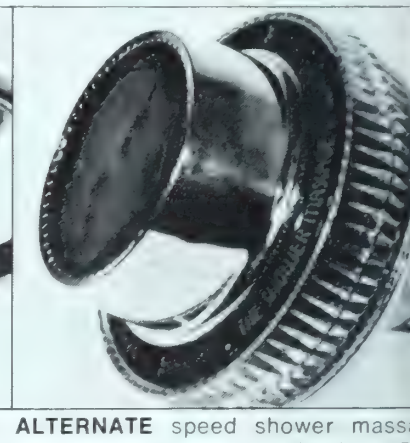
HOT LATHER heating capsule that fits top of standard brands of shave cream. $15. "Hot Shave Capsule." Clairol.



TOWEL BARS of clear acrylic in 23-inch double or 9-inch single lengths. $55 and $45 each. Hammacher Schlemmer.



DRAWER PULLS, KNOBS in chrome or antique brass. Pulls, $3 a pair; knobs, $3 a pair; ring, $7. By Kirsch.



ALTERNATE speed shower massa for fast, slow, or a combination "Go Shower" by Teledyne WaterPik. $6



TWO-SPEED blow dryer with three heat settings, detachable concentrator noz- zle for spot drying. $34. By Schick.



BUTCHERBLOCK bath scale that looks like the real thing, but it's vinyl. In two finishes. $14. Counselor Bath products.



SCULPTURED ACRYLIC in a sweep of a countertop, a one-piece construction with space to recess a wash basin

"Farmington" basin by Kohler; crysta "Edwardian" faucet set and counterto design by Paul Associates. In 25 color

Water you drink *continued from page 69*

200 parts per billion.

"56 percent of the supply systems were physically deficient in protecting groundwater sources, disinfecting, clarifying, and/or inadequate system pressure."

These statistics are not pleasant. Nor is the fact that more recent studies done by the Environmental Protection Agency and Environmental Defense Fund have found organic chemicals (including carcinogens) in the drinking water of cities such as New Orleans, Evansville, Cincinnati, Philadelphia, Miami, and Lawrence, Mass., in large enough quantity to be of concern. (Cities with large industrial centers are naturally more prone to inferior water than others. Tucson, Ariz., for instance, has much better quality water than Cincinnati.)

The drinking water problem, it seems, is another consequence of technology. There is no longer a threat in terms of waterborne diseases (such as hepatitis or typhoid); in the period 1961-70, there was only one death a year from waterborne diseases, and fourteen outbreaks of such diseases. (Figures from the EPA, Journal of the American Water Works Association, 1973.) The new problem is explained by James H. McDermott, former Director of the Bureau of Water Hygiene, in his report of the U.S. Public Health Service Survey:

"Chemical contaminants in our environment have been on the increase for about 25 years. . . . There are about 12,000 different toxic chemical compounds in industrial use today, and more than 500 new chemicals are developed each year.

"Wastes from these chemicals—synthetics, adhesives, surface coatings, solvents, and pesticides—already are entering our ground and surface waters, and this trend will increase. For the most part, we don't know what these chemicals will do to our health—including possible genetic effects. We have difficulty in sampling and analyzing them. All too frequently, these new compounds are introduced in an effort to solve one problem, with little investigation or concern for the possible creation of entirely new problems elsewhere in the ecosystem." Mr. McDermott concludes, "We can no longer afford to 'wait and see what happens.' We must begin to investigate before we introduce new compounds into the environment."

Dr. Harris, of the Environmental Defense Fund, supports this view. "So many benefits would accrue if we improved the quality of our drinking water, benefits infinitely greater than the cost of doing it, that it surely justifies the effort. It would cost 15 or 20 cents a person to clean up New Orleans's water. Even if we are not sure of the effects of all these chemicals, isn't it worth it to eliminate the possibility of future disease or death from drinking bad water?"

What is being done?

1. The Federal Water Pollution Control Act Amendments of 1972 established a comprehensive program for restoring the physical, chemical, and biological integrity of our nation's water, including a program regulating the discharge of toxic pollutants into drinking water supplies.
2. The Safe Drinking Water Act of 1974 provided the Environmental Protection Agency with regulatory authority to protect the public against contaminated drinking water. The implementation of this is largely a state function, and it is up to the EPA to get states to comply, the only 'carrot' being grants to help run the programs. Connecticut, for instance, is now going through a standards-setting procedure, which is more stringent even than EPA standards.
3. Research is being done by the EPA and other environmental groups to find out more, particularly about carcinogens in water and the connection of cardiovascular disease to soft water. (Studies in England found that there was some connection; other studies have not confirmed this.) More research is clearly called for.

What can you do?

1. Use only cold tap water for cooking, drinking, making ice. The hotter the water, the more minerals it picks up from the pipes. After water has stood in the pipes for any length of time, let it run until the drop in temperature tells you you're getting fresher, circulating water from the municipal pipes.
2. To minimize the taste of chlorine in your water, pour the water back and forth between two containers to aerate it, then store it in the refrigerator. Tastebuds are apt to be less sensitive to refrigerated water. A slice of lemon can also mask the smell of chlorine.
3. Buy things that pollute less, such as biodegradable soaps and detergents, as "everything that man injects into his environment can ultimately find its way into the earth's water," according to the former U.S. Assistant Surgeon General Dr. Charles C. Johnson.
4. Investigate the idea of installing a purifier or filter in your water system (see page 68).
5. Save water. Look into plumbing fixtures or accessories that use less water.

Continued on page 209

Building Facts

Materials and equipment in the house on pages 84-89

ARCHITECT: Barton Myers of A. J. Diamond & Barton Myers
INTERIOR DESIGNERS and CONTRACTORS: Lawrence and Mary Wolf
SIZE OF HOUSE: 2,750 square feet
SIZE OF LOT: 38 by 166 feet

STRUCTURE

Foundation: House raised above ground: supported by steel pilings, cross-beams, and joists.
Framing: Steel column, beam and open web joist construction by Hopkins Steel Co.

EXTERIOR OF HOUSE

Exterior walls: On east and west walls, aluminum siding by Alcan Building Products Div. of Alcan Aluminum Corp. On north and south walls, steel-faced panels. Separate mechanical room structure faced in 2-inch-square white ceramic tile.
Exterior finish: Aluminum siding and steel panels, anodized gray, prefinished. Steel framework, window frames and sash, painted gray.
Roofs: Built up roofing; layers of bituminous coated material topped with gravel.
Insulation: In floors and ceilings, rigid board Styrofoam by Amspec, Inc.
Windows: Steel frame, fixed glass panels and steel frame casement sash by Connie Steel Products.
Glass: Glauerbel Ltd.
Skylights: Plastic, by Architectural Plastics Ltd.
Doors: Steel frame, glass panel doors by Connie Steel Products, and wood front door.

INTERIOR OF HOUSE

Interior walls: In major rooms, dry wall gypsum board on steel studs in master bath, shower, and children's bathroom, 2-inch-square gray ceramic tile.
Ceilings: All rooms, steel channel deck paneling.
Floors: In major rooms, wall-to-wall wool carpet by Alakart; in kitchen and children's playroom, wood strip blocks by Barwood Flooring Ltd.; in children's bathroom, 2-inch-square gray ceramic tile.
Lighting fixtures: Lighting Systems, RAB Electric Mfg. Co.
Hardware: Stainless steel and polished chrome by Summerhill Hardware Ltd.
Cabinets and countertops: Custom-made cabinets faced in white plastic laminate by Formica Corp. Countertops in living room and master bath-dressing room, white Carrara marble; in kitchen, study, and master bedroom, white plastic laminate by Formica Corp.; in children's bathroom, 2-inch gray ceramic tile.
Plumbing fixtures: In kitchen, double white porcelain sink; in bathrooms, toilets by Crane Co.; in bathrooms, lavatories by American-Standard; plumbing fittings by Delta Faucet Co.

MECHANICAL EQUIPMENT AND APPLIANCES

Appliances: Wall ovens (self-cleaning) by Westinghouse Electric Co.; four-burner cooktop by Hardwick Stove Co.; food waste disposer by In-Sink Erator Mfg. Co.; refrigerator by Amana Refrigeration, Inc.; exhaust ventilating fans by Air King Corp.; appliance center by Ronson Corp.; under-counter dishwasher and laundry washer and dryer by The Maytag Co.
Heating and cooling system: Forced warm-air heating and cooling steel ductwork around perimeter of floors and ceilings; electric cable radiant heating in floors. Gas-fired furnace, air conditioner, condenser by The Trane Co., air filter and controls by Honeywell.

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ST. JAMES [illegible]

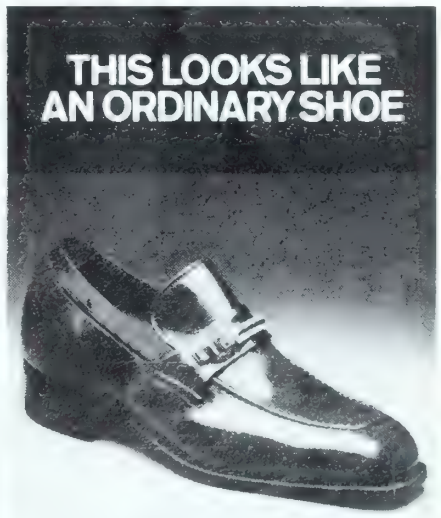
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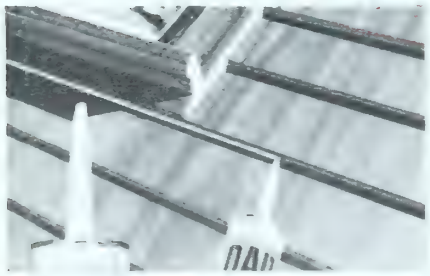
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A filter right at the kitchen sink will improve the taste of your water and remove certain chemicals

How to test and improve your water

continued from page 69

Agency what chemicals are being discharged into local lakes and rivers (you'll find E.P.A. offices in Atlanta, Boston, Chicago, Dallas, Denver, Kansas City, New York City, Philadelphia, San Francisco, Seattle, and Washington, D.C.).

The E.P.A. and The National Academy of Sciences are in the process of drawing up regulations for the maximum concentration of various heavy metals, inorganic and organic chemicals in drinking water, to be submitted to Congress around the end of 1976. In the meantime, a water engineer with the health department or E.P.A. can evaluate a chemical analysis for you. If he finds your water is below health standards, have the health department push for improvements at the municipal level. Jacqueline Manny Warren, writing in the June 21, 1975, issue of *Environmental Action*, says, "Estimates made by E.P.A. and others indicate that the cost would not be unduly burdensome. For example, carbon filtration can be installed for approximately 50¢ per month for a family of four."

What can you do at home?

To improve the taste of your water and remove some suspended solids and certain chemicals you may want to have a filter installed on your main water line, under the sink, or at the faucet. The most common filters are activated carbon (activated charcoal) and cellulose (usually coarser than carbon). Sometimes these filters are supplemented by a reverse osmosis membrane that can remove *dissolved* as well as suspended impurities. If you don't mind the tastelessness of distilled water, you may be interested in a water distiller. (In fact, you can improve the taste by pouring it back and forth from one container to another, allowing it to stand for a few hours, or adding a pinch of salt to each quart.)

Be aware that you cannot rely on any filter or distiller to remove all harmful organisms or chemicals. And if you don't maintain your filter or distiller properly, it could make the water dirtier *after* treatment than before. Water can taste delicious and still have harmful contaminants, so don't let a home water appliance give you a false sense of security.

Keep an eye on the build-up of contaminants in the filter and watch for any substantial slowing of the water-flow from your faucet or unpleasant tastes and odors in your filtered water—warnings that the filter cartridge needs to be changed. For an undersink carbon filter cartridge, most manufacturers recommend the average-sized family with average-quality water change the cartridge about every three months (more often if your water is very dirty or your family uses more filtered water than average).

Some filters contain silver to help inhibit the bacterial growth in the filter. Their manufacturers must file laboratory reports with the Environmental Protection Agency. Interim E.P.A. regulations specify that drinking water must not have more than 50 parts per billion silver, but this limit could change. Mr. Frank Bell, Special Assistant in the Office of Water Supply of the E.P.A., says, "Present research shows water containing up to 50 parts per billion silver can be safely drunk for a lifetime without the user incurring silver toxicity, called argyria. As only a few of the silver-containing devices are registered now, before buying a device with silver, check with the manufacturer to be sure his device has been registered with the E.P.A." More research is needed. Without a bacterial inhibitant, there's a chance bacteria could get caught in a home carbon filter and multiply to a dangerous level, maybe even overnight. Most *municipal* filters (without silver) avoid this bacterial problem by disinfecting the water before and after filtering and by "backwash" cleaning of the filter with municipally treated water.

Here are some of the home water appliances available, most of them from local dealers listed in the Yellow Pages under "Water Purification Equipment" and "Water Treatment Equipment, Service, and Supplies." An asterisk means the manufacturer also sells direct. For manufacturers' addresses, see opposite page. These devices should be used only with municipally treated water.

Main water line filters and large distillers

Most **main-line filters** remove specific minerals that could damage or discolor plumbing fixtures. Distillers, on the other hand, can help improve your drinking water.

"Aqua-Pure" dirt and rust filter. "Aqua-Pure" chlorine feeder. By AMF Cuno.

"Bruner" activated carbon and cellulose filters for main or undersink water line. "Bruner" sediment filter, acid water neutralizing filter, rust and iron filter, "clear water" iron and hydrogen sulfide filter. By Calgon.

Acid or alkaline water neutralizing, sediment, and special-water-problem filters. By Culligan.

"Waterbetter" cleanable cellulose rust and sediment filters. By Harmsco Sales.

Solar-powered rooftop distillers (in southern U.S. said to make an average of 2 gallons a day year round) that can include dolomite in reservoir for "mineral water" taste. By the Sunwater Company.

"Quench" water-cooler-type distillers whose reservoirs have ultraviolet lamps to help keep water sterile. By Terraqua Incorporated.

"Waterfine" well-water filters: iron and sulphur filter, taste and odor filter, acid neutralizing filter, sediment filter. "Waterfine" automatic chlorine proportioner. By the Water Refining Company.

Combination activated carbon with silver and cleanable Lexan plastic filter is being tested, should be available in March. By Water Safe Products.

NOTE: Two guidebooks for building *outdoor stills* are each $1.2 postpaid, from The Brace Research Institute, MacDonald College, McGill University, Montreal P.Q., Canada.

Under-sink Installation

"Aqua-Pure" activated carbon cellulose filter. By AMF Cuno.

"Aqua-Cleer" three-way combination sediment filter/reverse osmosis membrane/activated carbon filter. Activated carbon and cellulose filters available. All by Culligan.

"Bruner" activated carbon and cellulose filters. By Calgon.

"Quick-Change" activated carbon filter. By Elkay.

"Ogden" filter uses activated carbon with silver and proprietary mechanisms. Manufacturer says filtered water is well within interim E.P.A. limit for silver. Smaller countertop unit available. By Ogden Filter Company.*

"Mark II Water Naturalizer" activated carbon filter with silver plus an agent that manufacturer says removes virtually all the silver before the water gets to the faucet. By Pollution Control Products.

Countertop Installation

including faucet-diverter filter

"Mega-Pure" home electric distiller. Can be wall-mounted. By Corning. From scientific supply houses such as Scientific Products.

"Aqua Clean" electric distiller. By Flying "A" Enterprises.

"Invento Tap Water Filter" of activated carbon. By Invento Product Corporation. From Hammacher Schlemmer.

"Ogden" countertop filter—smaller version of its undersink filter. By Ogden Filter Company.

"Quench" electric distillers plus non-electric "multi-heat" distiller for use over gas or electric range

or bed of hot coals (for camping, emergencies). By Terragua Incorporated.*

"Clean Water Maker" activated carbon filter with silver. Manufacturer says filtered water has a maximum of 10 parts per billion silver. Under-sink installation kit extra. By Water Safe Products. Available in March.

On-faucet or Traveling

"Instapure" activated carbon filter with silver. Manfacturer says filtered water has a maximum silver concentration below E.P.A. interim limit. Two models—one that attaches to faucet; other to your hand-held sprayer and that has two buttons to deliver filtered water for drinking or unfiltered water for washing. By Teledyne Water Pik.

"Clean Water Traveler" activated carbon with silver filter comes in collapsible flask. Manufacturer says filtered water has a maximum of 10 parts per billion silver. By Water Safe Products. Available in March.

Addresses of selected water appliance manufacturers

AMF Cuno
400 Research Parkway
Meriden, Conn. 06450

Bruner Division
Calgon Corporation
4767 N. 32nd St.
Milwaukee, Wisc. 53209

Corning Glass Works
Scientific Glassware Department
Medfield, Mass. 02052

Culligan USA
Northbrook, Ill. 60062

Elkay Manufacturing Company
2700 S. 17th Ave.
Broadview, Ill. 60153

Flying "A" Enterprises
424 Valley Rd.
Michigan Center, Mich. 49254

Harmsco Sales Corporation
P.O. Box 14054
North Palm Beach, Fla. 33408

Invento Products Corporation
3925 Skillman Ave.
New York N.Y. 11104

Ogden Filter Company Inc.
4222 Santa Monica Blvd.
Los Angeles, Cal. 90029

Pollution Control Products
(Part of the Electrolux division of Consolidated Foods)
1040 Bayview Dr.
Fort Lauderdale, Fla. 33304

Sunwater Company
1112 Pioneer Way
El Cajon, Cal. 92020

Teledyne Water Pik
1730 E. Prospect St.
Fort Collins, Colo. 80521

Terraqua Incorporated
1528 S. Centre St.
San Pedro, Cal. 90731

Water Refining Company, Inc.
500 N. Verity Parkway
Middletown, Ohio 45042

Water Safe Products
8337 Nieman Rd.
Lenexa, Kans. 66214

Addresses of retailers mentioned on page 69
For Corning distiller:
Scientific Products
(Division of American Hospital Supply)
100 Raritan Center Parkway
Edison, N.J. 08817

For Invento filter:
Hammacher Schlemmer
147 E. 57th St.
New York, N.Y. 10022

For *Handbook on Water-Saving and Wastewater Reduction* (home or apartment version), send 25¢ to Public Information Office, Washington Suburban Sanitary Commission, 4017 Hamilton St., Hyattsville, Md. 20781. *Manual* of Individual Water Supply Systems (stock #5501-00626) is $2.20 from Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402. ■

Facts about water

continued from page 207

The ice cube test

Your ice cubes can tell you how hard your water is. When ice freezes, it pushes the minerals into the center of the cube, so if you have very hard water your ice will be quite white in the center where all the minerals have congregated. If your water is softened, the ice will be slightly cloudy all the way through. If you make ice with reverse osmosis purified water, such as commercial ice, it will be crystal clear.

How to get a good cup of tea

Tea is more than just leaves. Tea is pH sensitive, which means it mixes and tastes better if the water added to it is alkaline. Alkaline water also darkens the color of tea, making a richer-looking cup. (Adding acid such as lemon lightens it.) You'll find alkaline water in the Midwest—and in England, of course! Naturally soft water is low in minerals and too acid to make good tea. In a soft water area, try adding a pinch of baking soda to your tea and see it turn darker—and taste better. ■



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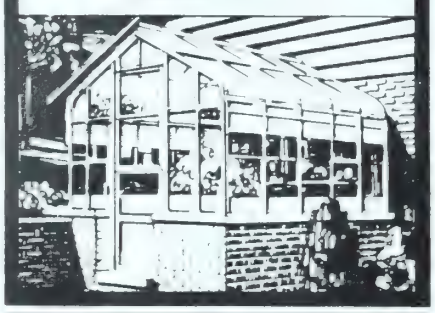
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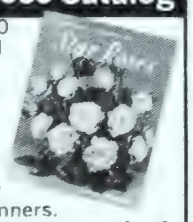
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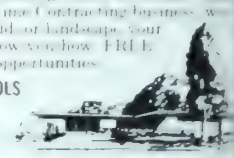
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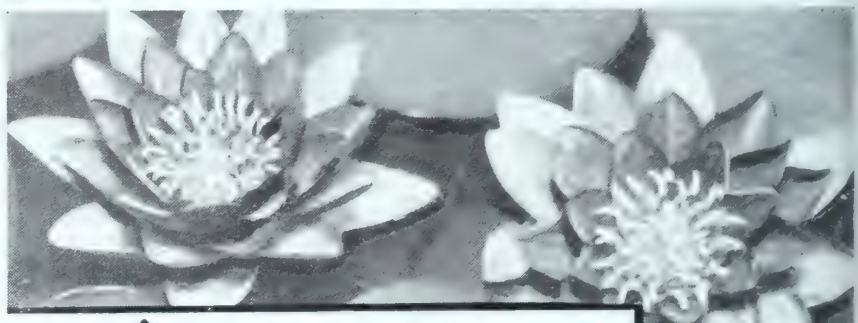
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from mail-order firms. This is because the nurseries and seed houses that sell by mail can handle a greater variety than they could stock for over-the-counter selling. Their facilities can be dispersed, with orders sent to the main office being filled by branch offices or contract growers. If you order a batch of plants from, say, Philadelphia, the shipment may very well come from Florida. This means that the plants were grown under ideal conditions and will spend a minimum of time between the nursery and your own garden or greenhouse. Also, a mail order nursery can have exclusive sales rights to a particularly desirable or rare plant variety, one grown only for its own customers by a nursery specializing in it. When it comes to seeds, the newest and choicest things are inevitably in short supply. Since there simply isn't enough seed to set out on counters in garden shops all over the country, the mail order houses dole out their seed packets on a first come, first served basis. So, wherever you live and garden, mail ordering makes sense. Just having packages of seeds or plants delivered to your door has its own particular satisfaction. It goes without saying, of course, that whether your order is brought by the U. S. Postal Service or United Parcel Delivery, it will arrive promptly and in topnotch condition.

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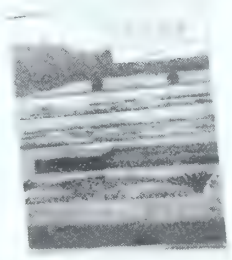
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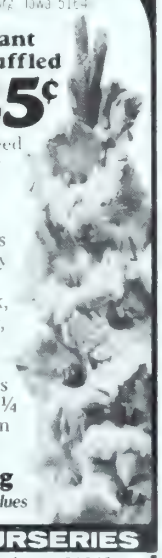


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Building and Remodeling

1. GET ALL THE FACTS from this colorful flyer on Thermador Thermaglas Smooth Cooktops. Models include a barbeque grill that trades places with a Teflon-coated griddle to give you a bundle of cooking conveniences. Complete descriptions and specifications.

2. "WHAT YOU SHOULD KNOW ABOUT ROOFING AND SIDING BEFORE YOU BUILD OR REMODEL"—32-page, full-color brochure describes roofing, vinyl siding, shutters, gutters, downspouts, soffit and fascia board systems designed to make your home's exterior maintenance-free. 14 color illustrations of how 7 architectural styles can be updated. Bird & Son. 50c

3. BETTER DRINKING WATER than you might buy in bottles is possible with the Culligan Aqua-Cleer Reverse Osmosis Water Purifier System. Informative brochure describes, illustrates the system and how it improves the flavor of everything mixed and made with water. And it actually removes impurities.

Decorating

4. DO IT WITH MIRRORS! They can expand space, magnify beauty, reflect natural light, give depth and dimension to a dark area, add decorative accents, spotlight handsome furniture or art objects. Brochure shows several decorating ideas with mirrors to enhance any room's atmosphere. Libbey-Owens Ford Co.

5. COMFORT AND BEAUTY COMBINE in reclining chairs and sofas by La-Z-Boy. Choose from the many styles available in beautiful decorator colors, fabrics, or vinyls, in reclining chair and new Sofette, the reclining sofa.

6. CUSTOM-CRAFTED CARPETS AND RUGS. Color folder presents custom carpets in a variety of textures and custom-matched colors. Hand-knotted fringe, if desired, and a choice of any size or shape without waste. Philadelphia Carpet Company.

7. "THE VIEW FROM THE TUB AND HOW TO CHANGE IT" is a new step-by-step instruction booklet on how to decorate your bathroom with sheets, towels, and color! Plus, how to make an exercise mat, sink skirt, shower curtain, and other bathroom accessories. Martex. $1

8. "THE COMFORTABLE WORLD OF E-Z LOUNGER" is a color brochure from Pontiac Furniture Industries Inc. Brochure illustrates their contemporary lounger with modern simplified styling and their traditional lounger with classic styling for formal and informal living. Both have multi-positions for your resting comfort.

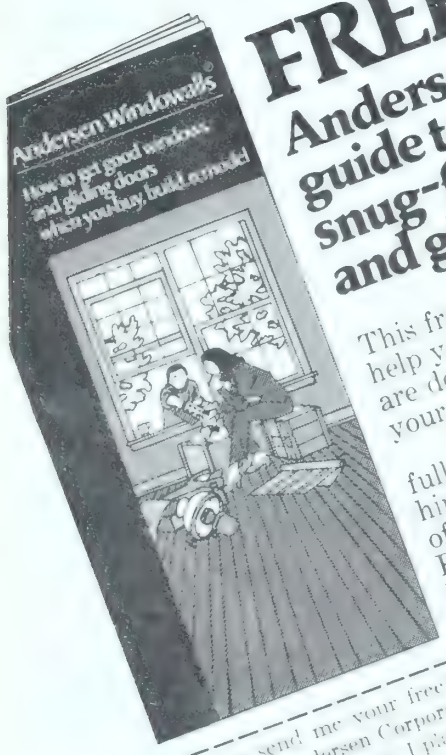
9. HANDPRINTED MURALS. Brochure shows you many of the lovely handprinted wall murals designed by the distinguished artist Fred R. Kazenwadel. These murals give an illusion of spaciousness, filling rooms with the loveliness of near and distant views. Richard E. Thibaut, Inc. 15c

10. "HISTORIC TEXTILES REPRODUCED FOR TODAY"—informative guide for anyone involved in a restoration project. Brunschwig & Fils, Inc.'s 17-page booklet illustrates a cross-section of the work this decorative fabric house has done in historic restoration. $1

11. "WALLCOVERING—IT ALL STARTED HERE." Delightful booklet is intended to enhance your pleasure in selecting wallcoverings for your house while attempting to clear up a number of common misconceptions about wallcoverings. Thomas Strahan Company. 50c

12. "WHAT YOU SHOULD KNOW ABOUT CARPET" is an informative 208-page paperback book brought to you from E. T. Barwick Mills. In this book you'll learn how to judge quality, wearability, and value . . . so the carpet you choose will satisfy you from the minute you get it home, through all the years you use it. $1

13. HANDMADE CARILLO TILE IN MEXICO for commercial and residential use is shown in this beautifully illustrated, 16-page, 4-color catalogue. These handmade tiles allow the designer to specify a functional material with an extravagant custom look. A wide variety of glazed and unglazed tiles are shown—size, color, thickness, and weight given on many. Elon Tile. $1



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Gardening

15. 1976 SPRING ALL-COLOR FLOWER AND VEGETABLE BOOK. Contains more than 3,000 varieties of different flowers, many rare and unusual, including the old and new. Among these new introductions are Dianthus Boutique, Petunia Summer Sun, and Pansy Color Festival. George W. Park Seed Co., Inc.

16. THE "EAGLET" SOARS HIGH above other models of hobby greenhouses in both quality and in value. Features and specifications show why in National Greenhouse Company's catalogue.

17. ONE THOUSAND HORTICULTURE ITEMS are listed in Mellinger's 94-page complete catalogue. Where-to-find-it guide gives page numbers for all items available. Everything's in it—from standard nursery items to seaweed products.

18. "HOW TO GROW BEAUTIFUL FLOWERS" is a lovely 16-page brochure from O.M. Scott & Sons. By applying similar principles as those used to simplify lawn care, Scotts has developed an equally uncomplicated approach to all other forms of greenery that beautify a home—shrubs, trees, flowers.

Potpourri

19. PORCELAIN ENCHANTMENTS are shown in this elegant brochure from Cybis. Sculpture collections represented are "Animal Kingdom," "Caprice," "Children of the World," "Porcelain Gardens," and "Portraits in Porcelain." A price list of Cybis designs and publications included. 50c

20. SOME HELPFUL DOS AND DON'TS ABOUT MOVING are discussed in the Aero Mayflower Van Lines Moving Kit, from how much it will cost to what to do about storage. There is also a handy checklist to organize your move out and in.

21. HELPFUL HINTS ON HOW TO BUY A MATTRESS are discussed in a delightful consumer guide from Therapedic. "The Bed Game" includes dos and don'ts for you and your back, important facts on mattress construction, plus 5 tips on how you can test a mattress before buying.

22. WORLDLY THIMBLES. Getting Started With Your Own Thimble Collection . . . booklet explains how to begin an exciting new hobby. A thimble collection adds a stunning decorator's touch to even the smallest apartment! Gives a brief history of thimbles. The Sewing Corner, Inc. 50c

23. "VITAMIN E RIGHT OR LEFT? Brochure describes differences between natural and synthetic Vitamin E formulations and lists several points from The National Academy of Sciences in 1974 publication, *Recommended Dietary Allowances,* regarding the need for Vitamin E. Eastman Chemical Products, Inc.



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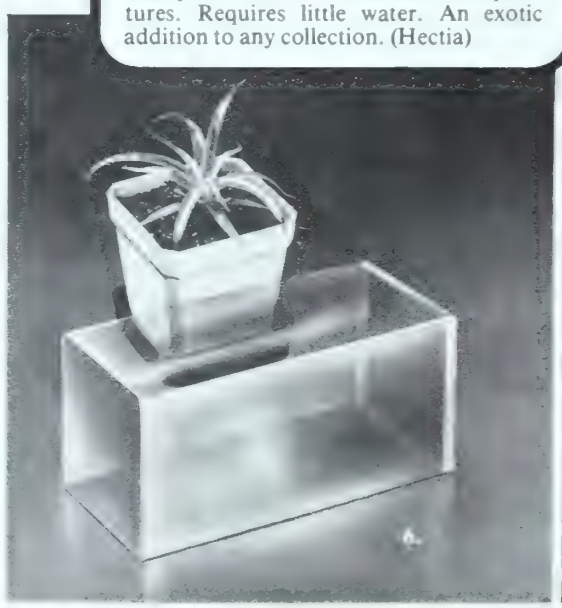
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_____	2. Jacob's Ladder	_____	5. Green Feather Moss
_____	3. Needlepoint Ivy	_____	6. Mexican Star

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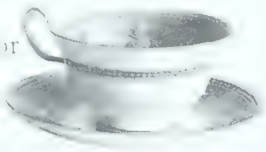
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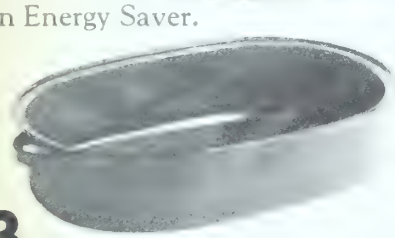
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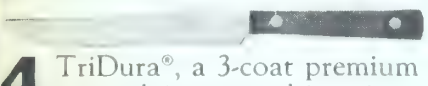
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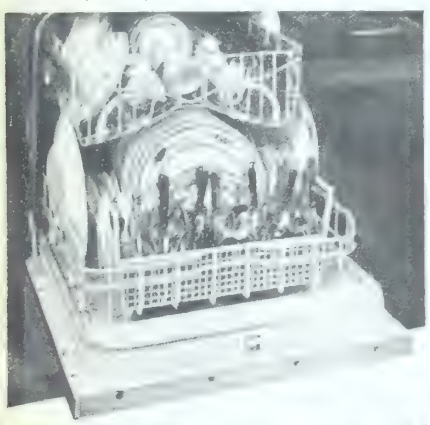


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HOUSE & GARDEN

(INCORPORATING **LIVING** FOR YOUNG HOMEMAKERS) Vol. 148 No. 3



HORST

ON THE COVER: The problem of what goes with what in this living room is solved, for the most part, by using a one-color color scheme in a fresh and imaginative way. As you see, the room is filled with eight different shades of a single color—in this case, violet—a wonderful way to get variety without clash, a wonderful way to create a pleasant ambiance for almost any kind of furniture. Here, the pieces are of various periods, with most of the designs inspired by the work of traditional English cabinetmakers. Interior design by Robert Perkins. The furniture, by Henredon, is available at W & J Sloane, New York and branches. All fabrics from Clarence House. Sculpture by Beverly Pepper and drawings by Al Held from André Emmerich Gallery. Chinese porcelain from H.J. Kratzer; Mexican mask from Kronen Gallery; blue plate from John Rosselli; sisal rug from Rosecore; crystal ashtrays from Tiffany. For more about the room and the house it is in, please turn to page 82.

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Sunlight on straw



♦ *Designer Erté*

Erté has designed everything from scent bottles to theatrical costumes, tables to light fixtures. Whatever he does is revolutionary and exciting. So how does he design his own surroundings? Writing in his new autobiography *Things I Remember* (Quadrangle, $13.50) he says: "The walls and ceiling of my present studio are entirely covered with straw, which gives a neutral yet warm effect. Straw is wonderfully receptive to sunlight. I love straw as a decorative material. In this neutral atmosphere I like to have a few touches of red here and there—a vase of flowers or a few candles, as I find red a stimulating color."

If you want to decorate with straw . . . traditional Japanese *tatami* makes a wonderful, soft surface over which to walk (shoeless, of course), is easily cleaned, and it comes in two thicknesses. A thin one 3-by-6 feet runs only $6. The stronger *tatami*, a good 2 inches thick costs $97.50 per 3-by-6-foot piece. At Miya, 368 Third Avenue, New York.

Straw rugs remain one of the best decorating bargains around. Choose from coir, sisal, maize, rush, seagrass, or hemp.

Straw adds another dimension to a room when it's applied to walls —at LCS in New York there is a wonderful nylon wallcovering that resembles real straw matting, available in rolls 41 inches wide though it is necessary to have a designer or decorator get it for you. Another wall treatment is reed fencing. It comes in 6-by-15-foot-wide "pieces" for about $25 from Dazian, 40 East Twenty-ninth Street, New York, N.Y. 10016.

PAULA RICE JACKSON



♦ *Starfish costume designed 1946*

♦ *Table with built-in storage 1926*



In the swim

With a bit of imagination, you can turn an ordinary 10-foot-square concrete water cistern into a very attractive above-ground swimming pool. And the cost may be as little as $2000. Landscape architect Lester Collins thought of this idea and has one in the garden of his own house in Key West, Fla. The pool is enclosed in a wooden framework with louvered panels (to let in the breezes and cool the water) and has plywood lids on pulleys. These cover it up and keep the pool clean when not in use, and also give privacy when pulled up, for swimming. The pool, 5 feet deep, is filled from the main water supply. As the Collins's are not using the house year round, there is no complicated filtering system. They simply empty the water on to the garden after a vacation. "Sensible way to water the plants."

LESTER COLLINS

♦ Right: *Pool with lids shut; open,* below. *Great for kids.*



Curtain up on a new museum

The long-awaited opening of the Cooper-Hewitt Museum of Design in the former Carnegie Mansion, Fifth Avenue, New York is now scheduled for early May. The project has been in progress six years. Over 2 million dollars have been raised to convert the building and remodeling is nearing completion by Hardy, Holzmann & Pfeiffer. The museum opens with an important exhibition on design, assembled by noted international architect Hans Hollein. On May 19, about 700 people will gather in the museum's gardens for the annual supper dance and auction preview. Mrs. Gerald Ford is the Honorary Patron of this auction on May 25; interior designer Mario Buatta, the chairman of the Acquisition Committee. This year's objects include two Erté drawings, two Louis XV chairs, a 19th-century French tapestry. "Last year we raised over $100,000," says the Museum's Director, Lisa Taylor.



♦ *The Cooper-Hewitt Museum . . . and Director Lisa Taylor*

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living

Walking through the lakes



♦ *Lake landscape in England . . . and lakeside host John Tovey*

Inspiration for some of Wordsworth's finest poems (remember the "host of golden daffodils"?) is England's romantic, exhilarating Lake District, an area of lakes and hills nestling close to the Scottish border. It's a paradise for walkers —you'll find all sizes of hikes over some of the most beautiful country in Europe—and some of the best food, too. A perfect stopping place is Miller Howe, a hotel overlooking Lake Windermere, where owner and chef John Tovey is a most entertaining host. Distinguished English food writer Margaret Costa has called him "the best pastry cook in England." He won the British Wine & Food Society's award for the Outstanding Meal of the Year in 1975. His tour de force is creating a five-course dinner every weekend for guests (two sittings, ninety people in all). A sample menu: cheese and chive tart; chilled Persian cucumber soup; smoked mackerel with gooseberry purée; fillet of pork



♦ *Tovey's hotel Miller Howe*

with coriander and saffron rice; grapefruit and Pernod mousse. At the end of this you are pleasantly satisfied without feeling stuffed. The secret? "Serve small portions," says Mr. Tovey who gives recipes page 124. "A good five-course meal is really like one glorified hors d'oeuvre from beginning to end. It's like a play—every act something to look forward to." He also believes in contrasts in courses, "cold followed by hot, sweet followed by sharp, one with a sauce, followed by one without. Remember color, too—eye appeal is very important." All Mr. Tovey's herbs and greens are grown locally; spring nettles for soup, sorrel, watercress, and about four times a year, wild chanterelles served for breakfast. Char from the lake is also a great delicacy. "But the great specialty of the Lake District is Lakeland lamb," says Mr. Tovey. He serves delectable dinners and breakfasts—then only a packed lunch for you to take to the hills—for *everyone* walks all day in the Lake District! Other hotels worth a visit are Sharrow Bay and Leeming House, both on Ullswater, perhaps the most picturesque of all the Lakes. To get to Windermere, the heart of the Lakes, take a train from London's Euston station—a journey of just over 4 hours. Or fly to Manchester and then take the train. Driving, it's 260 miles from London, much of the trip along the direct M1 motorway.

CAROLINE SEEBOHM

GARDEN ART



ROBERT DASH

FLOWERING PRIVET

Privet isn't prim anymore. Or needn't be. That much-branched humble hedger of a hundred uses —there is even one (Ligustrum Californicum) *that can take direct spray from sea water—is the commonest fence neighbors mull over, and during the early history of Long Island, its dark, shining ebullience made neat geometrics around pastures and planted fields. They called it "prim." I love its flowers—whitish-citron miniature triangles long after lilacs, exuding a fragrance that quickens the blood. Wasn't it Kipling: "Odors are the things that make the heartstrings crack?" But I am not talking of hedges, or of the conventional forms of clipping them, but of a new way I found to handle privet when I needed more vista. I now prune from the base up, unimportant side branches, first in winter, to get its architecture and then in midsummer or autumn as high as I can reach, letting the tops swing free. And I use it either as a specimen treeling or in spurs off my main hedging in a ventilated network of branches, where the light slips through, much like a grove of hardy bamboo. In come breezes and birds and extraordinary shifting views of the garden. Privets are branchers; the major ones start at the base. Keep on the next largest lateral ones, strip the rest and there you have it. Occasional runnings down the trunks with gloved hands will remove promiscuous sideshoots. Mulch beneath with hay. Fifteen feet above you, in June and July, blooms will be out, mixing with the roses in a strange new scent.*

ROBERT DASH





JOSHUA GREENE

Trash prizes

During the 13-day New York garbage strike, some people made heroic efforts to litter *neatly*. Tiffany, *left*, piled up tidy bundles. Their trash is shredded to be sure no valuables are left inside. "Normally we keep it inside, but we had to put it out because of fire risk. We certainly tried not to spoil the atmosphere of 57th and Fifth Avenue." Baccarat's trash, *right*, was in handsome cartons, suitably elegant for makers of some of the finest crystal. Equally distinguished names did not respond with the same social consciousness. Some of the worst were restaurants who carelessly "let it all hang out."

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LIVING

Magical Mustique



♦ *Cotton House, the only hotel . . . island owner Colin Tennant*

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Cotton House, the only inn, is the island centerpiece. Restored by Oliver Messel, it is built around a handsome commons room, 60 by 40 feet, formerly part of a sugar plantation and later a cotton barn. On the veranda you sit, sip, chat, have dinner by candlelight. The furniture, native made, is 18th-century country, and antique trunks are placed in corners or by sofas, as if everyone had just come from England by sea. Guests have a choice of staying in West Indian Colonial houses, or cottages. Total capacity: 28. The guest list is a mélange of Europeans, including English, plus Americans. Temperature throughout the year is 75 to 85 degrees. With coral reefs as protection, you can swim, snorkel, or scuba dive in either the Atlantic or the Caribbean, a safe 12-mile coastline. Or if you prefer a pool, you can laze around one that looks like a perfectly preserved ruin with the authenticity of centuries. Lunch is served here, or you can picnic on Wedgwood china at any of the nine beaches. Tennis is in a coconut grove, sailing in Britannia Bay, and exploring by horseback can carry you over 1400 acres of green valleys and white sandy beaches. A more bizarre sport is visiting the wreck of the French cruise ship SS Antilles, which went aground a half mile off Mustique in 1971, with all aboard saved. Trips can be arranged with local fishermen. The only evening entertainment is the weekly "jump-up," a barbecue accompanied by a steel band that plays while wading in the surf. It could be Maugham, but it's really more Waugh. And it is all very civilized with a lovely splash and dash of island spice.

DEE HARDIE

Space making living machine



GEORGE CSERNA

♦ *Rooms within a room, one-piece structure combines dining and sleeping spaces*

In these days of restricted apartment space, built-ins are a way of making a room seem larger than it really is. This "living machine" designed by architect George Ranalli is a two-level structure, which combines a double bed, dining space, bookshelves, and other storage in a very handsome design. It is 5 feet wide, 12 feet long, and 11 feet high. Mr. Ranalli designed it for his own apartment in a renovated furniture warehouse, which has a minimum living area of 450 square feet. Made of plywood painted white, the stairway up to the "bedroom" has brown carpeting. The dining section seats six and has a red neon light above. "We've got to think of new ways of using space that's available," he says.

Blitz course

Decorating furniture is one of those satisfying creative crafts that leave you with a tangible token of the effort. Acknowledged expert on the subject is Isabel O'Neil whose famous studio workshop in New York draws students from all over the world. This summer she offers an accelerated course on the basics of furniture painting, antiquing and gilding between June 21 and July 2. Those who join work five days a week, all day long, and by the end know as much about their craft as a student who has studied once a week for twenty-one weeks. It's not only a chance to work intensively, but also an opportunity to make lasting friends. Says Isabel O'Neill: "Students tell me it's like going on a cruise. You get acclimated to your companions, there's a great rapport between people sharing a mutual interest." The course costs $500, is open to twelve students.



♦ *Refinishing in the studio*



♦ *Simmons new headquarters . . . private decks for offices*

Nature in the board room

An important corporate move has been made by Simmons, known for mattresses and furniture. Scooping up their executives from New York and other urban centers, they set them down in an adventurous, thoughtful, corporate headquarters in the middle of a 70-acre forest in Atlanta, Ga. Working here, explains Chairman Grant Simmons, "takes away the hassle of commuting and gives everyone a better place to be. We welcome nature and are part of it." The building, 75 feet off the ground on concrete piers, seems to float over an almost untouched landscape. Each executive has a private deck. Mr. Simmons wanted the building to have minimum ecological impact, so architects Thompson, Hancock, Witte working with landscape planners Robert E. Marvin & Associates did almost no bulldozing. Each tree was mapped, as few as possible removed.









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LIVING

Low-cost weekend living

When composer John Kander *(Cabaret, Chicago)* gets down to work, he retreats to a one-room cabin in the woods on his 55-acre estate in Ulster County, N.Y. What's interesting is that the cabin, designed by Robert Filipek, is also used as a guest house (it has a mini bathroom) and is a brilliant example of low-cost living to be copied by anyone with a second-house project. It is 14 by 20 feet with a shed roof rising to 14 feet. The exterior is vertical pine boarding. Exposed beams inside (recycled from an old log cabin on the land) give it a rustic feeling, yet it remains a strong, contemporary design. The two 6-foot-square, sliding window doors practically make a whole glass wall—"sometimes the view is a little too distracting," says Mr. Kander. Robert Filipek set the building off the ground a little so that animals aren't tempted to make hideaways underneath. "With the addition of a kitchen unit," he says, "it would make a perfect weekend house and can be put up for under $8000." Heating is a neat propane hot air furnace unit fixed on the wall.

WILLIAM TETLOW



♦ *Away in the woods, John Kander's composing cabin*



♦ *Cabin designer Robert Filipek*

PEOPLE

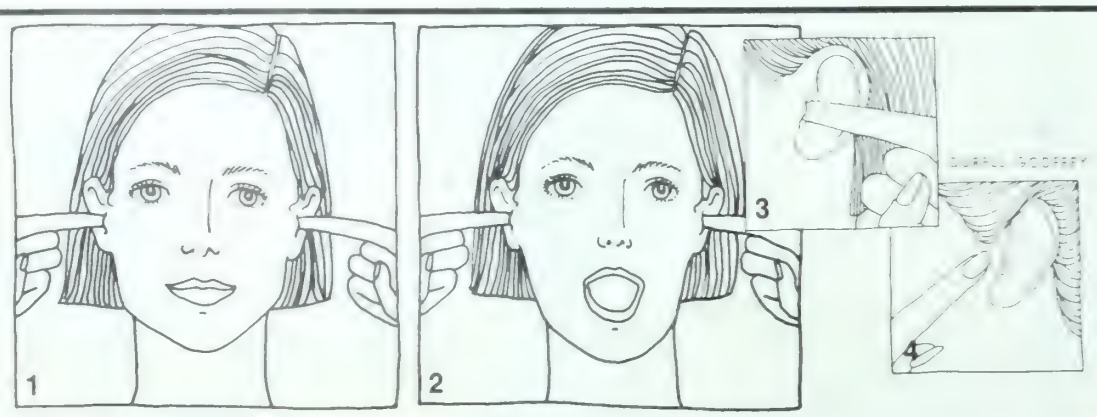
*Christopher Idone and Sean Driscoll of Glorious Food hope to sell sorbets (mango, banana, pineapple) from their new kitchen at 172 East Seventy-fifth Street, New York City. ****John Trueman's intriguing new book* The Story of Scent *(Doubleday, $7.95) is the first to have eighteen fragrance swatches printed in it. You smell a different perfume essence at the beginning of each chapter. ****Interior designer Dick Ridge has designed a new collection of "sportsman's" rugs for Phoenix.**** Paul Paree has a show of photographs running now through March 27 in the Science Wing Hall Gallery at the California Museum of Science and Industry, Los Angeles, Cal.; eighteen pictures of the same 2nd-century B.C. face,* below.



GOOD NEWS

GETTING RID OF HEADACHES

It's an astonishing fact, but Americans spend about 500 million dollars a year buying headache "remedies" that just mask the pain and never deal with the root of the problem. Medical authorities today relate 90 percent of headaches to worry, depression, anxiety, and other stress ailments that cause muscular tension and spasm. Because the focus of this muscular tension is the jaw (think how we grind and clench our teeth in stress, this is referred to as bruxism), your headache may actually be caused by jaw imbalance *resulting from knotted-up muscles. Data by two New York dentists, Dr. Harold Gelb and Dr. Jeffrey Tarte published recently in the Journal of the American Dental Association, confirm a definite link between head pains and dental orthopedic defects—a breakthrough in headache research. "The lower jaw is suspended from the upper jaw in a sling of muscle and ligaments. If one muscle is knotted up and the lower jaw is not working in proper relationship to the upper jaw it signals to the nervous system that something is wrong, and the nervous system sends off a signal of pain," explains Dr. Tarte. The medical term for this disorder is temporomandibular joint syndrome, the joint in question governs the relationship between the lower jaw and the skull. There are orthopedic dentists who can recognize "t-m joint syndrome" by simply looking at someone's face (it will be lopsided) or doing a quick test by putting the little fingers in both ears (you can feel irregularities such as clicking when the jaw moves). To correct it, a simple, removable plastic device is worn in the lower jaw for about six months "to reorient the mouth, bone, muscles and jaw relationship." Drs. Gelb and Tarte recommend this work be done along with biofeedback relaxation training. "You need a means to control muscular spasm." If you feel your headache may be jaw-related, try the simple finger in the ear test yourself. Then speak to your dentist.*



1. With little fingers in ears, close mouth . . . **2,** then open. **3.** Fingers can be in ears or **4,** just outside.

House portrait painter



♦ *Watercolor by Camilla Churchill*

If you want to enrich your family history, then you may want to have a portrait painted of your house. Camilla Churchill, an artist in South Pomfret, Vt., does marvelous watercolors of houses and is ready to travel the country to do them. It takes her about a week to paint a portrait and she works in all seasons. "Each has lovely things about it," she says. "Most people don't think of November as being particularly beautiful, but you can see the structure of hills then, that you can't in summer, when the trees are out. Snow is lovely, too, so simple and chaste." Mrs. Churchill's work has been shown in many galleries. An upcoming exhibition is planned this summer by Ellison Lieberman, at Gallery II, Woodstock, Vt.

Congoleum®

The most no-wax cushioned floors in your color. Like 32 in Beige.

The pattern of this beige is based on an early New England design. This is one of the patterns in our Prestige collection, based on authenticated design influences that are part of the heritage of America.

These inspired patterns feature the convenience of all our no-wax, Shinyl Vinyl® floors, and the comfort of cushioning. A no-wax, Shinyl Vinyl floor stays fresher looking longer, usually with just sponge mopping. In time, a reduction in gloss will occur in areas of heavier use. We recommend Congoleum Vinyl Dressing to provide a higher shine, if preferred.

See this great new collection and choose your floor in your color. Find us in the Yellow Pages under "Flooring".

Pattern #45025 shown.





Start a tradition in your home.

White of Mebane

Living With Tradition by White. 22 pages, many in color. Handcrafted occasional pieces by the South's oldest maker of fine furniture. To see the entire collection send 50¢ to Dept. HG-3A, White Furniture Company, Mebane, N.C. 27302.



From France, at fine stores everywhere. and at Baccarat, 55 E. 57 St., N.Y.C. 10022

Write Dept HG31 for illustrated brochures featuring stemware, china or gifts. 50¢ each, silver, 10¢

Antiques

By Louise Ade Boge

EUROPEAN "PENDULUM" WATCH

Can you tell us anything about this watch—its origin, age? It seems to have a pendulum—perhaps this is a clue. *A.B.C.—Lincoln, Neb.*

We believe your pocket watch was made by the Roskoff Watch Company of Switzerland about 1880-1910. However, some watches of this kind were also made in Austria. The watch has an added feature that gives the impression it has a double pendulum that oscillates like the pendulum on a pendulum clock.





FRENCH BEER MUG SET

Our beer mug set has the identifying initials J.P. over an L on each piece. Can you determine from this where and when it was made?

B.E.J.—Chicago, Ill.

Your set for serving beer was made after 1890 and perhaps before 1914 at a porcelain factory started by Jean Pouyat at Limoges, France in 1842. Its wares were chiefly intended for the export market. Pouyat, a French family of pottery proprietors, has been active in and around Limoges since about 1760.



AMERICAN TABLE LAMP

My cut glass lamp has the name of "Hawkes" on both the globe and stand. Is this enough for you to identify it for us?

F.H.H.—Syracuse, N.Y.

Your brilliant-cut glass table lamp, with mushroom shade, dating about the turn of the 20th century, was made by the T. G. Hawkes Co. of Corning, N.Y., which was responsible for introducing some of the finest patterns, including the Russian pattern, of the brilliant-cut glass period.



ANGLO-JAPANESE STYLE CUPBOARD

Can you tell me anything of the background of my hanging shelf? It looks somewhat Oriental.

W.T.—Birmingham, Ala.

Your hanging cupboard is in the Anglo-Japanese style, which came into fashion in the 1870s and 1880s following the opening up of Japan and exhibitions in the Western world of Japanese crafts. The best of the furniture is simple, light, and graceful with slender supports. *(Continued on page 30)*

The worth of Woodard

It begins with a blacksmith.

Instead of a cookie-cutter kind of oduction line, each piece of Woodard rniture begins with an anvil, some awn, and an honest-to-oodness blacksmith.



Woodard furniture is haped, joined and finhed by hand, right down the careful hand-wiping f the final antiquing. here is no mass producon. Employees are artians and craftsmen.

And Woodard *endures* to add to its worth. Each piece of furniture, for example, receives a layer of molten zinc to inhibit rust and to protect the finish. This is an expensive way to protect furniture, but it is also the best way. And when you add the 14 separate finishing steps, you begin to see why Woodard furniture can be passed down from generation to generation.



The eyes have it.

The beauty of Woodard is evident with another quick glance at the photograph below. For three generations Woodard has been a style leader, both indoors and out. And this leadership is not confined to wrought iron alone. Few manufacturers offer such a wide range of fabrics and coverings. Woodard also knows that not everyone likes white. That's why you can choose from a rainbow of 25 beautiful finishing colors.

In this clickety-click, mass-produced, computerized world we live in, isn't it nice to know there's still a Woodard around?

For color brochures and the name of the store near you that carries Woodard indoor and outdoor furniture, write to Woodard, 317 Elm Street, Owosso, Michigan 48867. Woodard



HOW AMERICA CELEBRATES--WITH STYLE, WITH LENOX.

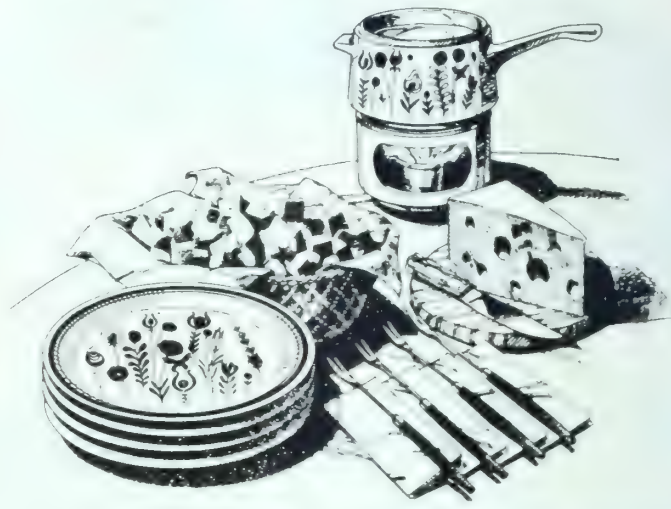
GIVE AN UNFORGETTABLE ANNIVERSARY DINNER WITH CANDLELIGHT, FLOWERS AND LENOX

When it's a very important evening, your table can reflect it in so many ways with the warm gleam of Lenox China and the sparkle of Lenox lead Crystal.



FREDERICK & NELSON
DIVISION OF MARSHALL FIELD & CO.
SEATTLE, WASHINGTON 98111

Make a birthday party more fun with fondue.



Swiss fondue is now favorite party fare all over America. It's fun to eat and festive to serve, with cheerful Temper-ware by Lenox,® the super-strength, super-ceramic dinnerware with a full two-year warranty.

macys
CALIFORNIA

Brilliant idea for a graduation party: The Oxford buffet.

Invite the Class of '76. With a buffet-style dinner, you'll be sure to enjoy the party as much as everyone else. And with elegant Oxford Bone China, the table is sure to take the honors.



VISIT THE CHINA AND CRYSTAL DEPARTMENTS OF THESE STORES THIS SPRING. MANY OF THEM WILL BE FEATURING TABLE SETTING IDEAS FROM HOUSE AND GARDENS.

AUTUMN BY LENOX. FOR BEAUTIFUL WEDDING RECEPTIONS ALL YEAR LONG.

And for dining happily ever after. America's brides love this Lenox pattern for its exquisitely-detailed hand applied decoration, for its creamy ivory color and for its translucency.



Pardinis OF STOCKTON

HOW AMERICA ENTERTAINS--
WITH CHARM WITH LENOX

LENOX...
AT HOME IN AMERICA

FOR WEDDINGS, PARTIES, INFORMAL DINNERS
AND GALA GET-TOGETHERS ALL OVER THIS LAND



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HOW AMERICA CELEBRATES--
WITH STYLE WITH LENOX

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LENOX MATCHES AMERICA'S MANY MOODS

Only an American company long famous for making the best of fine china, hand-blown lead crystal, and casual dinnerware, creates designs that fit the varied life styles of America. The formal buffet setting on the cover, for example, would be as right in Boston as in Chicago or Savannah. Wherever you live in this broad land, you can evoke the ambiance you want at your table—with Len Because it is equally at home on every occasion and in any company, you can create a vast variety of exciting changes with one pattern of china and one of crystal.

On the cover: *Lenox China, Fair Lady pattern, Swans. Lenox Crystal: Allure pattern. Flatware by Reed & Barton. Chafing dish by Taunton Silversmiths Salad bowl by Imperial Glass. Lenox candles and candlesticks. Tablecloth and napkin, D. Porthault.*

AT HOME IN THE SOUTH

Legendary Southern hospitality, a pervasive and timeless elegance are implicit in the setting, *below*, designed for a rather special afternoon tea. Golden rims circle delicately patterned china and hand-blown crystal wine glasses; just-opened pink roses bloom lavishly in wicker baskets, singly on damask napkins. Guests are offered a tempting choice: light Chablis and sandwiches or coffee and sweet cake.

Oxford Bone China: Fontaine pattern. Lenox Crystal: Laurent pattern. Flatware by Towle. Coffee service and cake stand by Taunton Silversmiths.



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HOW AMERICA ENTERTAINS--
WITH CHARM WITH LENOX



AT HOME IN NEW ENGLAND

Re-create the timeless appeal of a traditional New England dinner wherever you live. The gleaming table, *above,* sparkling crystal and china with a raised enamel design reflect the glow of silver hurricane candlesticks. Antique pewter shoes overflow with nuts, apples, carnations that stay fresh for hours in a waterless centerpiece. For true authenticity, turn the pewter forks tines down in the colonial manner. Add another touch of yesteryear with Victorian pewter napkin rings.

Lenox China: Autumn pattern, Carlyle pepper shakers. Lenox Crystal: Antique pattern. Silverplated lamps by Taunton Silversmiths. Lenox Candles. Pewter flatware by Reed & Barton.



AT HOME IN THE WHITE HOUSE

Lenox china contributes its distinction to the most historic table settings in this country. The plate, *left,* belongs to one of three official state services made by Lenox and in use in the White House today. Dominated by the Great Seal of the United States, handsomely bordered in rich green and etched 24K gold, this pattern is worthy of its place at our nation's First Table.

HOW AMERICA CELEBRATES--
WITH STYLE WITH LENOX

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AT HOME IN THE WEST

Among the many appealing qualities that give zest to the West are easy informality and rugged simplicity. Both have influenced America's life style; both inspire the setting *above*. Bold pottery and Indian baskets complement Lenox Temper-Ware, incredibly strong ceramic dishes in which you can bake, freeze, heat and serve. Here, a blithe pattern is teamed with textured blue glasses and stainless steel flatware on a gay patchwork quilt turned tablecloth.

Tablesetting: Temper-Ware by Lenox.® Dewdrops pattern. Lenox Crystal: Hand-blown Impromptu pattern. Stainless flatware by International. Native American baskets and sculptures from American Indian Arts Center. Candlelites by Lenox.

HOW AMERICA ENTERTAINS--
WITH CHARM AND STYLE,

A TRIBUTE TO
THE AMERICAN WAY OF GIVING



Americans are famous for their generosity. They love to give freely to their families and friends, to mark all celebrations—christenings, birthdays, weddings, anniversaries, Mother's and Father's Days, graduations—with delightful presents. Those we most enjoy giving and receiving, however, are designed to enhance the pleasures of living and entertaining at home. Style, quality, suitability—all are attributes donors look for and recipients appreciate best. You will find them all in Lenox china, Lenox crystal and a galaxy of handsome accessories. Here—a sampling of presents for every occasion, every home.





Top left: Dinnerware designed just for kids is gay, shaped to their needs, and turns all meals into adventures. Mothers know that the "Gentle Friends" set is made from a super ceramic that can take anything a child can dish out—so strong it's guaranteed for 2 years normal use against breaking, chipping and cracking.

Center left: An ideal present, particularly now—the Lenox Patriots Bowl, adorned with portraits of five great American patriots and trimmed in 24K gold. Tradition at its finest, destined for an heirloom future.

Bottom left: Wine with meals or in place of cocktails is fast becoming an American custom, just as is the serving of brandy after dinner. Beautifully proportioned Chateau crystal by Lenox is perfect for our new-found tastes, as is the very adaptable decanter.

Top right: Handsome, understated and always useful, on-the-rocks glasses of hand-blown Lenox crystal, in double and single sizes. The antique shape is adapted from the old-time jelly glass.

Bottom right: Highball and double-on-the-rocks glasses of hand-blown lead crystal by Lenox proudly display "Turkey Eagle" seals that include our country's birth date in bold relief.





HOW AMERICA CELEBRATES--
WITH STYLE WITH LENOX

AN AMERICAN LOVE STORY:
The Wedding At Home



A TREASURE TROVE OF WEDDING GIFTS

A wedding reception at home is more than an important event. It offers a unique opportunity to plan a truly warm, highly personal and memorable occasion. At home, wedding gifts can be shown to their best advantage. Display them to emphasize the beauty of each. Group presents of the same type together: decorative accessories, cooking equipment, linens, whatever. An assembly of lovely bridal gifts, *left*, destined to make dining and entertaining a constant joy. The surest way for any bride you know to be this fortunate is for her to enroll her name and list her favorite selections at a store's Wedding Gift Registry. There's no obligation and with guesswork eliminated, donors can be certain that their presents will delight the bride and they'll avoid duplications.

Lenox China: Morning Blossoms pattern. Cottage sugar and cream set. Lenox Crystal: Hand-blown Antique pattern. Sauce boat and barometer by Taunton Silversmiths. Candleholders and ice bucket, Imperial Glass.

THE BRIDE'S MOTHER ENTERTAINS

Of course she is hostess at her daughter's wedding, and very much at ease because she has planned so many parties before. As the wedding presents pour in, she decides to give her own table a fresh look such as the one, *right*. She visits her favorite store to look at new trends and shop for herself.

Lenox China: Castle Garden pattern. Carlton Candlesticks. Heritage Bowl, Filigree napkin rings. Expression Crystal by Lenox. Flatware by Kirk. All set with mother-of-pearl look, shell place mats and accessories.



HOW AMERICA ENTERTAINS--
WITH CHARM AWITH LENOX



BREAKFAST IN BED
His "I love you" to her

Given the right instincts and means to express them, a man can accomplish wonders. It may be the one and only time he treats her to breakfast in bed, but when it looks like this, it will never be forgotten.

Oxford Bone China: Tenderly pattern. Carlyle salt and pepper shakers by Lenox. Lenox Crystal: Tempo pattern. Flatware by Reed & Barton.

THE FIRST DINNER PARTY

Whether the guests are the maid of honor and best man, the bride's parents, the young couple across the hall—that first dinner party is very special. The bride shows off her gleaming new silver, uses her bold china and delicate crystal, splurges on food, wine, flowers—and dares to set her table with flair.

Lenox China: Interlude pattern. Lenox Crystal: Evening Star pattern. Wine decanter by Imperial Glass. Candleholders and salt and pepper set by Taunton Silversmiths with Lenox column candles. Flatware by International.



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HOW AMERICA CELEBRATES--
WITH STYLE WITH LENOX



TEMPER-WARE AT HOME EVERYWHERE

MOVE IT DIRECTLY FROM FREEZER TO OVEN TO TABLE
USE IT CONFIDENTLY INDOORS OR OUT
GLORY IN ITS BRIGHTNESS AND STRENGTH

You can enjoy your own meals and parties to the hilt with this super ceramic dinnerware by Lenox doing your work for you! Dishes can be prepared ahead, frozen until needed, warmed up and put on the table. Temper-Ware is warranteed not to break, chip, crack and craze for 2 years of normal use. The patterns are bold and carefree. This one, Summer Harvest, is rich with a crop of bright fruit and berries; hand-blown lead crystal Lenox Tempo glasses wait to be filled with Sangria from this Imperial Glass pitcher; red napkins also double as place mats under circles of straw. All combine to lift spirits sky-high.

Created for Lenox in cooperation with House & Garden and Bride's

© 1976 Lenox Inc. Trenton

HOW AMERICA ENTERTAINS--
WITH CHARM, WITH LENOX.

Blue Tree by Lenox makes a Southern-style garden party more romantic.



It's an ever-blooming garden in cool greens and blues, with soft pink and yellow. No wonder this favorite Lenox pattern has been charming hostesses and their guests for more than fifty years.

THE BON

Organize a clambake, New England-style, with versatile Temper-ware.



It's pretty enough for indoors, rugged enough for outdoors. Temper-ware by Lenox® is the super-ceramic dinnerware that bakes, broils, freezes and serves. Beautifully.

CAPWELL'S
Oakland • Walnut Creek • Hayward
El Cerrito • Fremont

Fireflower Temper-ware brightens up a Western-style barbecue.



Mix up your special secret sauce. Get a good fire going. And set a knockout of a table with a blaze of poppied plates. Informal Temper-ware by Lenox® sets the mood for a good time.

Keller's of Modesto

Sunday brunch-a great American idea, North, South, East and West.



The feeling is relaxed. The pace is leisurely. The menu simple, yet special. The china and crystal, Lenox. That's why Sunday brunch is a favorite way to get together—all over this land.

VISIT THE CHINA AND CRYSTAL DEPARTMENTS OF THESE STORES THIS SPRING. MANY OF THEM WILL BE FEATURING TABLE SETTING IDEAS FROM HOUSE AND GARDENS.



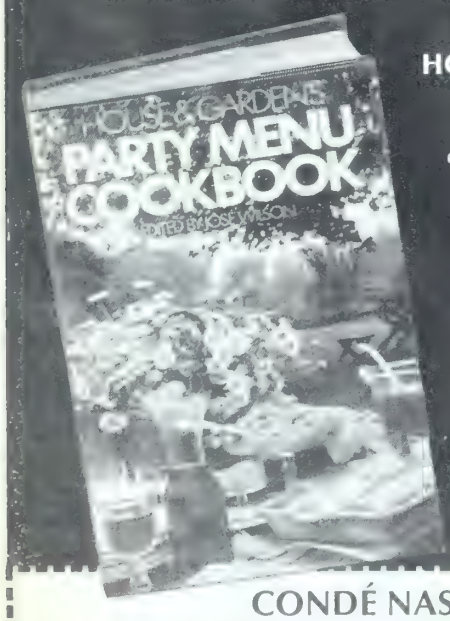
Wake up a wall. Any wall.

One suggestion for your dining room is this provincially shaped mirror. It's finished in old gold with red rub and dark dusty antiquing. If you'd like more suggestions send us your name and a dollar. We'll send you our full color catalog and the name of your nearest Carolina Mirror dealer.

Carolina Mirror Corporation

North Wilkesboro, North Carolina 28659

Spark your talents as a Hostess and Homemaker...



HOUSE & GARDEN'S PARTY MENU COOKBOOK

–brings you 448 pages of ways to entertain with style. 126 menus for breakfasts, luncheons, dinners, suppers, buffets, holiday parties, outdoor parties and big parties with small price tags. Basic recipes and low-calorie dishes. More than 593 superb recipes in all. Entertaining ideas. Organizing and preparation tips.

$9.95

CONDÉ NAST BOOKS

P.O. BOX 3308, Grand Central Station, New York, N.Y. 10017

☐ YES! Send me HOUSE & GARDEN'S PARTY MENU COOKBOOK for $9.95 (plus 35 cents for postage & handling).

☐ Check for $_____ enclosed.

☐ Bill my American Express Acct. # _____

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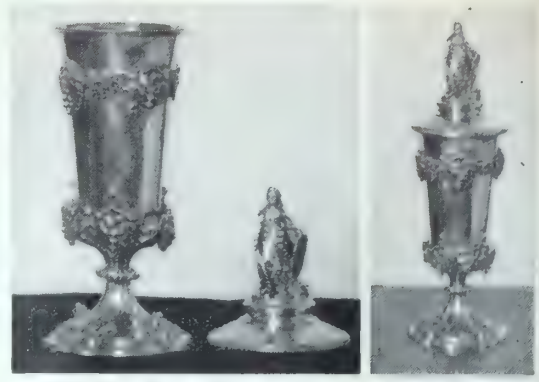
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Antiques

continued from page 18



EUROPEAN CUP AND COVER

We would like to know when and where our cup was made and whether the elaborate decoration is usual. H.H.C. —Charleston, W. Va.

Your cup was probably made in Europe, possibly in the latter part of the 19th century, when certain early styles and forms enjoyed a lively revival. The standing cup and cover, generally with an elaborate finial (such as yours) was originally a distinctive and costly type of European Renaissance wrought silver. It reflected the affluence of the owner and was sometimes as much as about 22 inches tall.

KING OF NAPLES

My figurine is supposed to represent Murat. When was it made and who was Murat?

D.E.W.—New York, N.Y.

Your equestrian figure, inscribed Murat, is a lively and vigorous representation of Joachim Murat, 1767-1815, King of Naples, whose most enduring title to fame is that of the most dashing cavalry leader of the age. It was probably modeled about 1820 in France.



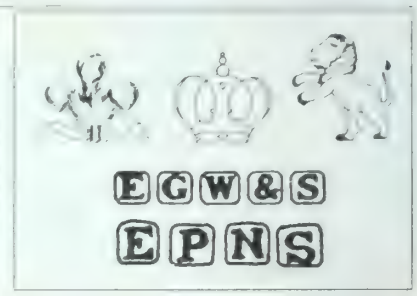
AMERICAN HIGH-BACK CHAIR

My chair has an unusually high back. When and how did this style come into being?

R.C.—Chickasha, Okla.

Around 1900, an enterprising American furniture manufacturer decided the time had arrived when the character of the usual spindled-back rocking chair should be changed in the direction of Charles Rennie Mackintosh and his Glasgow School, the English equivalent of the continental Art Nouveau. Mackintosh is especially remembered for his chairs with extremely tall backs, often more than 6 feet high. Hence the new look in your chair back.





AMERICAN SILVER MARK

From these marks, can you identify the maker of my silver, footed tray? G.W.F. Jr.—West Point, Ga.

Your plated silver, footed tray was made by E. G. Webster & Son, active at Brooklyn, N.Y. from 1886 to 1928 when it was bought by International Silver and moved to Meriden, Conn. It made sterling silver and plated silver wares. The EPNS (electroplated on nickel silver) means your piece is plated silver.

FRENCH SCULPTURE

How old is our French bronze figure? It is one of a pair; the other one has a broken hand. Can it be repaired without a great deal of difficulty? L.M.—Scottsdale, Ariz.



Your French School sculpture, dating about the 1880s, is probably made of pot metal with a surface plating of bronze. Pot metal is an extremely fragile medium and when broken almost impossible to repair. More success can be obtained with epoxies than with traditional welding or soldering methods.



One good idea led to another.

First came the idea of sand casting. A pre-American Revolution technique for forming metal. We took that good idea and came up with a better one. Armetale® metal. A non-toxic blend of ten different metals with the look and feel of fine pewter. But with advantages pewter never had. It won't break, chip or crack. You can cook with it. Eat and drink from it. And decorate with it.

Armetale metal gives you the warmth of pewter. The richness of silver. And all the practicality of stainless. It's so elegantly simple that it goes with any decor.

Down through the years, we extended our idea into a complete and coordinated line of Armetale metal giftware, dinnerware, flatware, cookware and decorative accessories.

Today there's a whole wardrobe of beautiful and functional Armetale metal products for every room in your house. Look for them at fine stores everywhere. And get some good ideas of your own. Write for the store nearest you.

WILTON RWP ARMETALE

COLUMBIA, PENNSYLVANIA 17512

NuTone!
The security system that protects your home, without cramping your lifestyle.



This is an action photo of the most advanced security system on the market . . . NuTone. Where is it? Everywhere! All around the perimeter of the house on duty all the time. Backed up by a second line of defense against intruders inside. Early warning of smoke and fire. Panic buttons for the unpredictable. Time delay exit/entry release features, automatic phone dialing and much more . . . all custom-designed to fit your needs, your home and your lifestyle.

Security should be felt, not seen. The all-new NuTone Security Systems never intrude on your life. They're easy to live with . . . safely.

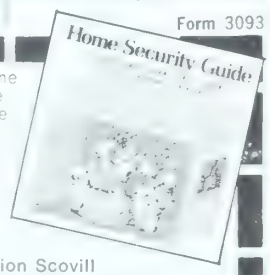
We've prepared a 36 page booklet full of facts and ideas to help make your home a lot safer. It contains many informative tips on things you can do yourself to make your family more secure.

It's yours free. Plus, we'll send along complete information about NuTone's revolutionary, new Security Systems. For your **Free Home Security Guide,** simply mail the coupon below.



NuTone Security Systems . . . we don't intrude on your life . . . and we help make sure nobody *else* does!

Form 3093



Please send me my Free Home Security Guide. I understand I am under no obligation to purchase anything.

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Cincinnati, Ohio 45209

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Address_____

City_____

State_____

Telephone_____

NuTone Housing Products
Scovill

Printed in U.S.A.

For the house fixer

By Will Morri

■ Molded marble tub

A luxurious new double tub, 64¼ inches long, 45 inches wide, is molded of polyester and marble in a choice of fourteen colors—striations of smoke white to mocha to spring green. The double tub, *below,* consists of the tub and a one piece marble panel or deck around it. Matching panels of marble are on adjoining walls. Minimum deck size is 55 inches wide by 78 inches long; the maximum, a spacious 60 by 90 inches. The tub has contoured arm rests, a ribbed bottom for safety. A smaller unit, with tub and deck molded in one piece, may be had 32 inches wide and from 60 to 66 inches long. The tub units are available in these standard sizes or custom installations can be designed. Prices range from $480 (the smaller tub) to $1,250 (large double tub) from dealer representatives nationally. Molded Marble Products Div., Lippert Corp., Box 219, West 142, North 8999 Fountain Blvd., Menomonee Falls, Wis. 53051.



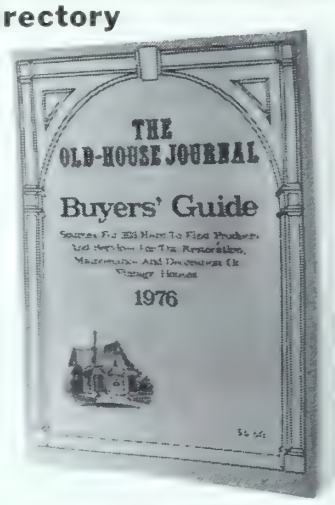
■ Automatic telephone answerer

"Record a Call" will deliver any message you leave for telephone callers in your absence, will record incoming calls on tape and play them back. The remote 80 unit (shown) connected to your telephone also allows you to call it from anywhere *outside* and receive any messages recorded. The unit incorporates an AT&T approved mechanism (APCM), which lets you plug it into any telephone jack with no monthly service charges. It has two cassettes for outgoing and incoming messages; flipping a "Fix" switch lets 120 30-second calls be taped; a "Vox" switch permits incoming messages of any length. A microphone attachment lets you use the tapes for dictating letters as well as messages. Remote



control of the recorder works with a separate Remote Key. Battery operated, it can be taken anywhere. You dial your home telephone, beep key (in your individual frequency sound) and receive all messages from recorder over phone. Reset message tape to receive additional calls and retain all previous ones. $299.95, Hammacher Schlemmer, 147 East Fifty-seventh St., New York, N.Y. 10022.

■ Old-house-products directory



A 1976 Buyers Guide, with 1,082 listings of products and services of 298 companies dealing in equipment for restoring and decorating old houses is an invaluable aid in locating sources for authentic architectural details, wall and window materials and treatments, hardware, lighting, other fixtures and products for pre-1914 houses. In 205 categories, the *Old-House Journal Buyers' Guide* is $5.50 from The Old-House Journal, 199 Berkeley Pl., Brooklyn, N.Y. 11217.

■ Fireplace heat machine



Wood or coal burning fireplace (gas and electric units as well) ca help heat a house instead of draw ing warmed air out of rooms an wasting it up the chimney. Thi "Free Heat Machine," resembling a double-walled, open metal fire box, conceals a low-wattage blow er fan on either side. Room air i drawn in and warmed in the tube of a heat exchanger at the base o the firebox. The tubes are heate by the fire; warm air is discharge into the room from the top grille The unit has an integral wood grate and spark screen; an ash pa is available. Three models, 24 b 18, 24 by 20, and 26 by 20 inches approximate retail price, $289 Aquappliances, Inc., 135 Sunshin Lane, San Marco, Cal. 92069.

■ Traditional door locks

Authentic reproductions of 18th-century brass rim locks are avail able in many variations. In four basic sizes, to fit different door rails and lock functions, they are called rim locks because they are fastened to door rims and not mortised in. Shown is a lock for the inside face of an entrance door; of solid brass, 11 inches long, 5¾ inches high, 1 inch deep, it includes the cylinder and cylinder cover plate for the outside face of the door and its key, which opens or locks a dead bolt. It also includes a slide bolt and the traditional long "bit" key, which opens or locks door from inside. New security features are available with these Colonial lock-sets. This lock, with knob and ring pull, about $150. Baldwin Hardware Mfg. Corp., 841 Wyomissing Blvd., Reading, Pa. 19603.



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Does Your Skin Blurt Out Your Age?



What a pity if it does. And usually, how unnecessary. You make an effort to look your very best. You're careful of your diet. You bicycle or play tennis or do sit-ups to keep your figure trim. And you've found the clothes and makeup that give you your own special look. Yet with all this care, you simply can't look as attractive and young as possible if you overlook vital attention to your skin.

If your complexion says unflattering things about your age, it's time you joined the cult of enlightened,



younger-looking women from about the world who have experienced the very visible benefits of an unusual beauty fluid. This fluid, known in the United States as Oil of Olay beauty lotion, helps women look their youngest, no matter what their age.

Beauty connoisseurs discovered the skin-smoothing liquid. Your skin drinks in Oil of Olay almost before your very eyes. Its abundance of pure moisture, along with tropical oils and other emollients, eases away dryness . . . that unpleasant dryness that accents those little lines and wrinkles that can make you look older. Oil of Olay penetrates your skin's all-too-noticeable surface deeply and astonishingly quickly, leaving no greasy afterfeel. Your skin grows softer and smoother within moments after you soothe on Oil of Olay. You'll honestly see a renewed lustre and radiance, a look out of the past that you probably thought was gone forever.

Oil of Olay works as a partner with nature in a marvelously mysterious way to help maintain the oil-moisture balance of your skin, necessary if you're to look your very youngest. The beauty fluid acts surprisingly like your skin's own natural moisture in easing away aging dryness. Even more, it helps keep natural moisture in your skin where it can continue to help maintain a more youthful looking complexion.

If you are like other women devoted to Oil of Olay, you won't let a day pass without applying the treasured fluid at least twice a day. Gentle on before going to bed, so the beauty fluid may work through long hours of sleep. Then again in the morning, as a quick-penetrating, non-greasy makeup base to let cosmetics stay fresh for hours. Or, if you like to go bare-faced, Oil of Olay gives a dewy, radiant glow to your skin, even without makeup. Twice a day may be enough Oil of Olay for some. But you may decide to apply it even more often, any time of night or day when you feel dryness should again be eased away and the moisture content of your skin increased importantly.

Discover for yourself the beautiful benefits of Oil of Olay. (You'll find it at your drugstore.) From now on, let your skin say only good things about your age.

Beauty Secret

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(Advertisement)

COLOR

the new prescription for health

Surprising ideas from psychologists, color experts, and an exercise therapist.

By Caroline Seebohm

■ A University of Chicago football coach reportedly had two dressing rooms for his players: One was painted red for pep talks; the other, blue for rest periods.

■ Barbara Brown, biofeedback expert, discovered that certain colors provoked moods and feeling states as recorded on the electroencephalogram.

■ House & Garden's color program director, who works all day with color, finds that her instinctively preferred colors to live with at home are neutral beiges and browns.

■ An experiment with minks in Cary, Illinois, showed that when minks were exposed to light through a deep pink glass they became increasingly aggressive and in many instances actually vicious; whereas exposure to deep blue made them friendly and docile (as reported in House & Garden, September 1975).

In short, color goes to your head. It can stimulate, excite, depress, annoy, soothe—generally affect your state of mind and hence, your health.

Awareness of the effect of color on people is a growing trend in health care. Mary Perigoe, teacher of exercise therapy, exercise adviser to the BBC, and former exercise consultant at Elizabeth Arden in London, says she finds people almost cry out for certain colors according to their moods. "For instance, when I'm treating people who are unfit and overweight by means of exercise therapy and nutrition, and we exercise in a room that has the colors they like and therefore must need, they seem to respond and want to get themselves fit and in shape quicker. I also suggest that they wear leotards of a color they enjoy, rather than automatically going for black."

Hospitals, too, are becoming more conscious of color as a therapeutic agent. Designer Stephanie Mallis has designed a hospital where color is not only used to cheer up wards, but also to distract patients from machinery in therapy rooms. Mrs. Esme Brooks has a hospital art program, where she invites patients to choose a reproduction of a picture to hang in their rooms. She says that the bright colors in paintings make patients feel more alert and alive.

Psychologists are building up an impressive pile of evidence to support these theories. Albert Mehrabian, an environmental psychologist at UCLA, believes that your mental state is responsive to a range of colors, which he has divided into pleasure and arousal sequences. Blue, green, purple, red, and yellow are the pleasure sequence, going from the most pleasant to the least pleasant. Red, orange, yellow, violet, blue and green are Mr. Mehrabian's arousal sequence, with red being the most highly arousing.

"When you combine colors with high pleasure and high arousal content, such as blue and red," explains Mr. Mehrabian, "you will get excitement and great stimulation from the experience. If you combine a high arousal color with a low pleasure color, such as red and yellow, then you may experience anxiety. If you combine a low arousal color with a high pleasure color, such as blue and green, then you are likely to feel contentment."

Mr. Mehrabian believes that people should live in environments designed to avoid anxiety-provoking colors. "If you always feel slightly uneasy or uncomfortable in a particular room, then it's quite probable that its colors are disturbing you," he says. "You might also try choosing colors for a room according to its function—stimu-

Continued on page 36

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"You might try choosing colors for a room according to its function—stimulating if it's to be a work room, soothing for relaxing room"

Color for health

continued from page 34

lating, if it's to be a work room, soothing for relaxing room." Color psychologist Deborah T. Sharpe mentions that an acquaintance of hers planned a college library in both blue and red, on the basis that many students need the serenity of blue while studying, but many others need the stimulation of red to stay awake!

The medical profession has not yet reached the point of prescribing colors instead of pills. It would be a sophisticated doctor who recommended you "take" blue for anxiety, or yellow for depression. But who knows, it might happen one day. Meanwhile, we can all become more aware of how color does affect us in our everyday life—and take advantage of its therapeutic benefits.

BEAUTY AND HEALTH PRODUCTS NEW THIS MONTH IN THE STORES

Most women think of reaching for a lipstick rather than a treatment when they're in the mood for something New . . . so when an entire system of skin cleansing and treatment products that also combines a really new approach to makeup is introduced—it's an occasion. **Bénéfique** from *Shiseido* is a new collection of nine treatments and six makeups that help both young and older women keep their skin healthy, clean, and luminous. For younger skin that accent is on Protective care; for older women, Preventive care. **Bénéfique** products offer visible results from the combined actions of makeups that act like treatments. One to try is "Massaging Cream" that has instructions in the gentle art of face massage. And its scent is as refreshing as the massage is restorative. 3.5 ounces, $15. . . . The fragrance of fresh fruits is combined with skin-saving glycerine in a new set of soaps from *Jheri Redding* called **Sunshine Garden.** Right now Strawberry and Lemon are available. Piquant Tangerine, Herbal, and soothing Rosewater join the group later this spring. Each facial-sized soap is $1.75 at salons where Jheri Redding products are sold . . . New tools to make eyes subtle: a flat, slightly elliptical eye crayon with a new chiseled tip glides smoothly over the eyelid while the neat tip lets you flick the eye corners. **Indian Eyes, Part II** are crayons in six shades for $3.50 each. They require a special sharpener too, $3. A companion tool called **Indian Eyes Kajal Pencil** is a deep brown, natural substance inside a pencil that lines the insides of eyelids. The effect is smoky and makes whites look their whitest. $4. All by *Madeleine Mono* at Henri Bendel, Bloomingdale's, and Macy's. . . . A bright fragrance in a new strength from *Estée Lauder* is **Estée daytime**—a lighter, sparkling version of her personal scent "Estée" introduced a few years ago. 2 ounces, $10 or splurge and get 4 ounces for $15. . . . also from Estée Lauder for spring, a new collection of makeups: **Tender Matte Makeup** offers a whole new formula for the matte look that's polished, poised, and very fresh. Six shades of emollient-in-a-tube that's light and covers to perfection yet won't look dry. The colors are classic beige to slightly blushed. They look wonderfully natural with a slight stroke of blusher or liquid rouge under instead of over the makeup. Tender Matte Makeup in a 1.25 ounce tube, $7.50. Two brand new helpers from the "Ultima II" Skim Milk group . . . a double-action cleanser that's like a masque and facial scrub in one. It's **Deep Pore Scrub Mask** with almond scrub grains that slough away the dull surface layer of the skin. Skin that's normal to oily gets help from **A Balanced Soap** that washes away makeup and dirt but won't strip away important surface oils. Moisturizers are encapsulated into it to help replace the oils usually lost during soap and water washing. Deep Pore Scrub Mask, 3 ounces, $5; A Balanced Soap, 4 ounces, $4.50—both by *Revlon* at Bloomingdale's. Wherever there are dry patches—elbows, heels, temples—new **Skin Resurfacing Stick** helps eliminate flakes, soothes with long-lasting oils. A solid sloughing stick, it works with water to keep skin glowing. $10 by Alexander de Markoff. At Bonwit Teller. ■

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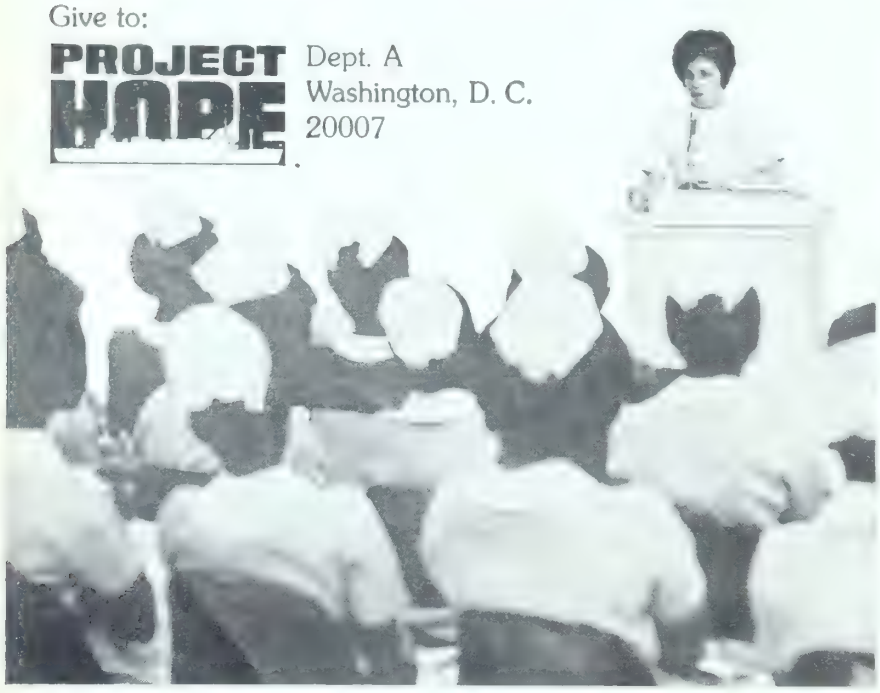
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NOTES ON NUTRITION

For your family's health

The power of potassium

An indispensable mineral and the foods you find it in

By Eloise R. Trescher, RD

Who would ever expect potassium to turn up on a clambake? Well, if you're a real clambake aficionado, you layer seaweed, a source of potassium, in your cooking pit on the beach. And the Chinese eat their seaweed fried. Potassium is one of the many mineral elements essential to life and responsible for the normal functioning of certain body processes. The chemical symbol for potassium is K. Potassium is concerned with vital biological reactions such as the release and transfer of energy and in protein and glycogen synthesis. It plays a part in transmitting nerve impulses and with magnesium it acts as a muscle relaxant. Potassium is also important in maintaining osmotic pressure and acid-base balance.

The human body is made up of living cells. Potassium contributes an important role in controlling the body's intra-cellular fluid while sodium plays a major role in controlling the extra-cellular fluid. The kidneys tend to excrete potassium along with sodium and water. Therefore, if one is on a low-salt diet, the doctor may wish to increase potassium, especially if one has taken diuretics for a long time. It is generally agreed that potassium supplementation is best accomplished by diet, although in extreme deficiency medication may be indicated.

Potassium deficiency can result from loss caused by recurrent vomiting, by persistent diarrhea, diabetic acidosis, the use of some diuretic and other drugs, purgatives, and by protein-calorie malnutrition.

Some of the clinical signs of potassium deficiency are extreme muscular weakness, anorexia, lethargy, distention of the intestine, myocardial degenerative changes, and edema of the lungs. The reader should beware of self-diagnosis as all of these symptoms singly and/or collectively are symptoms of many other disorders.

Potassium deficiency usually is associated with other deficiencies of water, calcium, chloride, protein, etc. Potassium intake and output balance well in the *healthy* adult who ingests a nutritionally adequate diet. A deficiency in health rarely occurs as potassium is widely distributed in foods. The Food & Nutrition Board of the National Research Council, 1974 suggests that the healthy adult needs about 2.5 grams of potassium each day. "As with sodium, efficient homeostatic mechanisms allow for a wide range of intake."

In the treatment of some types of heart disease by certain medications, potassium levels in the body may be altered. Other conditions that may need sodium restrictions and potassium supplementation are hypertension, toxemias of pregnancy, edema, certain diseases of the kidneys and liver, and premenstrual tension. Persons taking adrenal cortical steriods may need potassium supplementation.

The amounts of potassium and sodium in foods vary. Fish, meats, poultry, vegetables (including potatoes), fruits, and fruit juices are all good sources of potassium. However, as you will see from the table below, which shows both sodium and potassium contents of foods, few rules can be made that are foolproof.

Sodium and Potassium in 100 grams or 3 1/3 ounces of selected foods

Food	mg. sodium	mg. potassium
Apples, *raw*	*1*	*110*
Apple juice	*1*	*101*
Applesauce	*2*	*70*
Apricots, *raw*	*1*	*281*
Apricots, *canned, water-packed*	*1*	*246*
Apricots, *canned, juice-packed*	*1*	*362*
Apricots, *canned, syrup-packed*	*1*	*235*
Apricot nectar	*trace*	*151*
Asparagus, *fresh cooked, boiled, drained*	*1*	*183*
Asparagus, *canned, regular pack*	*236*	*166*

Continued on page 40

Tough with a gentle touch.



Washing clothes today is an art. The fabrics vary so much. Knits. Double knits. Permanent press. Cottons. To wash everything and to do it right, you need a special kind of laundry system. And Whirlpool has it.

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Name

Address

City

State/Zip

Potassium is soluble in water, so foods should be cooked in as little water as possible

Potassium *continued from page 38*

Food	mg. sodium	mg. potassium
Asparagus, *low sodium pack*	4	140
Asparagus, *frozen*	1	230
Avocado, *raw*	4	604
Bananas	1	370
Lima beans, *fresh, cooked, boiled, drained*	1	422
Lima beans, *frozen, cooked, boiled, drained*	101	426
Snap beans, *fresh, cooked, boiled, drained*	4	151
Snap beans, *canned, regular pack*	236	95
Snap beans, *low sodium pack*	2	95
Beets, *fresh, cooked, boiled, drained*	43	208
Beets, *canned, regular pack*	236	167
Blackberries, *fresh*	1	170
Blueberries, *fresh*	1	81
Brazil nuts	1	715
Broccoli, *fresh, cooked, boiled, drained*	10	267
Broccoli, *frozen, cooked, chopped, boiled, drained*	15	212
Broccoli spears, *frozen, cooked, boiled, drained*	12	220
Cabbage	20	233
Cabbage, *cooked, boiled, drained*	14	155
Celery, *raw*	126	341
Cherries, *fresh, raw*	2	191
Coffee, *instant liquid beverage*	1	36
Cranberry juice	1	10
Cucumbers, *raw*	6	160
Eggs (chicken) *fresh, uncooked*	122	129
Halibut, *cooked, broiled*	134	525
Lettuce	9	264
Lime juice	1	104
Limeade, *frozen, diluted with 4⅓ parts water*	trace	13
Milk, cow's, *whole*	50	144
Milk, goat's	34	180
Milk, human	16	51
Milk, reindeer	157	159
Oranges, *raw, peeled, or juiced*	1	200
Papayas, *raw*	3	234
Peaches, *raw*	1	202
Peanuts, *roasted without salt*	5	701
Peanut butters	605	650
Potatoes, white, *baked in skin, no added salt*	4	503
Pumpkin, *canned without salt*	2	240
Raisins, *uncooked*	27	763
Sauerkraut, *canned*	747	140
Prunes, *dried, uncooked*	11	940
Prunes, *cooked, fruit and liquid*	4	329
Prunes, *dried, uncooked, softened*	8	694
Prunes, *dried, softened, cooked with sugar*	4	327
Prune juice, *canned or bottled*	2	235
Grape juice, *canned or bottled*	2	116
Grape juice, *frozen concentrate diluted with 3 parts water by volume*	1	34
Guavas, *fresh, raw*	4	289
Grapefruit, *raw*	1	135
Grapefruit juice	1	162
Cantaloupe and other varieties	12	251
Watermelon	1	100

The above values are compiled from Agriculture Handbook No. 8 on *Composition of Foods, raw, processed, prepared,* U.S. Dept. of Agriculture 1963. For a copy, send $2.85 to the Supt. of Documents, U.S. Government Printing Office, Washington, D.C. 20402.

It is important to remember that potassium is soluble in water so foods should be cooked in as little water as possible. Steaming is an excellent method of preparing most vegetables. When there is excess liquid save it for the pot-au-feu. In this way, not only potassium but other water soluble nutrients will be salvaged, too, and the food value of your soups enhanced.

For persons who are on a low sodium diet and need extra potassium, an excellent booklet on *Potassium* may be obtained free on request from the Washington Heart Association, 2007 I Street, N.W., Washington, D.C. 20006.

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Warning: The Surgeon Gener[illegible] **Where your next meal should be coming from.**
That Cigarette Smoking Is Dangerou[illegible]

By Sandra Oddo

Energy Update

Ideas, discoveries, research that can keep the power coming, plus energy-saving appliances that could reduce fuel bills today

IT'S STILL WITH US

The energy crisis hasn't gone away, it's just lying low for awhile. The lines at gas stations have vanished, but the United States Geological Survey recently made drastic reductions in its estimates of the gas and oil still underground, and nobody—from the National Science Foundation to the Federal Energy Administration to Mobil (which is busy investigating solar electric cells at its Tyco Laboratory)—believes we have more than twenty-five-to-fifty-years'-worth left. There's enough uranium for the present generation of reactors, for about the same length of time. We've got coal enough for 500 years, but much of it is in physically or environmentally difficult forms.

"Save it, stretch it, supplement it, find ways to use new forms."

All of which means that it's a very exciting time for people interested in energy. The challenge is clear and pressing, and a lot of people are responding. Save it, stretch it, supplement it, find ways to use new forms, jigger the old ones so they work better: people are working in each of these areas, and some of the results are promising.

FIRST, YOU SAVE IT

A year or so ago President Ford asked appliance manufacturers to reduce the energy consumption of all appliances by 20 percent by 1980. Since then, the government and several states have considered legislation to turn his request into law. But many manufacturers haven't waited. They've found that energy efficiency is a strong selling point, and when they can save some, they're not hesitating to mention it. "So far," says Margo Wells, consumer services coordinator for Southern California Edison, "they're mostly things that could have been done any time, partly improvements in insulation, partly in motor design. But until now, they cost too much. They still cost more, but people are willing to pay for them."

Life-cycle costing—the idea that a refrigerator, say, costs what you pay to buy it *plus* what it costs you to run during its lifetime—is an idea whose time has come. If we consider prices this way, as more and more people do, it means we can afford to pay more in the first place for those features that will save us in the long run. Among these features:

■ Convection cooking. Hot air flows continuously over and around the food, cutting the cooking time for a 12-pound turkey, for instance, from five hours at 325° to three hours at 300°, according to a Tappan spokesman, and eliminating preheating. Jenn-Air also has a convection-cooking model.

"We can afford to pay more in the first place for features that save in the long run."

■ No pilot light—that accounts for up to 30 percent of the energy used in a gas range. Consumer response to Caloric's introduction of a pilotless ignition in eight ranges last year was so strong that they've introduced eight more. *Continued on page 46*



1 THE SUN IN A COFFEE CUP

Two hundred and three solar collector panels, mounted on the roof of General Electric's Valley Forge Space Center, will provide 75 percent of the heat and hot water for the center's cafeteria-kitchen complex. Says GE, it should save up to 12,000 gallons of fuel oil during an average winter.

2 NUCLEAR POWER

There are now 58 nuclear power plants at work generating electricity. Sixty-nine more are under construction. Ninety have been ordered, and eleven have filed letters of intent—a total of 228 reactor commitments. Between now and 1980, reactors will come into operation at a rate of one a month, according to the Atomic Industrial Forum. Right now, nuclear energy supplies about 8 percent of our national needs.

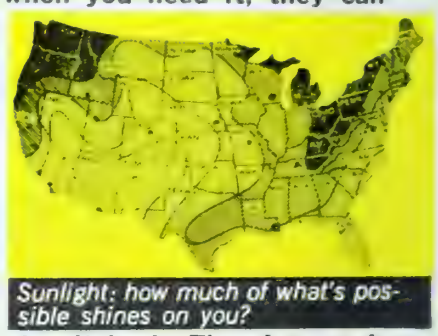
One of the newest ideas in nuclear plant location is to build them like giant ships, float them to the off-shore positions where they're wanted, then surround them with a huge breakwater (it will take approximately 4,400,000 tons of material to build). They'll rise and fall with the tides, using ocean water for cooling. The "shipyard" for plant construction is already being built in Florida. One of the first floating reactors will probably be installed off the coast of New Jersey, 12 miles northeast of Atlantic City.

IT'S A GOOD WIND THAT...

...moves you to get out your portable windmill and put it up. Available from the Edmund Scientific Co. (380 Edscorp Bldg., Barrington, N.J. 08007), it will deliver 12 volts of direct current in a 12-mile-an-hour wind—enough wind to stir up tree leaves and make you say, "ah, what a nice breeze." At 25 mph, it turns in 500 watts. And when there's no wind at all...just fold it up into a 5½-foot-long package weighing 48 pounds, and put it away. It can be assembled in ten minutes, says Edmund, and it costs $695.

If you need more power than that, there's still good news in the wind. NASA's Lewis Research Center has an experimental wind generator at Plum Brook Station, Ohio, that can manage 100 kilowatts. Its two blades, each more than 30 feet long, make it look like the engine from a vanished monster propeller plane, mounted on a 100-foot tower. Even more powerful ones are being planned for use especially in the very windy states of the northern Middle West.

But perhaps you've already got a windmill, and wind—and sometimes more power than you need. Give it to your local utility, and when you need it, they can give it back. There's a gadget called a Gemini Synchronous Inverter System, a solid state device that can convert the direct current from windmills into alternating current at standard voltages, and a low extra potassium booklet on **traffic for th** may be obtained free **Adapted fro** est from the Washington **trial equip** Association, 2007 I Street, **windmill** N.W., Washington, D.C. 20006. **and W** **Wis** **se**



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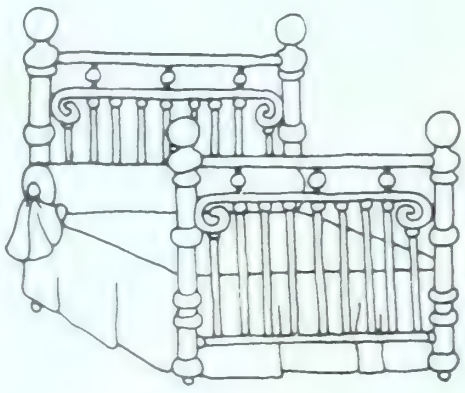
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In any sensible scheme to save energy, conservation obviously comes first

Energy update *continued from page 44*

■ Better insulation for self-cleaning ovens. This is necessary partly because of the high-heat cleaning cycle, but it has a surprise result that almost balances the extra energy used: Less gas is used for ordinary baking.

■ More and better insulation in refrigerators. Amana puts 3 inches in walls of some models.

■ Switches to turn off door heaters. Many refrigerators have small heaters to prevent condensation that forms around the door in humid conditions. Sears new Coldspot has a Power Miser switch to allow you to turn them off in dry weather. So do new Amana refrigerators. Philco Cold Guard and Admiral do it with an "energy saver" loop that cycles warm gas through door.

■ A competitive energy-saving policy. The Association of Home Appliance Manufacturers publishes twice-yearly directories for refrigerators and freezers, listing the kilowatt hours per month each uses. Single copies are 50¢, from AHAM, 20 N. Wacker Dr., Chicago, Ill. 60606.

■ Air-drying for dishwashers. Anything that turns electricity to temperature takes a lot of energy—up to 50 percent of that your dishwasher uses. So manufacturers like KitchenAid, Calorific, and Admiral now have no-heat air-drying cycles.

The key to all energy conservation in home appliances is, of course, to use them right. Some rules-of-thumb should be second nature by now: Open refrigerators as seldom as you can, and don't leave them open. Keep your freezer reasonably full. If you're using the oven, cook the whole meal there. Use the dishwasher only when it's full. It's your children's energy you're saving.

SUNNY AND FAIR

"Toward Tomorrow in Bicentennial America: choices for our third century." That's the name for the joint New England Solar Energy Association/University of Massachusetts Fair to be held in June, in Amherst, Mass. It starts with a two-day conference, June 24-25, during which NESEA will explore ways to free New England of its heavy dependence on imported energy. On June 26-27, the weekend before Fourth of July, the Fair will take over the whole campus—10,000 to 15,000 people are expected. "It's like a country fair," says organizer Francis Koster, "with booths, displays, musicians, jugglers, electric cars driving around . . . and food." Exhibitors will present their positions on the social and technological challenges of environment, resources, atomic energy, communication, food, transportation, and shelter. Lectures and workshops are available. For information, write Toward Tomorrow, Room 200, Hills North, University of Massachusetts, Amherst, Mass. 01002.

SETTING STANDARDS

The American Society of Heating, Refrigerating, and Air-conditioning Engineers, ASHRAE, affects you more than you might think. They set industry and manufacturing standards for—what else?—heating, refrigerating, and air-conditioning equipment, and now, for houses. In any sensible scheme to save energy, energy conservation obviously comes first. So ASHRAE set about finding ways to improve what it calls the "thermal performance" of houses, which eventually turned into ASHRAE Standard 90-75, Energy Conservation in New Building Design.

Following the new ASHRAE standard could cut the heating needs of a building from 11 percent (for a single-family house) to 60 percent (for an office building). It also could give you a better building for the same price, or even cut building costs, according to ASHRAE director of standards Nicholas A. La Court. The Standard will affect building codes around the country, possibly zoning and mortgage practices.

DEMONSTRATING THE SUN

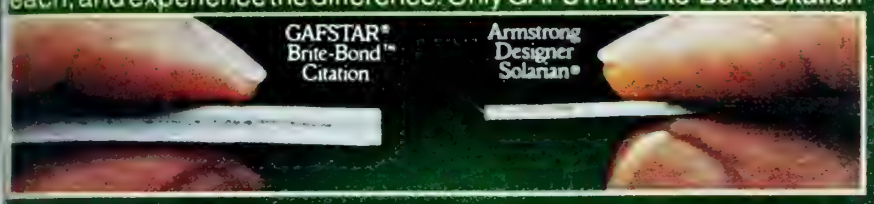
Last spring the Energy Research and Development Administration announced its plans for carrying out the newly passed Solar Heating and Cooling Demonstration Act. This spring, ERDA is doing it, $24.1 millions'-worth in 1976, following a matrix developed by Arthur D. Little, Inc., that, says an ERDA spokesman, "will show us where and what and how many to build to find out what we want to know."

The solar-heated houses—perhaps as many as 2,000 of them—will be built and tested, then opened to the public as models. Finally, they'll be lived in, and ERDA will follow each homeowner's experience for five years.

Meanwhile, in another part of the government, the Department of Housing and Urban Development has given $1 million to 55 companies to build 143 solar-heated housing units in 27 states.

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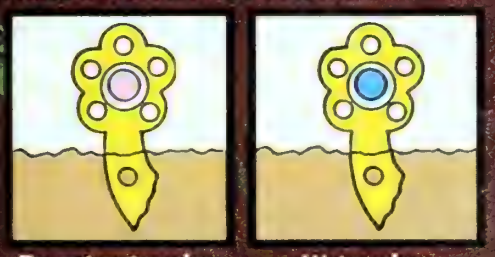


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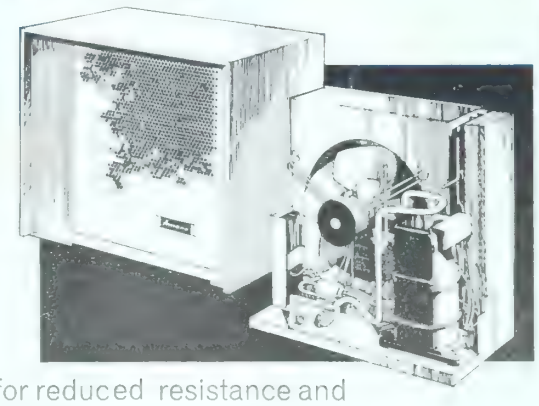
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Cooking with gusto

Make-ahead buffet

Film director John Frankenheimer begins with recipes from three great cooks, adds ideas of his own, and creates a buffet of cook-ahead foods, so he can come to the party, too.

MENU

Deviled eggs and crudités
Chicken and ham paté

Boeuf Mode en Gelée
Salade Gourmande Malibu
Biscuits and Cheese

Frozen orange soufflé
Watermelon basket

Coffee, mints, florentines

It's the details that make the party great, and Mr. and Mrs. John Frankenheimer pay as much attention to serving and setting as to the food itself. "We like to use huge platter-sized plates and mix the patterns and shapes. We serve the wine in big crystal glasses—it's a tactile thing. And we plan the menu and preparation from start to finish, so there are no last-minute surprises." You'll find more about their entertaining ideas and techniques on page 92. The recipes, with some of Mr. Frankenheimer's ideas, begin right here.

"Along with the deviled eggs, I like to serve a platter of fresh crudités: raw sliced carrots, little artichokes, branches of celery, cauliflower, radishes, and scallions"

TERRINE OF CHICKEN AND HAM

From *Simca's Cuisine* by Simone Beck (Knopf). Make at least 2 days before serving.

Ingredients

1 4½-5-pound roasting chicken, with its giblets
10 ounces lean bacon
10 ounces ham
4 extra chicken livers
2 tablespoons butter
½ teaspoon dried thyme
salt
black pepper, freshly ground
½ cup cognac or Madeira wine
1 large egg
nutmeg, freshly grated
¼ teaspoon ground coriander
2 tablespoons mixed tarragon, thyme, oregano, ½ bay leaf, pulverized
½ pound Virginia ham or prosciutto, cut into 3 thick slices
1 cup flour, to seal the terrine

Method

With a sharp knife, very carefully remove the skin of the chicken in 1 piece and set the skin aside. Next, bone the chicken.

Cut half of the breast meat into strips and set it aside. Put all of the rest of the chicken meat through the finest blade of the meat grinder, with the bacon, ham, and the chicken gizzard. Combine in a mixing bowl and set aside.

Clean the chicken livers and cut each into 4 pieces. Heat the butter in a frying pan, add the livers, and sauté them for 2 or 3 minutes; then sprinkle with some thyme, salt, and pepper, pour in half of the cognac or Madeira, and set aflame.

When the flame goes out, remove the livers with a slotted spoon and set them aside. Add their cooking juices to the ground chicken meat along with the egg and the remaining cognac or Madeira. Mix thoroughly, and season highly with nutmeg, coriander, the aromatic herbs, salt, and pepper.

Cut the ham or prosciutto into strips slightly thinner than the strips of chicken breast.

Line a 2½-quart terrine with the chicken skin. (If there are too many holes in the chicken skin, line the terrine first with cheesecloth.) Spread ⅓ of the chicken mixture over the chicken skin, moistening your hand to make it spread evenly. Cover with layers of ham or prosciutto, strips of chicken breast, and chicken livers, and repeat with a second layer of the chicken mixture and then a second layer of ham or prosciutto, chicken breast, and chicken livers. Cover with the remaining chicken mixture, and if some ham or prosciutto strips

Continued on page 52

Build Out Problems, Build In NuTone Solutions



by Suzanne McGuire Curry

A former editor of Good Housekeeping and Family Circle Magazines

The NuTone Food Center builds in convenience builds out clutter

Imagine! Just one hidden under-the-counter power unit operates the eight appliances women depend on most. And all with cordless finesse. It's a blender, mixer, meat grinder, ice crusher, can opener, shredder-slicer, fruit juicer and knife sharpener. It's also the most helpful kitchen product since the kitchen sink. Just set the appliance on the flush streamlined plate, lock into place, turn the dial to desired speed and presto! You're a kitchen wizard!





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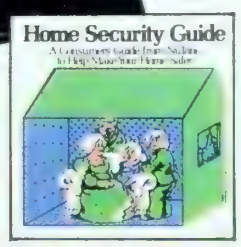
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AT INTERIOR DESIGNERS AND THE DESIGN DEPARTMENTS OF FINE STORES

Make-ahead buffet *continued from page 50*

are left, press them into the top. Cover all tightly with the chicken skin.

Make a thick paste of the flour and ¼ cup cold water, adding more water if necessary. Put the lid on the terrine and press the paste around the lid to seal it thoroughly.

Put the terrine in a shallow pan, pour 1½ inches of water into the pan, and bring the water to the boil on top of the stove. Then set the pan into the preheated 350° oven to cook the pâté for 1½-2 hours.

"With this paté, I always have a tray of cheese and breads—most likely a good Brie with water biscuits—and the best pickles I can find—served right from the jar"

Remove the flour paste. Test the terrine by pricking; it will be done when the juice runs clear like bouillon. If the juices are still rose-colored, reseal the terrine and return it to the oven.

Remove the lid, and place a smaller lid, or a plate or small board, on top of the pâté with a weight on top of that. Let the terrine stand with its weight for 48 hours, refrigerating it after 12 hours.

To serve in the French manner, cut slices inside the terrine, removing the first piece to make it easier to extract the remaining pieces neatly; these should then be sliced and piled on top of the uncut pâté. Serves 10-12.

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COLD BRAISED BEEF IN ASPIC

From *Mastering the Art of French Cooking, Volume I* by Simone Beck. Louisette Bertholle, Julia Child (Knopf)

The braised beef needs 24 hours of marination. 5 hours for browning and braising, and 4-6 hours for chilling in jelly. Once made, it may be covered and kept under refrigeration for 2 to 3 days. A light red wine and French bread would go very well with it.

Ingredients

Ingredients for the marination and braising of a 5-pound piece of boneless beef, including the braised carrots and onions (recipes following)
2 tablespoons (envelopes) gelatin
3 cups cold brown stock or canned consommé
salt
pepper
¼ cup port or brandy
a chilled saucer
an oval serving platter
1 small saucepan set in a bowl of cracked ice

Method

Marinate and braise the bee and braise the carrots and o ions according to the recipe that follow, but omit the fin sauce-thickening step. Remov the meat to a carving board.

Degrease the braising liqui thoroughly, then boil it dow until it has reduced to 3½- cups. Soften the gelatin in th cold stock or consommé, pou it into the braising liquid and st over low heat until the gelati has dissolved completely. Co rect seasoning carefully. Pou in the port or brandy and strai The liquid has now become jelly; test a bit of it in a chille saucer as described below.

"There are two suggestions I follow without fail: I have the beef larded (or even do it myself) for tenderness, and I find marinating obligatory. I marinate my beef four days"

Cut the beef into serving piece and chill. Chill the braised or ions and carrots.

Pour ⅛ inch of the jelly into th serving platter and chill until se Then arrange the chilled mea and vegetables on the layer c jelly.

Pour 2 cups of jelly into th saucepan and stir over cracke ice until the jelly is syrupy, an on the point of setting. Spoon layer over the meat and vege tables. Chill for 10 minutes. Re peat with 2 or 3 more layers c almost-set jelly, chilling th meat between each. Chill th remaining jelly, chop into ⅛ inch pieces, and arrange around the platter. Serves 10-12

NOTE: To test jelly: Always tes a jelly before using it; the fe

Continued on page 6

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To Versailles with love

From Louis XVI at Versailles came Lafayette and money to help us with our independence. Now we're returning the compliment

By Kenneth Bates



Were it not for France, we just might not be enjoying a Bicentennial Celebration. Had Louis XVI not sent troops and a great deal of money to the Colonies when we had neither enough troops nor enough money to win anything other than an A for effort, we might still be a colony—or have been given back to the Indians. But we *did* gain our independence, and we *are* having a birthday, and because there is nothing quite so pleasantly self-indulgent as giving someone else a present on one's own birthday, we might think about helping with the restoration of one of the most magnificent palaces in the world, the Château of Versailles. No other building symbolizes so well the close ties between France and the United States. It was from there that the sixteenth Louis sent us help, monetary and military; it was there that Benjamin Franklin was received as our first ambassador to France; there that the Order of Cincinnati was founded for officers who fought with General Washington. In World War II, General Eisenhower made his headquarters there, and for as long as Americans have been tourists, going to France without visiting Versailles has been like going to Egypt and not climbing the Great Pyramid.

The palace was begun in 1631 by Louis XIII, who thought it would be amusing to have a small château near the little town of Versailles. His son, Louis XIV, was so charmed with it that, in 1661, he engaged architect Le Vau, painter Le Brun, and landscape gardener Le Notre to use the country house as a nucleus for an edifice that eventually reached such grandeur that it astonished, captivated, and turned green with envy every crowned head in Europe. New royal residences sprang up like great golden crocuses. But they never equaled Louis XIV's fabulous phantasmagoria. It was, and is, unique.

When the Sun King finally went to some splendid heaven of his own ("Did you think I was immortal?" he said to his weeping courtiers), work on the vast pile was considered more or less finished, although alterations and additions were royal diversions all during the reigns of Louis XV and Louis XVI. The Little Trianon was built for Marie Antoinette, along with a small theatre where the Queen was always the leading lady, and Le Hameau de la Reine, a tiny village where La Reine played milkmaid whenever she tired of pomp and circumstance. And it was pomp, indeed. Decoration of the palace never stopped. The rooms were constantly worked on by carvers, cabinetmakers, restorers, gilders, embroiderers, lace makers and tapestry workers. Portraits were painted, new furniture commissioned, jewels chosen (the famous, infamous Queen's Necklace, for example), furbelows added and extravagance indulged to the hilt. Then, on the terrible night of October 6th, 1789, the royal family fled the palace—the Queen in her bare feet—never to see it again, and Versailles began its slow sad journey downhill. During the Revolution, its entire contents were either sold or stolen, and it was not until 1837, when Louis Philippe revived the building by dedicating it as a Museum of the History of France, did things pick up. But not forever. In 1870, during the Franco-Prussian War, German soldiers quartered in the beautiful rooms tore boiseries from the walls and burned them to keep warm. A cold soldier knows no conscience.

Grand Trianon, *above*, where the Sun King shared apartments with Mme. de Pompadour—now a guest-house for visiting heads of state.



But the French Government does, and in time, with American help, established the Versailles Foundation for the purpose of restoring to the building as much of

Continued on page 56



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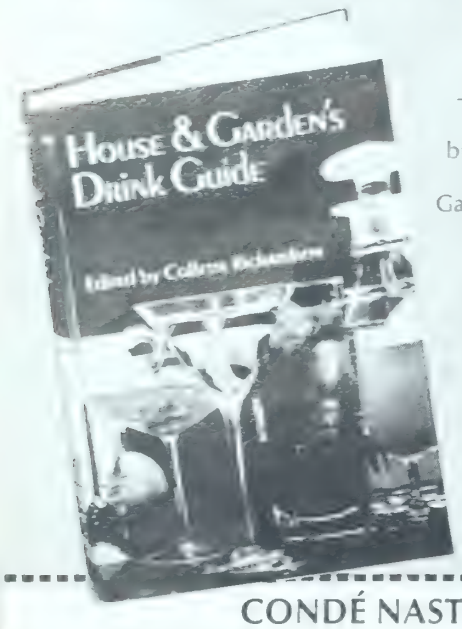
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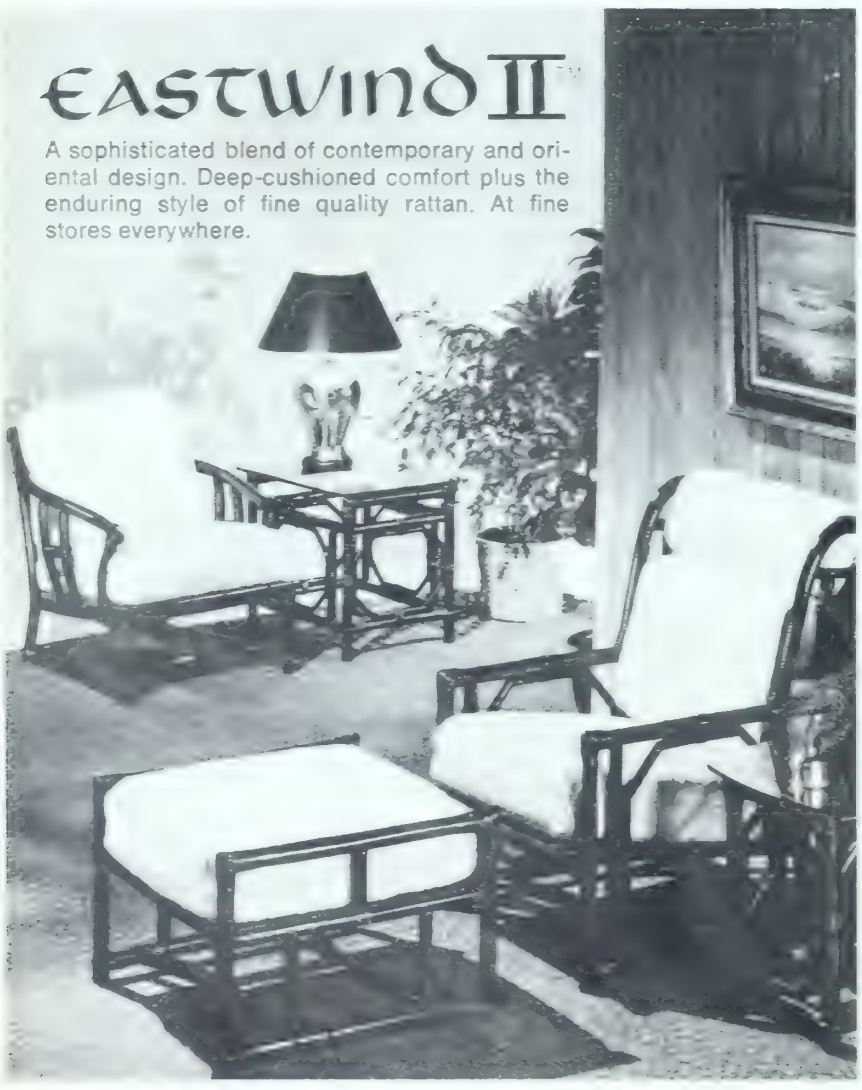
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Some rooms, thanks to carefully preserved inventories and documentation, are almost exactly as they once were

Versailles *continued from page 54*

its original glory as possible. For over twenty years, the restoration has been under the direction of the Chief Curator of the Museum, Mr. Gérald Van Der Kemp, a tireless and brilliant worker in the field of tracking down lost treasures. With the help of the French Society of Friends of Versailles and the generosity of many, many Americans, the old château is again in bloom —although not yet full-blown. Some of the rooms are still untouched; some, thanks to carefully preserved inventories and documentation, are almost exactly as they once were. The most recently completed is Marie Antoinette's bedroom. This lady, although full of caprice and outrageously extravagant, was a born decorator. Her bedroom runs a scale between the exquisite and the dazzle of Ali Baba's cave. She knew that the only way to have what she wanted was, as we say today, to do it herself, and she did. She had the flair to combine understatement with the most luxurious of ornamentation, and somehow she made this very difficult strategy work. It is a superb room. Its restoration cost a fortune, and it is worth it. Looking at it, one is grateful to have the blessing of sight.

But, glamour aside, there are a lot of things to be done around the great house that are pure nitty gritty. Roofs to be retiled, statues to be scrubbed, balconies to be regilded, drains to be repaired. And workmanship (as anyone knows who has had his roof patched lately) is costly. If you have the means, and wish to restore an entire room, Versailles will be very happy, and your name on a plaque will appear on one of the room's walls. Contributors of $25,000 or more will have their names inscribed on a marble plaque in the main entrance of the château. Donors in excess of $1,000 will be noted in the Gold Book of Patrons, which is on permanent display. But you do not have to be a Croesus to help Versailles. Curator Van Der Kemp receives endless donations from French people who can afford no more than 10, 15, 20 francs. Each of them is thanked, by letter, gratefully. Americans who give the dollar version of 10 francs are thanked in exactly the same way. That bit of money may wash a statue's face.

Gifts are tax deductible. Checks should be made payable to the Versailles Foundation and mailed to Mr. Carl Forsythe, Treasurer, 375 Park Avenue, New York City, 10017.



BEFORE

Only the bookshelves remained in King Louis' library before restoration. Books with his crest were donated by the National Library.

AFTER

Now the library is furnished with Louis' own roll-top desk and clock, a chest that belonged to his brother, and chairs covered with handpainted document silk. Needed: more silk for curtains and a screen.



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TRIUMPHS OF THE AMERICAN TABLE

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The Jenn-Air *Shrimp-Kebab!*

It gives you all the sweet spurting juiciness of plump, pink shrimp, slathered with hot chive butter. The skewers rotate slowly on the Jenn-Air Cooktop Shish-Kebabber. The skewered foods are bathed in a shimmer of radiant heat. Rangetop ventilation exhausts smoke and odors, draws steam away so foods cook crisper, with a richer, fuller taste. And there are dozens of kebab recipes!

The Jenn-Air *Standing Rib Roast!*

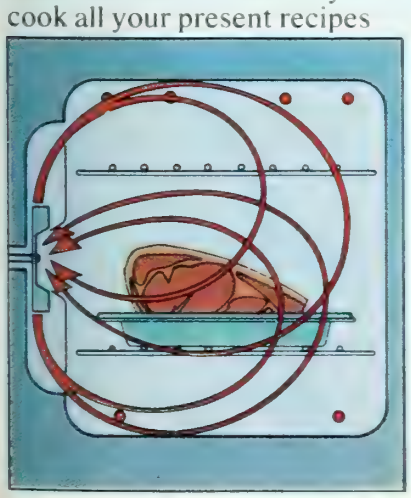
A triumph of the big Jenn-Air Power Oven, it's cooked a new way to carve wine-red and fork-tender, bursting with hot, pink, luscious juices percolating inside a caramel-brown meat crust.

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First, it's a conventional electric oven and broiler that lets you cook all your present recipes without change. But then, just by flicking a switch, it becomes an entirely new kind of oven that lets you cook foods in a stream of power-driven air.

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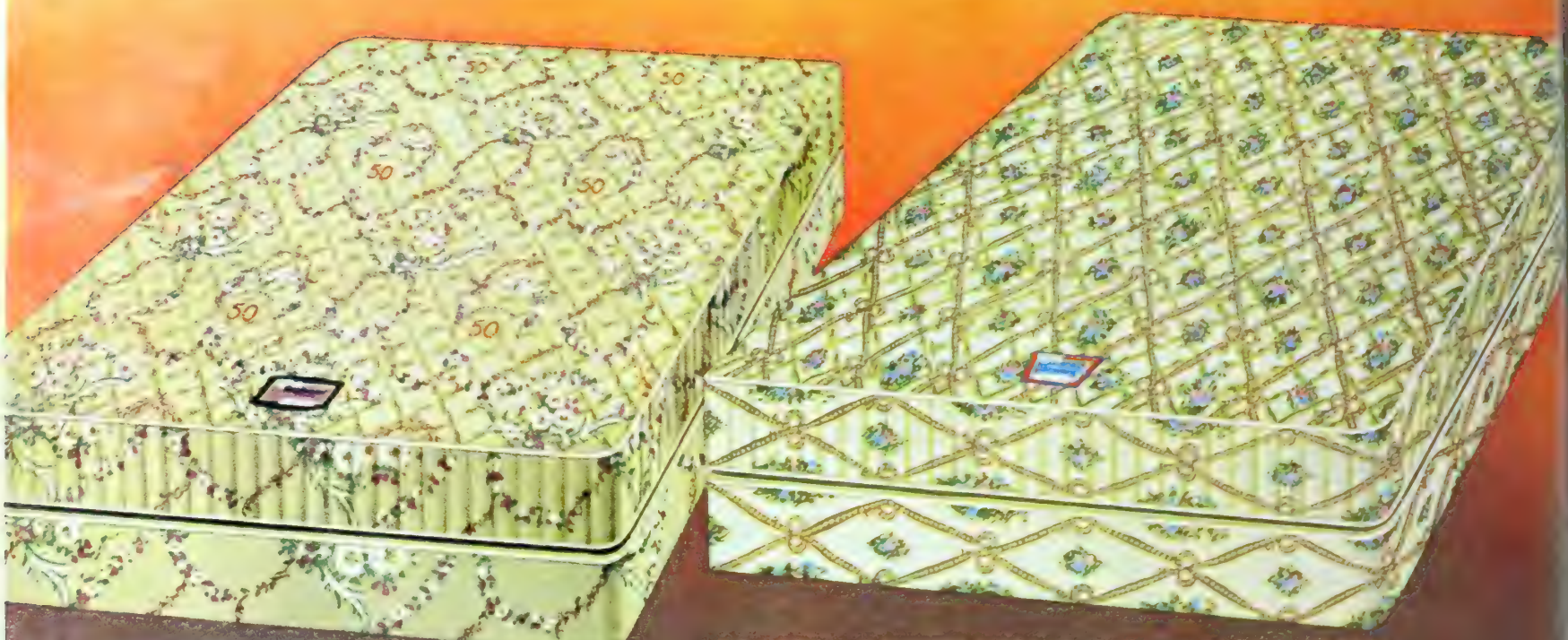
powerful rangetop ventilation, and the sausages get smoked while the smoke is on its way outdoors. Plump and meaty, with crisp glistening skins barred by the grill, and a delightful, freshly-smoked taste—this is what happens to sausages on the Jenn-Air Grill-Range that lets you grill what you used to broil. It happens to your steaks, chops, and hamburgers, too!

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Good Housekeeping

House & Garden
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Official headquarters

You will find here a selection of furniture, carpets, decorative accessories in our 1976 Colors, and many products or similar choices in House & Garden Fresh Country Blues, the Great American Idea, on page 110.

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Southland .....Froug's

Oregon
Eugene .....Meier & Frank
Portland .....Meier & Frank
Lloyd's Center .....Meier & Frank
Washington Sq. ....Meier & Frank
Salem .....Meier & Frank

Pennsylvania
Allentown .....Schoen Furniture
Ardmore .....Strawbridge & Clothier
Jenkintown ..Strawbridge & Clothier
Monroeville .....Kaufmann's
Montgomeryville .....Jonns
Mount Lebanon .....Kaufmann's
Neshaminy ..Strawbridge & Clothier
Paoli .....Jonns
Philadelphia .....Strawbridge & Clothier
Pittsburgh .....Kaufmann's
North Hills .....Kaufmann's
Rochester .....Kaufmann's
Plymouth Meeting .....Strawbridge & Clothier
Springfield ..Strawbridge & Clothier
St. David's .....B. Altman & Co.

Rhode Island
Warwick .....Jordan Marsh

South Carolina
Belton .....Maynard's of Belton
Greenville .....Tate Furniture
Florence .....Water's Furniture

South Dakota
Aberdeen .....Herberger's

Texas
Arlington .....Sanger Harris
Six Flags Mall .....Sanger Harris
Dallas .....Sanger Harris
Oak Cliff .....Sanger Harris
Plymouth Park ....Sanger Harris
Preston Center .....Sanger Harris
Town East .....Sanger Harris
Valley View .....Sanger Harris
Houston .....Joske's of Houston
Beaumont ....Joske's of Houston
Gulf Gate .....Joske's of Houston
North Line ....Joske's of Houston
Post Oak .....Joske's of Houston

Continued on page 189



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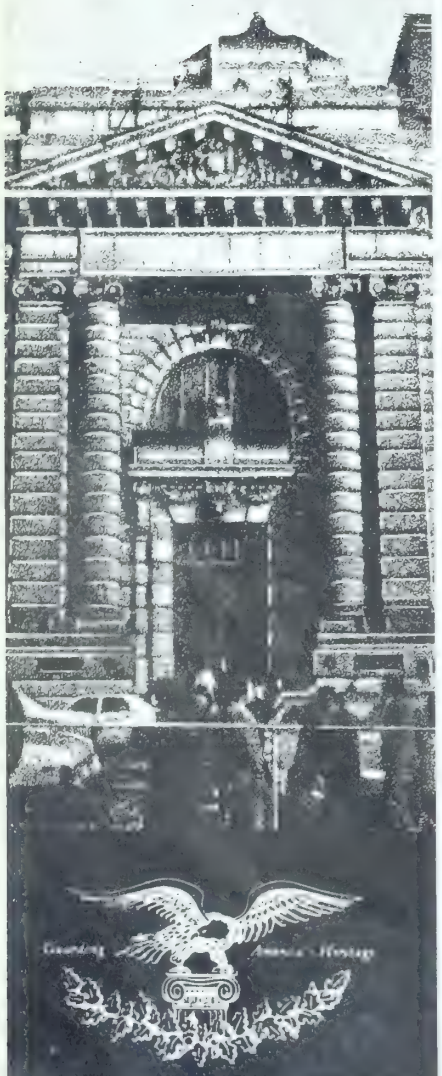
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Decatur House
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minutes you spend can save you from disaster. Pour ½ inch of jelly into a chilled saucer and refrigerate it for about 10 minutes until it has set. Then break it up with a fork and let it sit at room temperature for 10 minutes. For jellied soups it should hold its shape softly. For aspics its broken lumps should stand alone, but not be rubbery. A jelly that is to line a mold should be stiffer, so it can support the ingredients it is to enclose. If the jelly is too hard, add unjellied stock and test again. If the jelly is too soft, add more gelatin and test again.

BEEF BRAISED IN RED WINE

Braised beef is a wonderful party dish; it is not only delicious to smell, look at, and eat, but you have no worries about overdone meat, and you can cook it ahead of time if you need to. The following recipe calls for a 6-24-hour marination of the beef in red wine and aromatic vegetables before cooking. If you prefer to omit this step, pour the marinade ingredients into the casserole after browning the meat.

Ingredients for red wine marinade

An enameled, Pyrex, or porcelain bowl just large enough to hold all the ingredients listed
1 cup carrots, thinly sliced
1 cup onions, thinly sliced
1 cup celery stalks, thinly sliced
2 halved cloves unpeeled garlic
1 tablespoon thyme
2 bay leaves
¼ cup minced parsley
2 whole cloves or 4 allspice berries
1 5-pound piece of braising beef (rump pot roast, sirloin tip or knuckle, chuck pot roast, top round, bottom round, eye of round) trimmed and tied for cooking
1 tablespoon salt
¼ teaspoon pepper
5 cups young red wine with body—Burgundy, Côtes du Rhône, Mâcon, or Chianti
⅓ cup brandy
½ cup olive oil

Ingredients for browning and braising the beef

A fireproof casserole or heavy roaster just large enough to hold the meat and braising ingredients
4-6 tablespoons rendered pork fat or cooking oil
1 or all these to give body to the sauce: 1—2 cracked veal knuckles, 1-2 split calf's feet, 4-8 ounces fresh pork rind, bacon rind, or ham rind simmered 10 minutes in a quart of water, rinsed, and drained
4-6 cups beef stock, or canned beef bouillon
2 pounds quartered carrots braised in butter (recipe below)
24-36 small white onions, brown-braised in stock (recipe below)
1 tablespoon arrowroot or cornstarch mixed wtih 2 tablespoons Madeira or port, if needed
parsley sprigs

Method for marinating

Place half the vegetables, herbs, and spices in the bottom of the bowl. Rub the meat with salt and pepper and place it over the vegetables. Spread the rest of the vegetables and herbs over the meat. Pour on the wine, brandy, and olive oil. Cover and marinate for at least 6 hours (12-24 hours if the meat is refrigerated). Turn and baste the meat every hour or so.

"I always use a lot more seasoning than called for—but you must determine the exact amount by taste. Thyme is a powerful herb; I prefer the French kind, but we grow the English too"

½ hour before cooking, drain the meat on a rack. Reserve marinade. Just before browning, dry it thoroughly with paper towels. It will not brown if it is damp.

Method for browning and braising the beef

Add the fat to the casserole and place over moderately high heat. When fat is on the point of smoking, brown the meat on all sides. This takes about 15 minutes. Pour out the browning fat.

Pour in the wine marinade and boil it down rapidly until it has reduced by half. Then add the veal knuckles, calf's feet, and rind, and pour in enough stock or bouillon to come ⅔ of the way up the beef. Bring to a simmer on top of the stove, sk cover tightly, and set in lo third of preheated 350° ov Regulate heat so liquid rema at a gentle simmer for 3 hours, and turn the meat seve times during its braising. beef is done when a sha pronged fork will pierce it eas

While the beef is being brais cook the carrots and onions. them aside until needed.

When the meat is tender, rem it to a hot serving platter. card trussing strings. Trim any loose fat, and keep the m warm while finishing the sau (5-10 minutes).

Skim the fat off the brais juices, and strain them throu a sieve into a saucepan, pre ing the liquid out of the veg tables. Simmer for a minute 2, skimming, then boil rapi until liquid is reduced to ab 3½ cups and is full of flav Taste carefully for seasoni Sauce should be lightly thic ened. If too thin, beat in t starch and wine mixture a simmer for 3 minutes. Then a the cooked carrots and onio and simmer for 2 minutes blend flavors.

Remove vegetables with a sl ted spoon and arrange the around the meat. Decorate w parsley. Pour a bit of sauce ov the meat and send the rest the table in a warmed sauc boat. (Or carve the meat a arrange on the platter with t vegetables and parsley, a spoon some of the sauce ov the meat.)

NOTE: For a wait of up to hour, return meat, vegetable and sauce to casserole, cov loosely, and set over bare simmering water.

For a longer wait, slice the me and arrange it on a firepro platter. Place the vegetable around the meat. Baste with th sauce.

Half an hour before servin cover and reheat in a 350° ove Leftover braised beef will be ju as good the next day, heated u the same way.

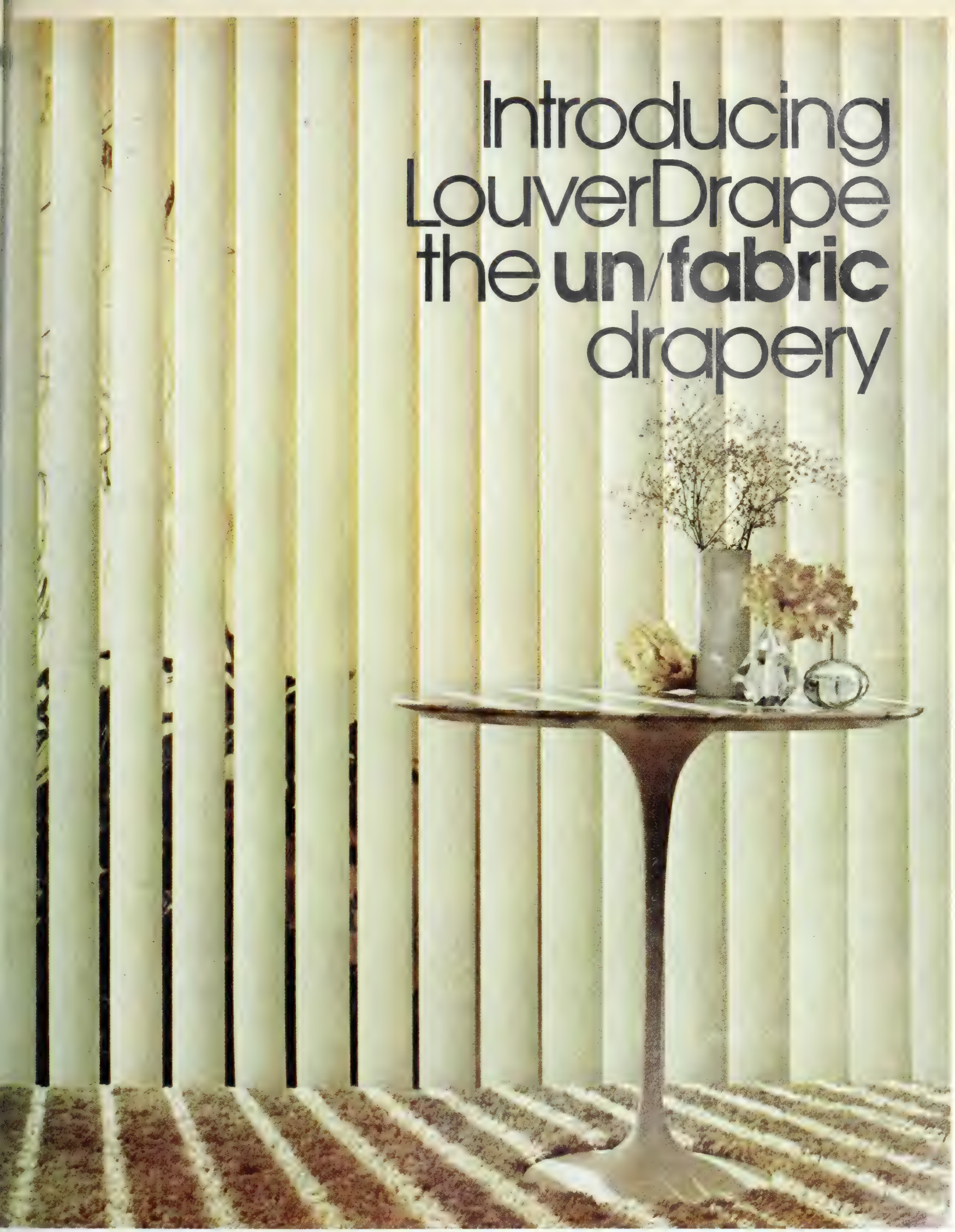
CARROTS BRAISED IN BUTTER

Ingredients

1 heavy-bottomed, 2-quart enameled saucepan

Continued on page 6

Introducing LouverDrape the **un/fabric** drapery



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LouverDrape

LouverDrape, Inc., 1100 Colorado Ave., Santa Monica, Ca 90401
Dept. B

1½ pounds carrots, peeled, and sliced or quartered (about 5½ cups)
1 tablespoon granulated sugar (to develop their flavor)
1½ cups water
1½ tablespoons butter
½ teaspoon salt
pinch of pepper

Method

In the saucepan, bring the carrots to the boil with the sugar, water, butter, and salt. Cover and boil slowly for 30-40 minutes or until the carrots are tender and the liquid has evaporated. Correct seasoning. Serves 6.

If they are not to be served at once, set aside uncovered and reheat when needed.

BROWN-BRAISED ONIONS

Ingredients

18-24 peeled white onions about 1 inch in diameter
1½ tablespoons butter
1½ tablespoons oil
a 9-10-inch enameled skillet
½ cup brown stock, canned beef bouillon, dry white wine, red wine, or water
salt to taste
pepper to taste
a medium herb bouquet: 4 parsley sprigs, ½ bay leaf, and ¼ teaspoon thyme tied in cheesecloth

Method

When the butter and oil are bubbling in the skillet, add the onions and sauté over moderate heat for about 10 minutes, rolling the onions about so they will brown as evenly as possible. Be careful not to break their skins. You cannot expect to brown them uniformly.

Pour in the liquid, season to taste, and add the herb bouquet. Cover and simmer slowly for 40-50 minutes until the onions are perfectly tender but retain their shape, and the liquid has evaporated. Remove herb bouquet.

Serve them as they are or use for Boeuf à la mode.

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COLD ORANGE SOUFFLÉ

from *James Beard's Menus for Entertaining* (Delacorte)

Ingredients

1 cup cold water
2 envelopes unflavored gelatin
8 eggs, separated
½ teaspoon salt
2 6-ounce cans frozen orange concentrate, defrosted
1 cup sugar
1 cup heavy cream, whipped
for garnish: orange sections

Method

Place water in the top of a double boiler and sprinkle the gelatin over the surface to soften. Beat the egg yolks lightly and add them with the salt to the gelatin. Mix well.

Place over boiling water and cook, stirring constantly, until the gelatin dissolves and the mixture thickens a bit, about 4 minutes.

Remove from the double boiler and stir in the orange concentrate. Chill until the mixture drops from a spoon into s mounds.

Beat the egg whites until s but not dry. Gradually beat in sugar and continue beating u the egg whites are stiff. Fold whites into the orange mixt and then fold in the whipp cream.

Arrange a collar of doub waxed paper around a 2½-qu soufflé dish. The collar sho come 2 inches above the top the dish. Fasten with tape. P the mixture into the dish a chill until firm. Remove the col and decorate with orange s tions, if you like, before servi

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"Another attractive garnish for the soufflé is slices of orange topped with colored marzipan beads and a few strips of candied orange peel, with a sprinkling of sugared leaves and violets"



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#HH2	Hanger	Reg. $ 3.19	**Now $ 2.15**
#B15	Bow Rake	**Only $8.99**	
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ALASKA

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House of Flowers
544 Third Avenue (99701)
Phone: 452-1781

PALMER

Mantanuska Valley Flower Shop
728 South Alaska Street (99645)
Phone: 745-3913

ARIZONA

GLENDALE

Glendale Floral & Gift Shop
5743 West Glendale Avenue (85301)
Phone: 931-2416 & 937-7543

PHOENIX

Fordyce Flowers & Gifts
15215 North Cave Creek Road (85032)
Phone: 992-4710

Phoenix Flower Shop
5012 East Thomas Road (85018)
Phone: 959-1200

TUCSON

Harlow's Flowers & Gifts
5620 East Pima (85712)
Phone: 298-3303

CALIFORNIA

ANAHEIM

Carmen's Flower Shop
1215 W. Lincoln Ave. (92805)
Phone: 535-4997

ANTIOCH

Diablo View Florist
1925 D Street (94509)
Phone: 757-4636

BERKELEY

Berkeley Artists & Florist
1770 Solano Avenue (94707)
Phone: 524-6333

Lee's Florist & Nursery
1420 University Avenue (94702)
Phone: 843-0502

BURBANK

Donna's Florist
151 South Glenoaks Boulevard (91502)
Phone: 848-6655

CARLSBAD

Carlsbad Florist & Gifts
1207-D Elm (92008)
Phone: 434-1073

ENCINO

Adam's Apple
18013 Ventura Boulevard (91316)
Phone: 996-1212

FULLERTON

Hasson's Flower Shop
701 W. Commonwealth Ave. (92632)
Phone: 526-8389

GLENDALE

Walters Flowers, Inc.
412 North Glendale Avenue (91206)
Phone: 246-1706 & 245-8831

HUNTINGTON BEACH

Harbour Floral
15752 Springdale Avenue (92649)
Phone: 892-1641

LAFAYETTE

Floral Arts Florist
3584 Mt. Diablo Boulevard (94549)
Phone: 284-5765

Orchard Florist & Nursery
4010 Mount Diablo Boulevard (94549)
Phone: 284-4474

LONG BEACH

Atlantic & Fifth Florists
455 Atlantic Avenue (90812)
Phone: 432-0222

LOS ANGELES

A Blooming Business
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Phone: 276-6956

OAKLAND

Postag's Florist
5619 College Avenue (94618)
Phone: 653-3430

The Redwood & Acorn Florist
2024 Mac Arthur Boulevard (94602)
Phone: 530-3230

PASADENA

Roma's Flowers
150 South Los Robles (91101)
Phone: 577-1183

PALM SPRINGS

Kayo's Flower Fashions
705 South Palm Canyon (92262)
Phone: 325-1584

SAN CARLOS

Flower Center
1148 El Camino (94070)
Phone: 593-3196

SANTA CRUZ

Stewart's Florist
1430 Soquel Avenue (95062)
Phone: 423-0640

SOUTH LAKE TAHOE

South Lake Tahoe Florist & Nursery
Winnemucca At Barton (95731)
Phone: 541-4748

STUDIO CITY

Garifi Florist & Antiques
12660 Ventura Boulevard (91604)
Phone: 980-1144

VAN NUYS

Carousel Flowers
7070 Sepulveda Boulevard (91405)
Phone: 786-8160

WALNUT CREEK

Walnut Creek Florist
1668 Locust Street (94596)
Phone: 934-2396

WEST COVINA

Flowers by Robert Taylor
2616 East Garvey (91791)
Phone: 331-5358

IDAHO

IDAHO FALLS

Aladdin's Flowers
415 Park Avenue (83401)
Phone: 523-6404

POCATELLO

Dellart Floral Shop
3rd and Center (83201)
Phone: 232-1460

REXBURG

Waynette's Floral
50 College Ave. (83440)
Phone: 356-4407

NEW MEXICO

LAS CRUCES

Flowerland
1450 East Missouri Avenue (88001)
Phone: 523-6191

OREGON

BEAVERTON

Flowers by Maxine
12010 SW Allen Avenue (97005)
Phone: 644-2724

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Reed and Cross, Inc.
160 Oakway Road (97401)
Phone: 484-1244

FLORENCE

Wilson's Florist
498 Oregon Coast Highway (97439)
Phone: 997-8226

GRESHAM

Flowers by Malcoms
221 East Powell Boulevard (97030)
Phone: 665-9101

MILWAUKIE

Dave Strauss' Flowers & Gifts
805 Main Street (97222)
Phone: 659-0550

PORTLAND

Doving's Flower Shop
702 Southwest Morrison (97205)
Phone: 227-2441

Flowers Tommy Luke
625 Southwest Morrison (97205)
Phone: 228-3131

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Margaret's Florist
1667 Center St., Northeast (97301)
Phone: 363-2190

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BREMERTON

Paul's Flowers
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Phone: 377-4422

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Arlene's Flower Shop
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Phone: 946-7676

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Ballard Blossom Shop
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Phone: 782-4213

Gehl Flowers & Gifts
223 Southwest 152nd Street (98166)
Phone: 242-3205

Neilsen Florists & Gifts
4458 California Avenue S.W. (98116)
Phone: 932-2880

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Riverpark Flowers & Gifts
East 8605 Trent Avenue (99206)
Phone: 926-2475

Sunset Florist & Ghses.
1606 South Assembly (99204)
Phone: 747-2101

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Crawford's Flowers
24 N. Wenatchee Avenue (98801)
Phone: 663-4660



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Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.



Fashions: Martin Stasbolt for Victoria Royal

DECORATING NOW BIG CHANGES COMING

YOU CAN FEEL IT

Lots of the old ways and the old looks just aren't right anymore. You need to lighten up, refresh, take a new stand. An exciting prospect—but a little bit scary, too. We rush for the formulas: Furniture A plus fabric B plus color C equal perfection, right? Wrong! And thank goodness. Sure, there are good ways and bad ways to put a room together. But the main ingredient is you. To make it easier, try to think of decorating as a game. Call it What Goes With What? Here's what you need to play:

Self-awareness: Recognize and acknowledge your feelings, learn your own needs.

Self-confidence: Learn to accept new ideas, evaluate them, and, just as important, realize that your own ideas are as good as anyone else's.

We can help with examples and advice from some of the best designers in the business. But to win big, you have to take a chance. It's very much like sailing, music, business, life itself: Without challenges, would the rewards be as sweet?

How is it some rooms always look right and others don't? We all know the best-looking arrangements are not haphazardly strung together. But how do we learn to make the right choices and associations? Is special training needed? Is there a basic, intuitive sense of taste? Or is it really a matter of confidence? The same confidence that makes other aspects of your life work successfully. Try this quiz by phychologist Dr. Syvil Marquit and Marilyn Lane—see if you know what goes with what.

WHAT GOES WITH WHAT?

TEST YOUR TASTE AGAINST THE EXPERTS

The challenge of an empty room



1 You're going to get down to achieving your life's goals.

- ☐ a. You sit down and make a list of priorities and chores
- ☐ b. Read Alan Lakein's book *How to Get Control of your Life and Time*
- ☐ c. Sit down and make a list of high values

2 You're planning to serve spinach pie as first course. Afterward:

- ☐ a. Roast rack of lamb, oranges orientale
- ☐ b. Baked chicken, raspberry sherbet
- ☐ c. Shish kebab, yoghurt and honey

3 In a room with a big modern painting you'll put:

- ☐ a. French furniture
- ☐ b. Glass and steel furniture
- ☐ c. American traditional furniture

4 To get yourself into a good mood to make an important decision, you take:

- ☐ a. A half hour of silence
- ☐ b. A half hour walk
- ☐ c. A half hour in a warm tub

5 With an Oriental rug, you'll put:

- ☐ a. All white furniture with puffy upholstery
- ☐ b. American 18th-century antiques
- ☐ c. Modern reproductions of Chinese furniture



QUIZ #1

A psychological test to sharpen your awareness of what goes with what

6 You're giving a dinner party. The table will have a white damask cloth. You arrange:

- ☐ a. An uneven number of people
- ☐ b. Place mats that go with your best blue and white china
- ☐ c. Tumblers for the wine

7 You feel in need of a quick pepper-upper. You make:

- ☐ a. A roast beef sandwich, followed by an orange
- ☐ b. A blender drink from any raw fruit available
- ☐ c. A bowl of Granola sprinkled with wheat germ

8 The marvelous quilt your grandmother made has been handed on to you. You'll put it on a:

- ☐ a. White lacquered platform bed
- ☐ b. A four-poster bed
- ☐ c. A simple brass bed

9 You've planned a dinner with fillet of sole as the main course. You'll serve:

- ☐ a. Montrachet, a white burgundy
- ☐ b. Scharzhofberger Moselle from Germany
- ☐ c. Dom Pérignon, champagne

10 House & Garden's Color Blue Flower combines well with:

- ☐ a. Chrome Yellow and Oyster White
- ☐ b. Orange Peel and Creamy Apricot
- ☐ c. Sweet Chocolate and Biscuit

11 Twenty important guests are coming for drinks. You will serve:

- ☐ a. Salsa verde and crudités
- ☐ b. Tiny biscuits filled with ham, Brie cheese and bread
- ☐ c. Crab puffs and pâtés.

12 You have a small rare antique bowl that you bought for its beauty. You might also use it to hold:

- ☐ a. Peanuts
- ☐ b. Sauce for the turkey
- ☐ c. Paper clips on your desk

13 The only way to lose inches and pounds is to:

- ☐ a. Go off to a health spa
- ☐ b. Exercise at home daily and eat less at every meal
- ☐ c. Get an exercycle, waist roller, some leg weights—and use them

14 You have a marvelous begonia. You put it in

- ☐ a. The bathroom
- ☐ b. Your living room
- ☐ c. The garden room

15 You want to make a room look warm and cozy. You include:

- ☐ a. Lots of bibelots
- ☐ b. Country printed fabrics and pillows
- ☐ c. Books

16 If the world is going to find energy from natural resources, this means:

- ☐ a. Harnessing ocean tides
- ☐ b. Using the sun and wind
- ☐ c. Converting garbage

17 Equipping a kitchen for gourmet cooking, you'll be sure to include:

- ☐ a. An accurate scale and good knives
- ☐ b. Cuisinarts Food Processor
- ☐ c. Pyrex measuring cups and wooden tongs

For answers, see page 191



WHICH TABLE WORKS IN THIS ROOM?

QUIZ #2

Test your taste

TAKE A TABLE

Come play the game! What is decorating, after all, but a big, room-sized puzzle: Fit the pieces together for comfort and good looks, and you win.

The name of the game is What Goes with What? And there are two ways to play. Safe (a sofa and two matching chairs) and exciting (extra thought, a bit of risk). We're for the excitement, but realize that, as in tennis, chess, or the stock market, a little skill reduces the risk and adds to the enjoyment.

Here's the playing field. A series of three rooms with—we bet you noticed right off—something missing. To play, study the rooms, analyze their layouts, shapes of furniture, colors, the total look. Then shop through the assortment of elements across the page and pick the one you like best. When you're through with the game, you get the answers, rightside up, straightforward, given by the rooms' designers themselves, with all their reasons why—and why not.

No fair looking at the answers before you play. On the other hand, it wouldn't be fair to make you play without some basic decorating dos and don'ts.

Give me a hint. Today's look is comfortable to the point of voluptuousness. Easy. Modern—but not at all sparse. Very personal, simple enough to be lasting, yet never a bore.

It's a look that doesn't work if you consider looks alone. **Do** make looks a function of comfort. Remember that comfort is a function of the life you lead. Comfort for one person might be a total impracticality for someone else. For Jean Harlow, for instance, a room full of white satin, fur, and ostrich plumes might work just fine. *(Continued on next page)*

WHAT TABLE GOES WITH . . . an African-ethnic look of naturals and hand-prints . . . two batik-covered sofas angled across the corners of the room . . . brown leather swivel chairs and ottoman . . . batik windowshades . . . sisal carpeting . . . and a giant-patterned cotton used to stunning effect on all the walls. The owner is a young bachelor-banker who needed a table to write letters and display some favorite objects. Designer Robert Denning of Robert Denning & Vincent Fourcade gives the answers a few pages on (but don't look yet).



TETSU OKUHARA

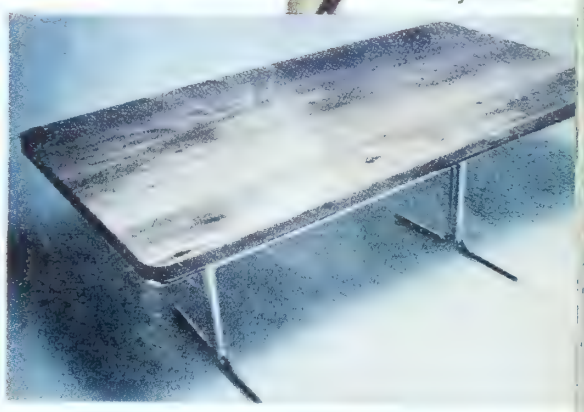


1. A sheet of clear glass on polished aluminum sawhorses. The Door Store.



2. Zigzags of walnut inlaid in a maple console table designed by Pa Pasotto. Jor Stuart.

3. Weathered el finished Form dining table o a chrome bas Daystrom.





4. T-shaped cocktail table 15 inches high entirely sheathed in plastic laminate. Designed by Milo Baughman. Thayer Coggin.

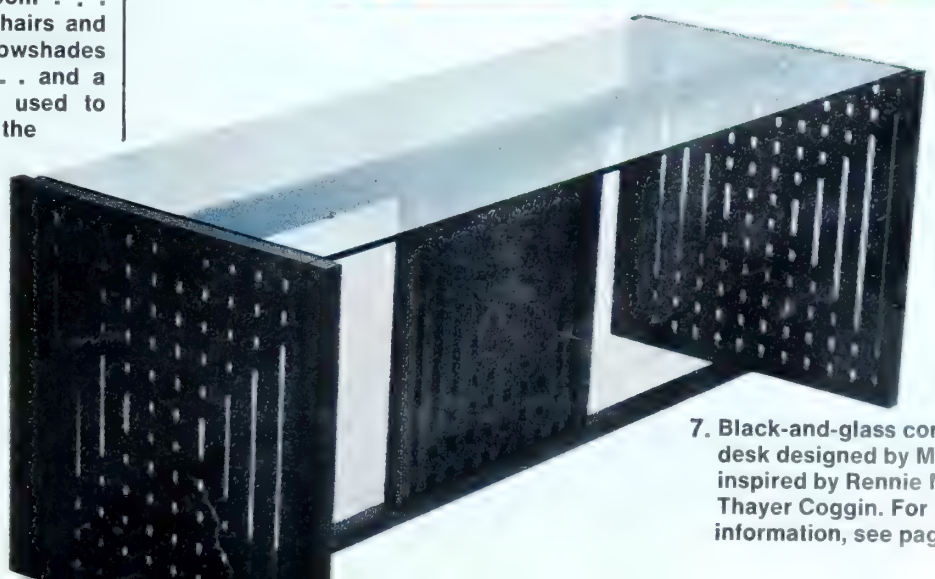
5. Pine parquet-top table-desk with two drawers, drop-leaf extensions. Century.

TED HARDIN





6. Queen-Anne-legged dining table 42 inches square, of oak that looks like driftwood. Stanley.



7. Black-and-glass console table-desk designed by Milo Baughman inspired by Rennie Mackintosh. Thayer Coggin. For shopping information, see page 131

Answers, page 80.

CHOOSE A SOFA





1. Beige cotton sofa sections, with or without arms, on natural plywood bases. Tradewind Designs.



2. Loose-cushioned Parsons-style sofa, 31 inches high, in natural Haitian cotton. Flair.



3. Roll-arm sofa with lots of cushions, in beige-and-white chain-woven fabric. Drexel Heritage Furnishings.

4. Sectional sofa with squooshy pillows, high backs, and bolsters. Natural canvas. Habitat IDS.



5. Armless off-white velvet sofa with fat padded seat and back. Selig.



Backless settee in off-white cotton with navy and white throw-pillows. Selig.

hopping information, age 131.

7. Double-facing armless sofa with low back, rounded seat cushion. Pale gray hand-loomed wool. Fine Arts Furniture.



JAMES MATHEWS

Answers, page 80

But maybe *you* ought to try something else. This is not to say that dreams should not be indulged. A little fantasy, some pure caprice, a touch of the unexpected—any of these can give a room a lift. **Do** remember that it's the unpredictable that delights.

But **don't** lose sight of the real-life situation. Specifically, what do you want out of a room? How will you work, live, play, and entertain there? Put into a room what you want to get out of it.

The key to comfort is upholstered furniture. Do have plenty. Upholstered sofas and chairs are the foundation and roots of a room. **Don't** skimp: get the best, fullest, squooshiest you can afford. **Do** look for the details that add to visual comfort: rounded cushions with gathered corners, loose cushions and voluptuous padding, the curving line, even on hard surfaces. The less severe the line, the softer the look. But **don't** go overboard. A glisten of glass and steel can, by contrast, make surrounding down-filled furniture even more inviting.

Comfort means flexibility. Look into lightweight but comfortable slipper chairs that can move around at will. **Do** let a swivel chair turn your head; have sofa- and chair-backs low enough for side-saddle conversations; consider armlessness for non-directional seating.

For flexible function within the room, **don't** let all the furniture timidly hug the walls. Liberate it by getting it out into the center so traffic can flow around the periphery, leaving conversations uninterrupted. Liberating the furniture also liberates the walls—the better to see the pictures, enjoy the view, or line the room with books.

Be bright about light. You've got to have it, but keep it subtle, and as natural as possible. **Do** try using mirrored screens, mirrored window reveals, mirrors on walls—all good daylight doublers. To supplement the sky, have reading and working light where you need it.

Continued on the next page

WHAT SOFA GOES WITH . . .

a clean, light, soft look . . . lots of big modern paintings . . . gray suede chairs . . . gray striped rugs on a natural wood floor . . . lots of textures, baskets, steel, and glass . . . gallery-white walls. The owner is a collector of contemporary art who wanted the room designed for pictures as well as people; designers Barbara Schwartz and Barbara Ross of Dexter Studio made it comfortable for both. You'll find their sofa selection soon—don't peek!



WHICH SOFA GOES HERE?



WHICH PILLOWS DO THE MOST?

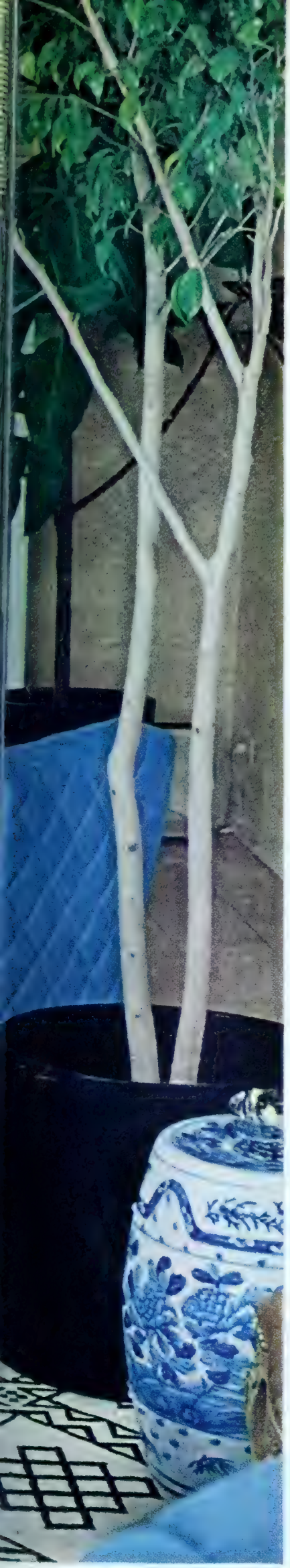
Test your taste

Continued

But keep the fixture simple, functional, inconspicuous. For the rest of the room, **do** soften the light. For some rooms, some tastes, this means overhead track lights; for others, can lights under trees. Wall-hung lamps free tables for other things. If you prefer table lamps, be sure you buy a classic design. Stylish lamps are guaranteed to go out of style.

To pull it all together, step back and look at the whole picture. Chances are your rooms are very much like our game: you have some furniture to work with, or the colors in mind—but you're wondering what will go with them. **Do** think of dressing a room in terms of dressing yourself. One stroll through a department store will prove that there are scores of beautiful dresses, blouses, sweaters, pants, coats, and shoes—and furniture and fabrics and accessories. But just because something looks great is no reason to buy it: It's got to be great *on you,* and with what you've already got. You can't buy a lot of terrific looking but unrelated furniture and expect to pull the room together with accessories. It will be disjointed. **Do** remember that, in dressing and in decorating, the link is a single thought—and it's got to be planned from the start.

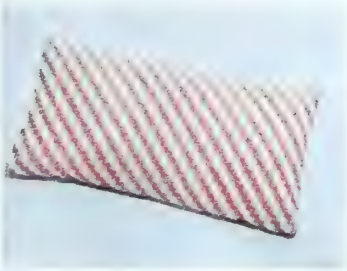
Look for specifics. Some colors recede, others approach; some are enriched by texture or the addition of other colors (see what colors go with what starting on page 82). Hard, sharp lines are sparer, leaner than soft, round ones. Solids like wood, metal, fabric take up visual space; clear glass, acrylic, and mirror do not. In general, patterns used together tend to make a space warmer, more intimate; less pattern gives an airier, cooler look. **Do** bear in mind that one good look does not cancel out the others. More than one combination might work. But usually, there's one that works best—for you. ■



HORST

PICK A PILLOW

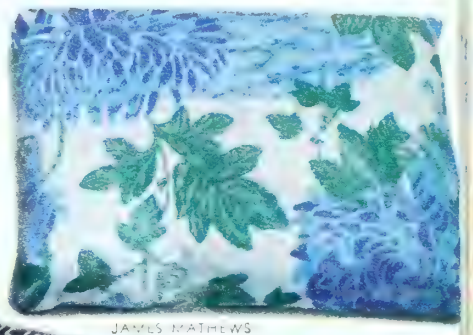




1. Sky blue cotton chintz with a small regular pattern like flecks of snow. Quadrille.

2. Peach and white textured rickrack stripes of woven rayon and cotton. Quadrille.

3. Garden flowers printed in tones of lavender and green on French cotton sateen. Marignan.



JAMES MATHEWS



4. Simple geometry in black and white printed silk. Pillow Finery.



5. Interweaving ribbons printed in four shades of blue on cotton sateen. Cohama.

6. Pinata-colored stripes of cotton and rayon moiré, made in Belgium. F. Schumacher.



7. White-on-blue textured cotton weave, reversible to blue-on-white. Quadrille.



8. Stylized garden in a bouquet of colors printed in France on cotton sailcloth. Marignan. Shopping, page 131.

PILLOWS

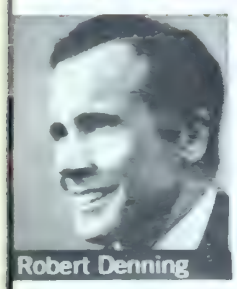
WHAT GO WITH . . . a cool, serene atmosphere . . . all sky blue, diamond-quilted upholstery . . . over-scaled sofas, chairs, settee . . . lots of big leafy plants . . . shimmers of steel and glass . . . bold-patterned rugs . . . sand-colored floor and walls. The owners wanted a place that would give them a lift. Designer Bebe Winkler gave them a sense of space, a versatile furniture plan, and great comfort. To see the pillows she likes best, please turn the page *now!*

Answers, page 80

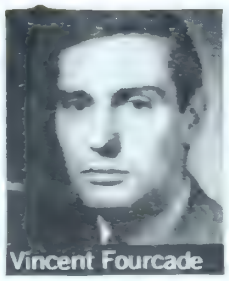
Test your taste answers







Robert Denning



Vincent Fourcade

DESIGNERS' CHOICES AND WHY

TABLE #1 FOR FUNCTION

Mr. Denning: "My client wanted a young, modern desk—so I got the simplest, least expensive one. The way I see it, a room is built on priorities. The sofas and chairs are very best you can buy. The table is a *service*. Almost any of the choices could have been used—except 4, which is too low; 3 is strictly for dining; 6 brings in another design element; 7 is young and modern but perhaps too strong for the room. 2 would play up the African look; 5 I love—it has naturals plus geometry, versatility, and to tell the truth I wish I'd found this one instead.

"Which makes an interesting point: In decorating, as in good dancing, there are no mistakes; you simply move into another step, and it's as if you planned it that way all along.

"The interesting thing about this room is that nearly everybody has one. It's one of those low-ceilinged L-shaped rooms with shoe-box-shaped windows. The reason you didn't recognize it is that the sofas are placed across the corners—one in the 'L' where the dining table and chandelier would normally be—and the walls are covered with that giant pattern, used vertically *and* horizontally. My idea about walls is that if you paint them, you've lost out. Especially in a city room like this, where windows are for light, not view. You have to create a view of your own."





Right above: **Simple wall-hung lamps (*"not* track lights") give soft light, softened even more by fringed shades. The window-shades are laminated batik; cocktail tables are brass vitrine stands from Paris.** ***Right:*** **Nothing interrupts the punch of wall-fabric that covers even moldings, doors to bedroom.**

SOFA #7 FOR FLEXIBILITY

Ms. Schwartz: "We couldn't find what we wanted, so we designed it ourselves: a narrow two-sided sofa with a back low enough to put your arm on and talk comfortably with someone on the other side. 1, 2, and 5 are handsome, but you'd have to use two back to back, which would add bulk and distance. We wanted a *unified* room. 3 is a totally different design statement; 4 the wrong shape; and 6 is chic and stunning, great for parties, but for relaxed conversation we prefer a back-rest."

Ms. Ross: "Our client wanted a room where you can see the pictures from anywhere you sit. All the furniture is low and away from the walls; there's no real color in the room—the pictures and *people* give it color. Our philosophy is that rooms should be beautiful empty, but how they function for people is the real test. Rooms shouldn't be emotionally demanding. They should be *comforting*."





Barbara Ross



Barbara Schwartz



Bebe Winkler

PILLOW #4 FOR PUNCH

In a room of neutrals, textures provide richness: suede chairs, wool sofas, linen-covered tables. Antique kilim-carpet pillows add color and texture. *Above:* Window reveals mirrored for twice the light; more shine from Mark II Alcan aluminum blinds. Painting by Frank Stella. *Below:* Lights move on ceiling tracks.



Paintings by Jules Olitski, Kenneth Noland, and in the foyer, Robert Motherwell.

Mrs. Winkler: "All the room's sea and sand colors are so serene that the sharp geometrics of the black and white pillows are like dramatic punctuation marks—yet they're friendly with the larger geometry of the black and off-white Middle-Eastern rugs. I think the pink pillow 2 and 6 would be lovely if you also added somewhere a salmon amaryllis in a terra-cotta pot. In fact the owners often do use mauvy touches—they give the room a soft, watercolory look. The blues 1, 5, 7 are fine but perhaps a bit timid in a room of so much blue, unless you mixed the small and large scales. Of the florals, 8 would add a slightly stylized 1930s touch; 3 is charming, and might be a nice change for summer—I might even cover the terrace furniture to match.

"What the owners were after was an easy, young, serene look. The apartment isn't large, but all that voluptuous, luxuriously scaled furniture gives it a larger-than-life quality that's wonderfully comfortable. I think over-scaled furniture and accessories, far from making a room look smaller, actually expand visual space. The trees add a breath of nature, but also serve to define the two conversation groups, make them seem more intimate and separate, even though they are unified by the use of that one satiny-looking blue cotton, which we had quilted in big diamonds, on all the upholstered furniture. A single fabric and large expanses of furniture give the room an easy, uncluttered atmosphere, yet there's enough variety so the eye always has its fill.

"I think lighting makes the difference between day and night. Natural daylight through terrace doors is controlled by unobtrusive Levolor blinds, and, as unobtrusive, track-lights overhead wash walls with soft, seemingly sourceless light."

HORST



The room is divided into two distinct yet unified conversation groupings, one with a long so a the other with a circle of slipper chairs, both pivoting on a versatile settee right smack in the center Glass tables seem to float in the midst of each, adding to the sense of airiness in a room that is really very full. Mirrored screens that divide living room from dining area and flank the door to the entrance hall at right, also create another light source: They reflect and balance daylight from the windows and terrace doors. Every [illegible] in the room is practically maintenance free: The floor was sanded and stained (painted in real talk) the color of pale sand, then coated with polyurethane. Walls are covered with sand-colored textured linen. To left of terrace doors, a painting by Carol Scot

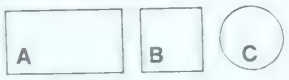


How to pull a room together with COLOR

start with a color plan

Analyze a successful room and you'll see that the colors divide naturally into dominant, accent, and accessory. You're always aware of one color or color family more than any other.

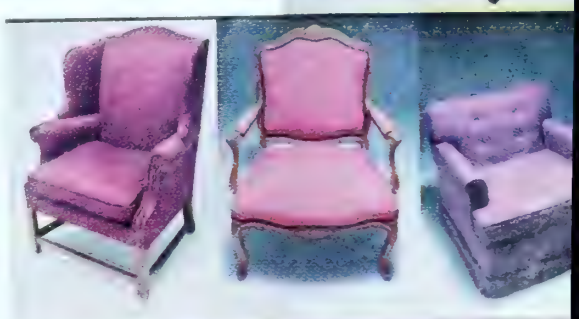
Color plan



A dominant B accent C accessory

For instance, in this room, shades of violet and lavender represent about 60 percent of the color; white, the accent, about 35 percent; and oxblood, the accessory color, about 5 percent. As you'll see on the following pages, the color plan analysis, *above,* has enormous flexibility. You can have several accent colors, or dominant and accessory colors can match (white room, blue upholstery, white accessories). Or, as decorator Robert Perkins did, you can use several shades of the same color to pull together furniture from several periods. "Color is the best bonding agent I know, particularly *one* color or its mutations. In this house I chose shades of violet, which I love in a room with southern exposure. Most of the furniture is English in derivation. *Right, top to bottom:* Big tufted chesterfield, Jacobean bench; a sofa table with a parquet top; cotton and satin cushions for texture; a Jacobean sofa table; a sofa with loose cushions—*comfort* helps to make things go together; a Chippendale bench; a glass and metal end table for shine; a wing chair, a Régence armchair, and a sink-in club chair. Comfort again. Last, antique Chinese porcelains—*oxblood* for a bit of punch to cut the sweetness of the violet. To the right of the fireplace are three studies by Robert Swain from the Susan Caldwell Gallery. Over the sofa, a Robert Natkin from the André Emmerich Gallery. Complete shopping information, page 131.





PREPLANNED GO-TOGETHERNESS made living room, *left,* a pleasure to assemble. In color plan, dominant color is violet, in pale to dark; accent, ivory white; accessory, oxblood. Fabrics from Clarence House. Furniture by Henredon at W & J Sloane, New York and branches.

HORST





HORST

HOW COLOR PULLS A ROOM TOGETHER

Lavenders organize everything

Because of its wonderful windows," says Mr. Perkins, "the house is extraordinarily sunny, a gift from the architect that made it possible to use lavender or violet in one way or another in almost every room. The colors won't work in dark rooms, they turn gray. With sun, they have the velvet glow of the flowers they were named for. At the same time, no one wants an all-purple house, not even I. So the garden room, dining room, and master bedroom are put together with three kinds of decorator's counterpoint. The garden room was the old solarium—terra-cotta tile floor, three banks of windows that in summer are replaced by screens. The furniture is a mixture of wicker and simple, comfortable upholstered pieces that go together for one reason: the same striped cotton duck covers everything. And here, to avoid solid violet, I played a trick. The fabric has a violet cast, but it's actually a combination of blue and red stripes. When you mix paintbox red and blue, you get purple, and that's what happened here. Because the garden room and dining room open off the living room, their walls are white, too. Any other color would have stopped the sense of flow.

Color plan



A dominant **B** accent **C** accessory

In the dining room, there are no curtains. There's an apple orchard outside, and you can't hang better curtains than *that*. The solid violet appears again on two lounge chairs, then stops. Enough.

We don't see it again until we get to the bedroom, a delicately colored room with a wallpaper like a pointillist painting—a shimmer of brush marks in violet, ivory, peach." For shopping information, see page 131.



THREE VARIATIONS ON ONE THEME: In the block-and-circle color notations for these rooms, the House & Garden palette is used in various intensities. In the garden room, the dominant color is Blue Flower; the accent, Pompeiian Red; the accessory, Sun Yellow. In the dining room: Oyster White, lilac, and cherry. In the bedroom: beige, lilac, and Peach Blush. The garden room's striped fabric is from Brunschwig & Fils. In the dining room, club chairs are covered in a toile from Clarence House, dining chairs and wing chair in a Belgian linen and cotton from Stroheim & Romann. In the bedroom, vinyl wallpaper and fabrics from & Vice Versa. Rug is antique.

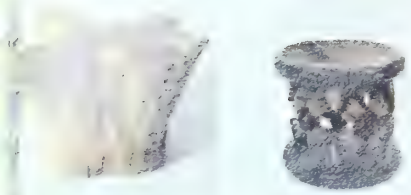


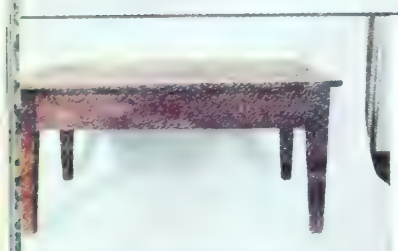


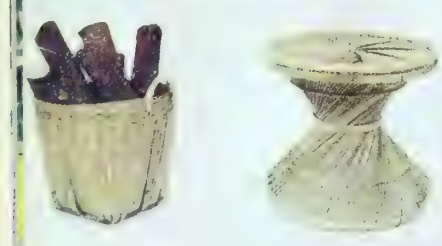
HOW COLOR PULLS A ROOM TOGETHER

Blue accentuates the natural



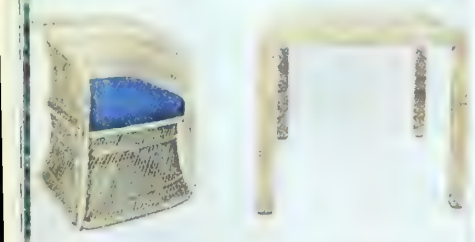












ASHLEY



The problem was a living room for a young couple who have two babies. They do not have much time to spend on upkeep, and they must keep within an ironclad budget.

The answer: "Simplicity," says designer Michael Taylor, "practicality, and stylish but uncostly furniture. It's quite a range [*left, top to bottom*]: a very comfortable sofa with graceful lines, slightly Victorian, covered in a tough, soil-resistant fabric; a cedar trunk table; an ancient African stool; an Early American pine side table; pillows with a fat white fringe; a hamper basket for logs; a split rattan, hourglass table from India; two pieces of blue and white Chinese porcelain—a big ginger jar, just to look at, and a planter for ferns; a rock formation from Brazil that looks like sculpture—a natural fantasy, and beautiful; a low table of bleached oak with a black granite top, a little Rock of Gibraltar; one of the wicker chairs and a Parsons table wound with wicker—reed makes wonderful upholstery; a club chair covered in linen patterned in fantail goldfish. Except for the fabrics and porcelain, none of these things have more than a tinge of color. They're naturals, all of them have been chosen for their texture and line."

Color plan



A dominant B accent C accessory

A GOOD EXAMPLE OF SPANISH COLONIAL DESIGN, the room, *right*, is architecturally interesting enough to need very little in the way of dressing up. But it did have to accommodate enough furniture for entertaining, games and occasional dining. So, to prevent the jumble of a decorator's log jam, the polished oak floor is bare, the arched windows are uncurtained (except for ficus trees), and the furniture is unponderous. There is only one intense color, cobalt blue, and even it is softened with white and just enough of it used to give the room bite. Very little pattern except for the porcelain and the wonderful white goldfish swimming about in their blue linen ponds. Thus, quite a lot of furniture but no sense of crowdedness. In the color notation, the dominant color is cobalt; accent, bamboo; and the accessory color, fresh greenery green.



FRED LYON



HOW COLOR
PULLS A ROOM TOGETHER

Color it twelve ways

1. STRONG COLOR, boldly used in a big room with enough sunlight to justify Hot Fudge (dominant color) walls, highly glazed. Just as strong are the accent colors—Pompeiian Red and Orange Peel. Accessory color is Vanilla. Designer, Mark Hampton. Painting by Calvert Coggeshall at Betty Parsons Gallery. Harmony carpet.

2. BRIGHT COLOR, young, cheerful, lighthearted, splashy. Owner asked for lots of blue, and got it with dominant color, Ultramarine, and Blue Sky walls; accent color is Sun Yellow; the accessory, Tangerine. Owner, Lenore Gittes; designers, Robert Patino and Vincent Wolf. Carpet by Rosecore.

3. PURE PRIMARY COLORS, right out of the tube, bring enormous zip and ginger to a summer house living room. The dominant, Real Red; accent, Ultramarine; accessory, Green Mint. Instead of curtains, the windows are hung with red blinds and valances that line the white wall like a row of modern paintings.

4. RICH DEEP COLOR made even richer, more dramatic, by being set off with white. The bedroom's somewhat eccentric ceiling is made a point of by being painted *up* rather than *out*. Lacquer Green is dominant; Oyster White, the accent; Ming Green, the accessory. Owners, Mr. and Mrs. Jones Yorke; designer, Mark Hampton.

5. COLOR TO ECHO THE OUTDOORS brings nature right through the windows of a sitting room-study. A view of a hillside with constantly changing wildflowers and grasses inspired the room's greens and naturals. For as much brightness as possible, the dominant is Oyster White; the accent, Ming Green; accessories Sweet Chocolate and Biscuit. Owner-designer, architect Manfred Ibel. Sofa by Baker; sofa covering from Etalage.

6. COLOR FOR SERENITY is stretched like velvet in a room full of warmth and quietude. Dominant, Tender Taupe; the accent, Oyster White; the accessory, Pompeiian Red. Painting by Stephanie Schub from the Susan Caldwell Gallery. Designers, William Machado and associate, Norman Diekman.



1



HORST

2



3



4



5



BEADLE

6





7



8





9

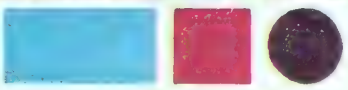


10





11



12

7. SUN DRENCHED COLORS ripen in a room for an ex-Californian New Yorker who wanted to live in perpetual sunshine. None of the furniture is new, but their brilliant coverings *are*. Walls are painted dominant color, Chrome Yellow, to turn the room into a golden box. Accent, Orange Peel; accessory, Sweet Lime. Sofa fabric by Woodson, chair fabric from Boris Kroll. Designers, Keith Irvine and Thomas Fleming.

8. GARDEN-IN-A-FOREST COLORS bloom like flowers in a room with lacquered walls as deeply green and gleaming as pine needles. Dominant, Lacquer Green; the accents, Pompeiian Red, Sweet Lime, and Pineapple; the accessory, Blue Sky. Designer, Mario Buatta.

9. ONE HEAVENLY COLOR walls a gabled kitchen with a summer sky brought to earth—wonderful idea for a lofty, skylighted room with enough sunlight to keep the color vibrant. As an accent, a deeper tone of the color lines the recess under the cabinets. Dominant, Blue Sky; the accent, Ultramarine; the accessory, Sweet Lime. Owner-designer, Diane Duke.

10. EARTH AND GEM COLORS bring both warmth and punch to a narrow dining room made to seem twice its width with mirror. Two walls are deep brown, two are white—a calculated balance. Banquette is covered in a fabric printed with white leaves on brown to add the interest of pattern with no digression in color. The gem color is turquoise, brilliant on the dining chairs. Dominant, Hot Fudge; accent, turquoise; accessory, Oyster White. Owner, Olive Watson; designer, Joseph Brasswell.

Color plan



A dominant B accent C accessory

11. SUMMER COLORS for a summery sitting room made as fresh as a breeze with walls the color of the garden's first lettuce. A deep-blue-sea rug offers the cooling pleasure of walking on water; blue and white fabrics flower the room with a bouquet of patterns. Dominant, Lettuce Green; accent, Ultramarine; accessory, Oyster White.

12. WATER AND WOOD COLORS, spiced with flashes of red, surround a wall of books in a library designed to lighten the silence of a for-reading-only retreat. Dominant Crystal Blue; accent, Pompeiian Red; accessory, Sweet Chocolate. Owners, Mr. and Mrs. H.O.H. Frelinghuysen. Designer, Mrs. Henry Parish II.

COLOR



ARCHITECTURAL SEARCH FOR JOY

Looking ahead with trailblazing architect John Hejduk

By Beverly Russell

Architects today divide roughly into two parties. On one side there are those who are reinvestigating the glorious decoration of the past and updating it for the present. On the other side are the abstract modernists who reject recall and "folk art" reminiscence altogether, and among them, John Hejduk, Dean of Architecture at Cooper Union, is a strong and influential figure. History will decide which group wins in the end, meanwhile, Mr. Hejduk's work is collecting increased respect and recognition throughout the world. A sketch book of 65 projects done between 1949 and 1975 is soon to be published in Italy. What's remarkable about this literary event, perhaps, is that only one of these projects has actually been built: the remodeled Cooper Union building in New York, in which Mr. Hejduk studied as a young man and now teaches as a professor. Nevertheless, the drawings and the Hejduk vocabulary of color and form convey ideas about modern building that many people believe are some of the freshest architectural thoughts around.

Unlike most architects who derive their inspiration through architecture, Mr. Hejduk's springboard is art and literature. Gide and Proust, he says, have taught him principles that he has tried to transform into architecture. So, too, have the painters, Mondrian, Leger, Juan Gris, Picasso, Braque, all the cubists, and his friend Robert Slutzky, a fellow faculty member at Cooper Union. "I am able to mine more stuff out of these artists, than from architecture," he says, "perhaps because I am more familiar with architecture, and I don't know these other areas so well."

Hejduk's exploration into Mondrian, as a catalytic agent, resulted in three projects known as the Diamond Houses. In these, he transforms Mondrian's geometry, the internal right-angle within the diamond (see "Foxtrot," "Victory Boogie-Woogie") into building plans. And like Mondrian, he describes the geometrical exercise in primary colors, blue, yellow, and red. This extraordinary effort to express prime elements in three dimensional structure really established color in his work. "I could never do a white house again," he explains. "It's like an empty canvas. You paint a white canvas by organic necessity."

TOM YEE



Above: **Model of Hejduk's second "wall" house, designed for landscape architect A.E. Bye, in Ridgefield, Conn. Thin slab of wall divides three tiers of rooms at right from functional spaces—bathrooms, storage, and the study at left. Colors: muted pastels.**

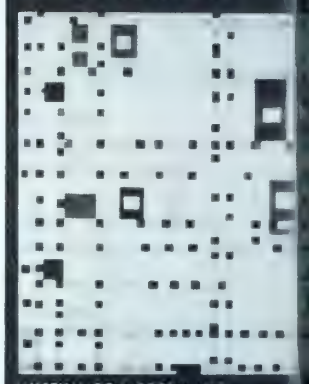
Hejduk's more recent experiments with color have caused him to be praised for his humanistic approach to building—though he dislikes this and any other "label." Once he decided to design in color, he had to rationalize its use with human meaning. So he began a series of "wall" houses using a palette from nature, to describe the nature of the rooms. The "wall" house consists of a single, thin slab of wall (see model, *below left*) around which rooms are organized. The rooms, most often conceived as free-form shapes in counterpoint to the angularity of the wall, hang from, or extend out of, the wall, which becomes a sort of giant background or "canvas." All rooms have *colored exteriors,* each one relating symbolically to the room's function. Thus, looking at the house from the outside the blue room denotes water and bathrooms; the yellow room sun, energy and the kitchen; the green room represents grass, nourishment and dining; the red element indicates warmth, chimney and fireplace; black is for night and the bedrooms; brown for earth and the living room; gray indicates the library "because when you read you're in the twilight between reality and non-reality, imagination."

As the series of "wall" houses progressed (a wall is always fundamental in the scheme), the colors became more muted and subtle, toned down pastels of the primaries. The second "wall" house, shown here, is gentle, impressionistic. "If you ask me what painting influences me most today," he admits, "I am terribly impressed by Turner, Degas, and Vermeer. I've established my ideas about color and form and I'm experimenting with a quality of light."

Ecological references aside, the "wall" houses also involve philosophical and sociological comments about time and privacy, which add to their richness. The wall is used symbolically to divide the house. The "transportation" system, stairway, elevator, that carries you into the house from the collective condition of the city and the public place of the street, is on one side. The living quarters, the private rooms where you live in your own individual way, are on the other side. From your personal niche, you look into nature, your own backyard, or toward whatever the view. The wall represents a time element, too. By going through it, you eject the past and proceed into the future. "That's why it's so thin," explains Hejduk. (Wall in the fourth house is about 1 foot wide.) "As human beings we are always either looking back in time or forward into the future. You see," he adds, "how interested I am in transforming ideas and situations, things that are elemental and prime." As if this were not enough to give the wall ample meaning and significance, it has its practical and crucial place in the building scheme. Very often, it contains the life support of the building, *(Continued on page 189)*

"I hope there will always be new paintings ahead of me to look at for coloration. I could never do a white house again, it's like an empty canvas"

Mondrian's paintings, in the one shown below, "B way Boogie-Woogie," fro Museum of Modern Art, were the inspiration beh series of Diamond House designed by John Hejdu Living-room floor in a fo house, a brilliant geomet arrangement of rooms, s colored in primary red, y and blue. Mr. Hejduk bel bouncing off ideas from Students at Cooper Unio told: "Do a building in th intention of Juan Gris." problem provokes strong reactions, pro and con," Mr. Hejduk. "But those w do become interested find it launches them into the world of re-creation and finally creation."

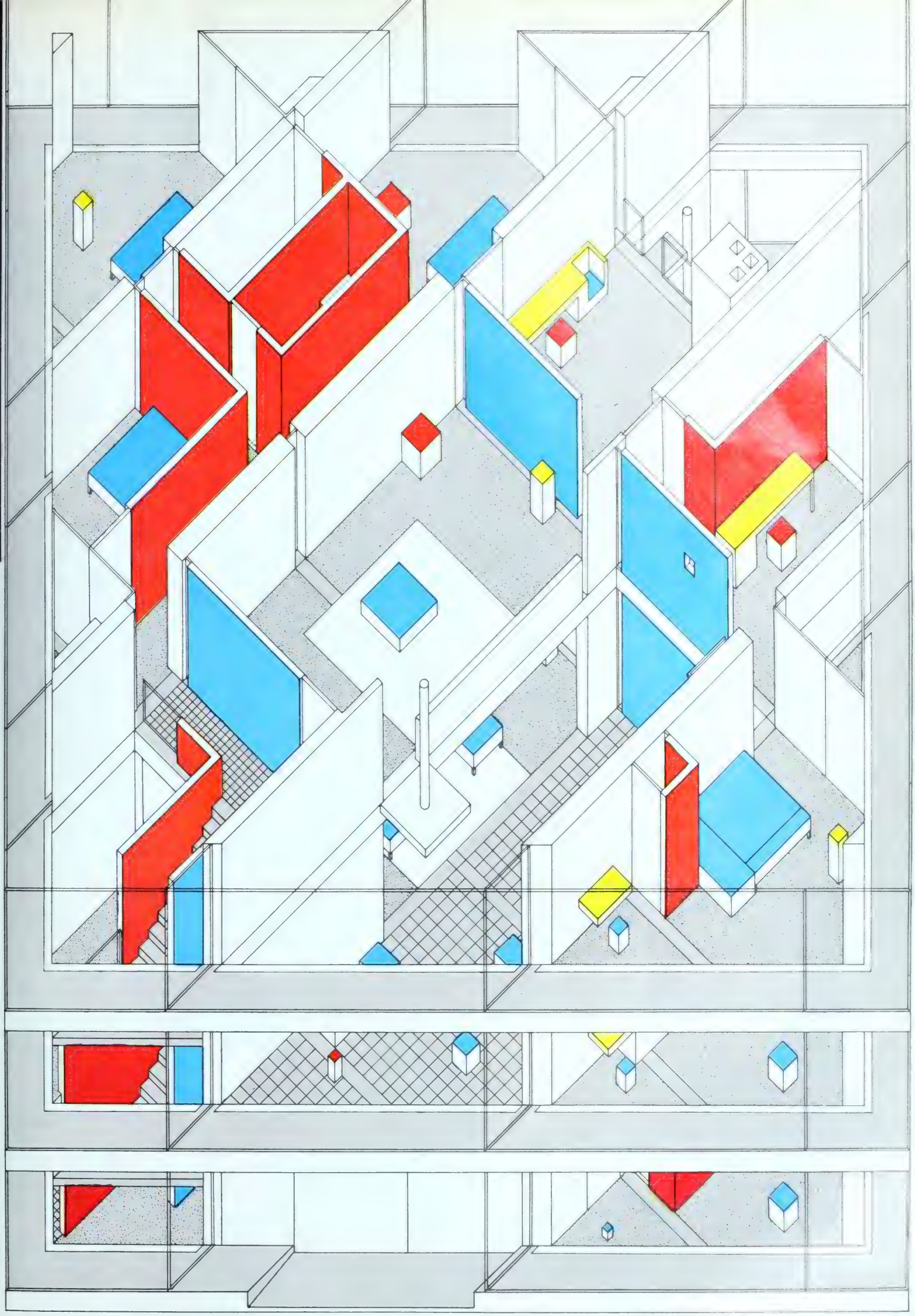


MUSEUM OF MODERN ART



STANLEY SELIGSON

Arched foyer leading to the Grand Hall of the Cooper U Foundation Building, New Y Hejduk transformed dark, dingy areas into exciting light filled spaces.



From Three Projects. John Heiduk. Published 1969 by The Cooper Union School of Art and Architecture in cooperation with the Architectural League of New York and The Graham Foundation for Advanced Studies in the Fine Arts.

Cooking with gusto

The dynamic director of classic flicks like *The Birdman of Alcatraz* and *The French Connection II* uses movie-making talents to produce some great French concoctions, too.

"Cooking, like film-making, is highly visual and highly creative," says John Frankenheimer who does both with gusto. "Timing, casting, and organization are very important. And just as in film directing, you can never master cooking completely: There is always something to experiment with, something to learn. But there's a difference. My profession is tense and demanding. In the kitchen, I turn business off and relax."

Until 1971 he and Evan, his wife of fifteen years, drove racing cars as a hobby. Until they came down to breakfast and read in the morning paper: *World champion racing driver dies at age 28* and, right beside it, *Famous gourmet and wine connoisseur dies at age 93*.

"The message was clear, I sold my Ferrari and went straight to the Cordon Bleu."

In his skylit kitchen, *right,* the cook with his just-browned *boeuf. Below:* A lion and bougainvillea guard patio door. *Left:* Gene Hackman, *The French Connection II.*



BOEUF MODE EN GELÉE

For six to 8 people

Ingredients for the marinade





Frankenheimer spent
nonths in Paris learn-
art of cooking, then
cook's tour of Europe,
g and cooking with
f Europe's great chefs.
d the most important
I learned was that
g should be a plea-
ot a lot of hard work
orry, but something
lly enjoy."

make cooking and
planning a pleasure,
vice is to really pre-
"Know exactly what
going to serve, and
everything through
in advance. Know
vegetables will be
ole, how long the mar-
will take. Have all the
ients on hand. Cast
nenu with care, having
that complement one
r. It's a matter of com-
ense: you don't want
sauces in the same
nor a filling main dish
filling dessert. Work
Get into the mood.
a production of it."
ever possible, Mr.
enheimer likes to do a
the actual cooking
of time. "I hate to be
e kitchen when my
are in the living

e any fine cook, Mr.
enheimer invents
of his own recipes, but
kes to borrow from



Herbs grow in big terra-cotta pots—sometimes three or four together—on the seaward terrace. "My favorite is chervil."

other great chefs as well. For the Sunday luncheon here, he based the main course on a recipe for *Boeuf Mode en Gelée* from Julia Child's *Mastering the Art of French Cooking, Volume I*, took one dessert from James Beard, and learned the salad from Michel Guérard.

"But I never adhere strictly to any recipe," he says. I always use a great many more herbs, for instance. And my marinades are a good deal longer—sometimes as long as four days. Because I think these things make the food taste better."



in its paper collar, frozen orange soufflé based on a rec- of James Beard's, trimmed with candied fruit and flowers.

"Cooking and film making are highly visual, highly creative; the important things are casting, timing, and organization"

Wine List

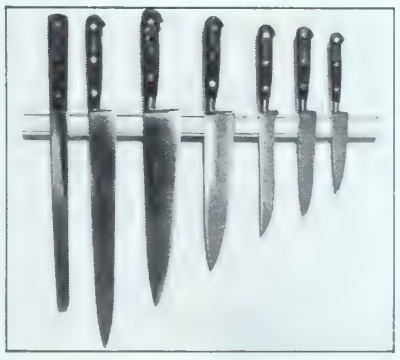
Before lunch:
Korbel's natural champagne with cassis
With lunch:
White wine: Mondavi's Fumé Blanc
Red wine: Julienas from Paul Bocuse

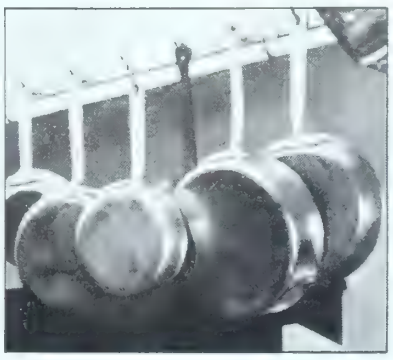


In the walled garden, the lunch table is covered with yellow and white cotton and centered with pots of marigolds from the garden. All the centerpieces grow in the potted garden: daisies, Iceland poppies, spring bulbs, plus the permanent greenery of eucalyptus, bougainvillea, cape honeysuckle, and more than a dozen potted herbs—several varieties of some, for experimenting. "We also have hanging rosemary," says Mrs. Frankenheimer. "It loves the sea, and the hummingbirds love *it*."

What I can't live without

"A few good pots—I travel with four; the best knives I can find; some wooden implements; and a few good cookbooks. I am never without three of Julia Child's books. James Beard's American Cooking, *Robert Olney's* Simple French Food, *and* The Joy of Cooking*—the best basic cookbook ever written."*







TED HARDIN

Sunhats plus sunglasses *above*, that protect guests against the squints. Beyond them, on the raised garden platform a tree-stump table and chairs for lunch guests, and an old elevator frame used as a gazebo.



Sunday Lunch

Deviled eggs and crudités
Terrine of chicken and ham

Boeuf Mode en Gelée
Salade Gourmande Malibu
Biscuits and Cheese

Frozen orange soufflé
Watermelon basket

Coffee, mints, florentines

The luncheon guests, *from left:* Marguerite Littman, John Frankenheimer, Joan Bennett, Mark Littman, Evan Frankenheimer, Irwin Shaw, Andrew Wald. "I always tell guests to wear Malibu informal," says Mrs. Frankenheimer. "We entertain outdoors, and everyone dresses amusingly. I love to wear long cotton dresses."

The buffet table, *above*, starring the finished *Boeuf Mode en Gelée* on long yellow platters, trimmed with carrots and onions. With it, a plate of Brie and water biscuits, a crock of paté, pickles unpretentiously in their jar, some red and yellow tomatoes, and a molded green-bean salad called *Salade Gourmande Malibu*. *Below:* An old French armoire conveniently stacked with serving pieces at eye level, plates below.

"When you plan a meal, pay attention to all the details. The presentation of food is as important as the food itself"



CUT! PRINT IT!

...king with gusto, recipes from all ..., and generous personal flourishes

...Mr. Frankenheim-...ooking it up in the ...n, his wife Evan ...'maître d', somme-...nd chief chopper. ...nly time John and ... cook together is ... we have Indian ...-and then we can ... a whole day in the ...n preparing the ... But Mr. Franken-...r loves to cook ...h above all. "French ...ng teaches you the ..., and makes it easy ...rn any other kind ...n Oriental. But at ...me time, it ... you for the ... His love of ...h cooking has ...ed a love of ...French imple-..., too: He has ...ted seventy-five ...r pots and twen-...nch knives "And ... them all—every ... But this doesn't ... you need all the equipment to cook food. I travel with a ... of four pots, and ... of the best food I've ...tasted was cooked in ...ce over an open fire." ...When John does all ...ooking—usually with ... from Andrew Wald, ... producer who is also



"You don't need a lot of equipment. Some of the best food I've eaten was cooked in France over a fire"

... a marvelous cook—we like to limit the guests to six or eight," says Mrs. Frankenheimer. "But," her husband adds, "we always try to mix movie-people with friends not in films. You don't want to have your lunch turn into an extension of a production meeting."

Salade Gourmande Malibu

SALADE GOURMANDE MALIBU

Dressing
Mix together:
3 parts lemon juice
1 part sherry vinegar
6 parts olive or safflower oil (I use safflower)
2 parts fresh chervil (or 1 part crushed dry chervil)
1 part fresh chopped parsley
Salad
Soak in dressing:
3 pounds crisp-cooked string beans
16 barely cooked asparagus tips
2 small truffles
several artichoke bottoms

To form salad, mound 4 handfuls of shredded chicory. Mound the soaked string beans over the top. Stud salad with artichoke bottoms; place asparagus tips and sliced truffles on top. Mold everything with your hands. Garnish with thin slices of a foie gras or good pâté if you like. Before serving, top with 6 tablespoons of dressing and 1 tablespoon fresh chopped tarragon or parsley. I learned the basics of this salad from Michel Guérard.



The living room, *above,* is filled with books: "All kinds," says Mr. Frankenheimer, "but there are a good many cookbooks up there." The door leads to the bar. Director Frankenheimer's film credits include *Manchurian Candidate, Grand Prix,* and *The Iceman Cometh.* He is now filming *Black Sunday* to be released by Paramount next Christmas.



...e watermelon basket, *above,* filled with balled canta-...upe, honeydew, and watermelon with blueberries and ...nt. To carve the basket, "figure out how you want it ...look, plunge in with your knife. The trick is bravery."

The terrace garden, *below,* functions as part of the house, reached by glass doors from the living room, and overlooked by a plant-hung bedroom balcony. *Right:* Another scene from *The French Connection II.*





THE FINISHED HOUSE, *above;* the model from which it grew, *below.*

How to plan

SPACES FOR LIVING—WHAT



GOES WITH WHAT



Paul Gray fits a house to his family

CHARLES W. [illegible]

Family life is a mixture of interaction and privacy, says architect Paul Gray. The place where it happens, the house, can be made to work with it. So Mr. Gray designed one to fit the family he had, and the kind of family life he wanted, a place that allows a lot to go on among its members—yet leaves each a space of his own. "The model was a marvelous tool," he says. "With a drawing, you can deceive yourself about scale or perspective. When you build a model, you can see it." He used a periscope, placed to put his eye level where it would be when the house was built, to check the plan. Each kind of family activity has its own wing, and as you move into the house through the public spaces toward the personal ones, the rooms get smaller and more private. They're laced together with halls and galleries where people can pass, or stop and chat, each intersection offering a vista and a choice. Enter the front door, next to a sky-lit alcove. Turn left, and there's the library—not, says Mr. Gray, the living room—ready for formal life together. Straight ahead is informal family life, dining room, kitchen and family room in a row. To the right is the bedroom wing, cubicles for three lively boys toward the front, then the girl's room, and in the quiet back of the house, the master bedroom. Or you can stand where you are and admire paintings along the gallery walls. The outside comes in through almost any floor-to-ceiling window. The family has changed since they moved in, Mr. Gray believes. Their former house was tall and dark, a nice house—but everybody blossomed in the new one.

In model, 1, **library** has sloping roof that helps control indoor light in the real house. **Dining room,** 2, is a gathering place. **Kitchen,** 3, midway to **family room,** 4, becomes a kind of news center. **Master bedroom,** 5, at dead end of two corridors, ensures privacy. **Each child has own bedroom,** 6. Model helped work out relationships among rooms.

[illegible]



Entrance, walk of silicon-sand concrete used throughout, and library.
DAVID MASSEY



Dining room, looking from the kitchen toward the entrance alcove.



Library has balcony that is half-private work space for Mr. Gray.
A line of water-rounded rock outlines and underscores the house.



Long wall of kitchen and dining room opens onto a patio, another place to
Kitchen is organized workspace for good cook, with room for children to w



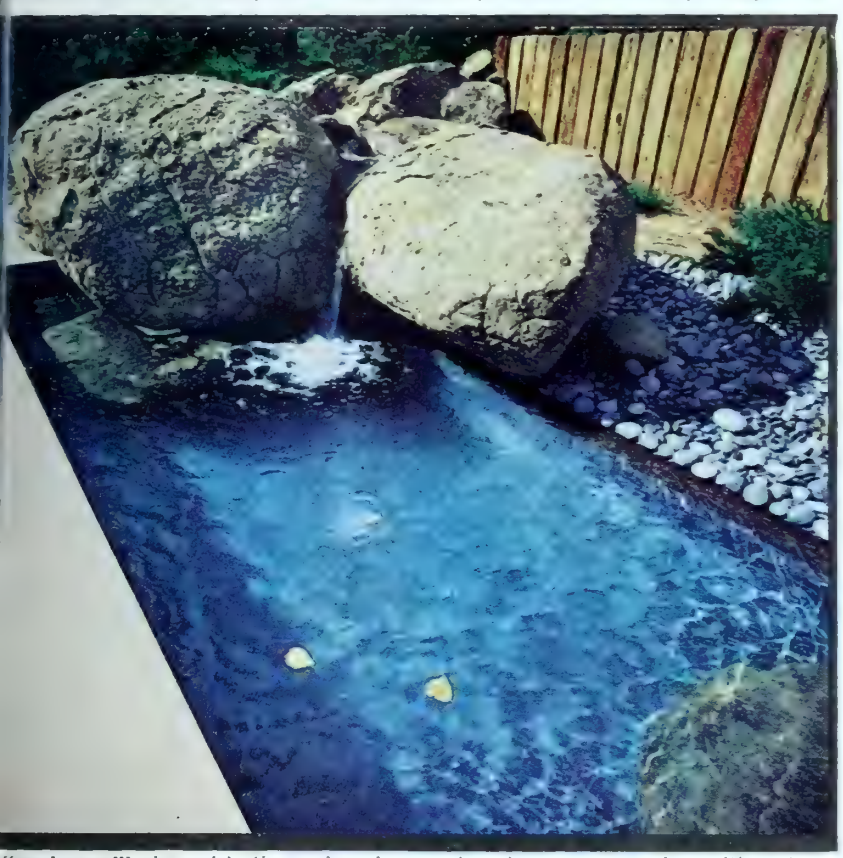




er bedroom overlooks pool. At end of halls, corner room has privacy.



Dark pool is planned to catch reflections. Children's wing at far left.



"rock pool" alongside the swimming pool makes a connection with nature.
ily room, seen from kitchen, slopes up to large high window, western light.



How to plan spaces for living (continued)

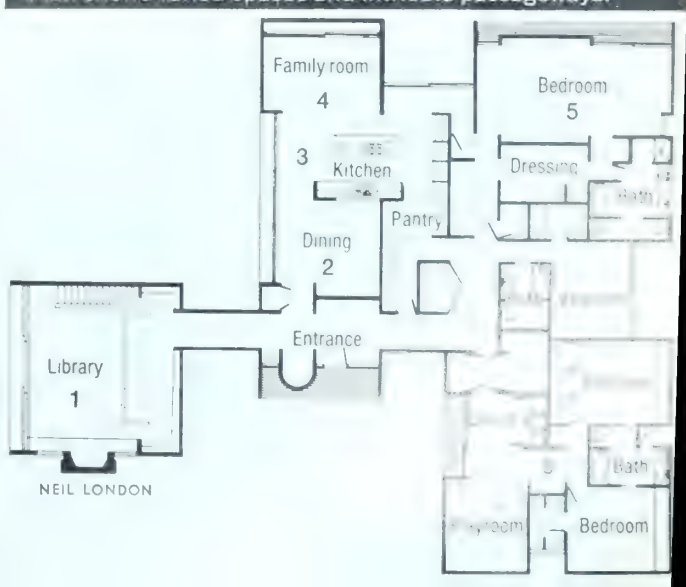
FORMS THAT FUNCTION FOR A FAMILY OF SIX

To promote harmony in the household, Mr. Gray has used only a few simple materials throughout. The exterior is all resawn redwood, the interior all white plaster. One kind of paving material is used outside, and only two kinds of trees, ginkos and corals, will ever cast shadows on the walls. The furniture is big and comfortable. The lighting is all on tracks because from time to time the furniture changes, like seasons that come and go inside the house. Floors are 1-inch-square natural wood parquet—the small pieces, says Mr. Gray, make an over-all pattern that is pleasing to the eye and lets you use rugs or not, as you please. It is coated with urethane, takes a tremendous amount of wear without showing it. The house cooperates with nature both esthetically and physically. The tall division in the fireplace chimney frames a group of graceful eucalyptus trees; the library ceiling slants down toward the south to keep the California sun outside while north windows take advantage of the light, and to provide a place for solar collectors to heat the house eventually (roof is metal in expectation—and also to provide fire protection in dry California hills). Eight round skylights soften indoor light, relieve angular geometry of house. Even rocks have a practical function: they make easy edges for lawnmower. Art important to Grays: entrance, Franklyn Phillips; dining room painting, Olitsky, sculpture, David Gray; bedroom painting, Jack Busch.

Building facts, page 190.

What's needed for a good family house? Clarity, an understandable function for each room, and a lot of flexibility, too.
A little mystery—although the house is open, you can't see through it, and rooms are not always quite where you might expect them. Mother can call from the family room and receive an answer from the bedrooms—but the youngest child, who is four, can still enjoy a game among passageways.
Practicality. The walls of halls and gallery are covered in a low pile that absorbs sound and improves the house acoustics, and that also hides nail marks, so paintings can be hung and changed as you like. A dark pool to catch the house reflection also catches the sun's heat to warm the water.
And interest in the way things look. Mr. Gray believes there ought to be a transitional state between vertical and horizontal in houses. Here it's a line of rocks around the outside walls, their texture and color designed to separate the house from land. Inside, indented line along floor underscores wall.
And room for being alone. A rock pool to brood by, a corner for everybody.

Plan shows varied spaces and intricate passageways.



What goes with what

Decorating with Plants





C. Z. GUEST, *left,* wearing a crisp cotton smock she has designed "with pockets large enough for clippers, twine, labels, indelible marker, pencil, pad, the gardener's usual paraphernalia," likes "happy flowers" and grows them in her greenhouse and garden. She enjoys fixing them for her house. "I adore flowers—one rose in a tiny bottle, a lily in a wine jug (if you're frugal you save the good ones), a bunch of hollyhocks or a single sunflower in a tall vase. I also like marigolds, even the way they smell, and like them in glass vases in baskets. My children say I'm basket-crazy, and I do love them and natural-looking containers of all sorts. You should fix flowers the way *you* like to, and if other people don't like it then that's too bad." That gusty sort of candor, and gutsy charm, are why Mrs. Winston F.C. Guest, whether in garden boots or riding boots or dancing slippers, and lately in author's and designer's shoes, does not go unnoticed. She has just written a book called *First Garden,* with an introduction by her friend Truman Capote, illustrated by friend Cecil Beaton—"I just went to see him at his beautiful place in Wiltshire and asked him if he'd do it." Her book is a primer, "the ABC's of gardening for true beginners who, I hope, will end up liking plants as much as I do. One has to start off simply. It's like riding a horse. First you walk, then trot, then canter, then jump low hurdles, then high ones. I fully expect people to read something more sophisticated once they get interested. But you know, for some people, just putting their hands in the earth is scary. I want them to find that the earth is warm and soft and friendly." Mrs. Guest has a passion for the outdoors reflected not only in sports and the horse and dog paintings she and her husband collect, but in her choice of terra-cotta hares, porcelain frogs, wooden ducks, as containers for the plants she grows. To beginning gardeners and collectors she says, "Gardening teaches you patience and discipline if nothing else. Start off simply, even with containers, and don't try to fix flowers with a set plan. Let it come naturally, as a surprise for you and for your friends."

A sampling of h Mrs. Winston F. Guest fixes her and cut flowers. *Right:* "One of a of terra-cotta bu we found in Italy they are hares, really, with their ears—and I love with potted glox or with geraniun or Paphiopedilu or other small orchids. I can't s them with roses lilies." *Right top* Terra-cotta hare a marble consol the hall flank mu colored baskets holding white ca orchids, and in t center, a clivia. T painting is of Mr Guest's father a child along with sister and brothe Lord Winbourne *Left center:* In na wicker baskets f Mexico on a blac green wicker tab gloxinias and a pink hydrangea. *Left below:* A lea frog of zinnias on marbelized side- board. Two white K'ang Hsi frogs h green Envy zinni The golden frog, also K'ang Hsi, "i rare because it h only three legs, a sign of good luck Mrs. Guest uses t frogs also "for marigolds, anem Japanese iris, bu never for orchids roses." In *box,* a closer look at the gloxinias and hydrangea, from Guests' greenhou





PRACTICAL IDEAS FOR INDOOR FLOWER KEEPING

"Plants need more water in warm weather, just as you do, but don't overdo. Plants are not fish. Water them if the earth feels dry or if they look limpy."

"Don't let water marks ruin your tables or floor. I use non-absorbent rubber saucers under pots, even when I put them in baskets. For vases I use glass coasters. Each frog cachepot has felt underneath so dampness cannot come through."

"In summer put ice cubes in the pots. They'll melt gradually and avoid spills."

"I'm surprised when people put a plant on a warm radiator or in a draft. You wouldn't want to sit there, would you?"

"Put your plants where you need them. It's only when plants are growing that they need perfect light. But do watch out for afternoon sun, which can burn."

"Plants last a long time in a cool house. We keep ours at about 64 degrees."

"To keep roses or any cut flowers looking fresh, cut them early in the morning, plunge them up to their necks in lukewarm water for 3 hours or so."









Far left: A rare Phalaenopsis from Florida breeder. "Orchids are just li race horses with th pedigrees, but they surprisingly easy to grow." *Middle:* Nea a Chelsea green cabbage, a Chinese frog with a bunch o zinnias. *Left:* White cattleya orchids in pot in a basket. *Left below:* Dining table with Chelsea cabbage and cand sticks, blue K'ang Hsi frog, blue and white Porthault line for summer.

What flowers what containers in what part of the room

Decorating with plants *Continued*



C.Z.Guest's feelings for plants are so keen that she "can't bear to see plants wired." She also never throws away bulbs forced in the greenhouse for winter bloom, preferring instead to plant them in the ground to bloom another year. She also does not like to use chicken wire or needle holders, likes the old-fashioned glass holders called frogs that cannot cut into the stems. She never mixes roses with other flowers, except tuberoses, or any flower with the foliage of others. She occasionally makes summery mixed bouquets but generally groups separate vases or plants, each in its own space much as they grow in a garden. The only flowers she does not love are "depressing gladiolas and dull mauve roses. Flowers should cheer you up." For indoor gardeners, she recommends amaryllis, clivia, geraniums, impatiens, also camellias, hibiscus, and citrus trees in tubs. Flowering spring branches—forsythia, quince, dogwood—are other favorites, if a room is large. For bedrooms and baths she likes small pots of crocuses, hyacinths, lilies of the valley, or a few roses or violets. She finds that her 12-year-old daughter likes paperwhites and other potted bulbs, where the growth is quickly seen, and she feels strongly that "children should, and can, understand the cycle and renewal of life through gardening. Don't you wish every school had a course in nature, trees, birds, animals?"





PRACTICAL IDEA FOR A COUNTRY GARDEN-OR A ROOFTOP

Raised beds for the Guests' kitchen garden are an old Williamsburg idea "and wonderfully practical. Soil is easily turned and replenished and warms up earlier for spring planting. Simply nail redwood boards to short stakes to form a bottomless box. Add soil."



Above: In a white marble hallway, wooden ducks, one *right* freighted with zinnias, float on pedestals near elephant tusks that frame a bronze Ming goose. The duck cachepots belonged to Mrs. Guest's mother. What seems to be a inverted vase is a hollow lined with copper. *Right:* Baskets from India and Africa, a lacquered pagoda, a coffee table grouping of gloxinia lavender and bronze orchids. *Left below:* C.Z. Guest wears a smoc with matching scarf and gloves in "C.Z. green." It comes in other gardeny colors and prints. She designe them and a jump su for David Crystal. H book, *First Garden* (Putnam's, $8.95) is on paper the shade new shoots in sprin



ALL TOGETHER NOW! CITIZENS TAKE CHARGE





China's good neighbor policy handles laundry, day care, divorce

An interview with China hand Audrey Topping



EDITOR'S NOTE: *Audrey Topping, distinguished writer, photographer, and television film-maker, author of* Dawn Wakes in the East *(Harper & Row, $17.50) and two children's books, has traveled extensively in China, the country of her childhood. Through her photographs, books, and lectures she has opened up a world shut off from the West. She is the wife of Seymour Topping, Assistant Managing Editor of the* New York Times *and mother of five daughters. In this special interview with Beverly Russell, she spotlights the intense interest by the Chinese in cooperation and sharing and suggests that this interest might be both transportable and valuable to us in America.*

"It's possible that some of the same kinds of cooperation you find in China might grow here of their own accord, though it's hard to do it under the system we have. Ours is a competitive system not a cooperative system. But just for a start—and I'm not saying this as a solution to our urban problems—if the city was divided into smaller units, like neighborhood committees, and all the people in an individual neighborhood, say it was four or six blocks, were responsible for their own area and had a feeling of responsibility, cooperated in keeping the streets clean and getting the garbage collected and cared about their neighbors, it might help develop an attitude that leads to more cooperation.

Cooperation works from the family up

The spirit of cooperation in China is much easier for them to practice because it flows from the old family system, the clan, the strong sense of caring for immediate relatives. To some extent the tradition of family rule is breaking up—it had to, it was a tyranny—and is being replaced by neighborhood committees, which might include three or four families together. This is the smallest unit of cooperation. Then they have street committees and various municipalities that make up the city. They're all run by people elected by the neighborhood committees. Most of them are women in the city, I've noticed, because women have more time and have a keen interest in knowing what's going on. They're concerned with small grass-roots problems, with keeping streets clean, and they're concerned that everybody's happy, so they look into marriage and domestic problems. They meet twice a month or something like that. They talk about how they can improve the neighborhood. This is considered very essential to them, not something for someone who hasn't got anything to do. They plant trees, flowers that they can use, sunflowers, perhaps, for seeds, lotus because they can eat the lotus roots. Or vegetables even, like red peppers and tomatoes. Anything that looks attractive but is useful at the same time. And of course, they all help take care of the parks. You never see waste paper or anything lying around. If you do drop something someone will come up to you, give you a dirty look and hand it back.

I suppose talking is basic in Chinese life, they don't have television, so in the evenings they tend to sit around in a group and talk. There is a lot of talking about how they can improve themselves and the group, life in general for everybody, because they believe they are in the process of changing their society. At this point in their history they're motivated, so they don't consider they're just sitting around and doing this because they've got nothing better to do. They consider this one of the most vital aspects of their lives, that each one of them can have a say, each one of them can help.

The Chinese have always been for a balance in nature and in the *(Continued on page 112)*

"Cooperation starts early. Children are always given the opportunity to help"



Left: Pedicar pool organized by Peking housewives takes young children to school. *Above top:* Women in Nanking work in a neighborhood sewing group. Make the paper patterns for clothes, cut out the printed fabrics. *Below:* Another women's group. Together they make clothes for their families. Any extra garments are sold to bring funds to the group.





Gumption in Grand Rapids saves 1,300 buildings

By Beverly Russell

The spirit of Grand Rapids, Mich., is a force to be reckoned with. The city's amazing restoration project, saving one of the *largest* areas of historic houses in the country—*1300 buildings, 39 blocks, 356 acres* — sprang into shape one day when a handful of six active neighbors got together over a cup of coffee and formed the Heritage Hill Association. They were shocked into action by an urban renewal proposal to bulldoze some of the unique old houses on Heritage Hill to make way for the expansion of Grand Rapids Junior College and plans for a new Skill Center High School. Some of the houses, typical of buildings in so many old districts today, were neglected; the city corporation believed the area was deteriorating into an urban problem. People were leaving the old-fashioned mansions for more convenient suburban houses. Landlords, disinclined to renovate buildings properly, were renting out substandard living space that attracted poor tenants. Demolition seemed to some people a good way to wipe out the crisis and promote "progress."

As it happens, the Heritage Hill Association lost the battle of the proposed new Skill Center. But it won the war against urban renewal and effected a workable compromise. Nine years later, Heritage Hill is now firmly established as a showcase of fifty-nine styles of architecture, recognized by the National Trust for Historic Preservation and designated an important landmark on the National Register of Historic Places. It is also protected by a local historic Preservation Commission ordinance.

What makes this group of houses particularly notable is the quality of workmanship, design, and carving of many interiors. Grand Rapids, a prosperous center of the furniture industry even today, was booming in the 1880s, when most of these mansions were built. Business tycoons having hired master craftsmen from all over Europe to work in their factories, invited them to enhance their homes. The competitive element of the situation encouraged extraordinary details. Many of the mansions rise three stories to big balconied ballrooms under the roof. Ornate stairways connect the floors, intricate cornices adorn the ceilings. There are baronial paneled dining rooms, stained-glass-windowed foyers. The richness of the decoration and the variety of styles make the Heritage Hill's claim of being a unique urban historic district in the country truly justifiable. It is here that Frank Lloyd Wright built two private homes in the early 1900s—another aspect of the competitive mood of the locality. In fact, lawyer David Amberg who commissioned one of the Wright houses, felt so uncomfortable in his avant-garde surroundings that he lived there only as long as it took him to have another more conventional one built.

Restoration of this whole neighborhood has been done entirely with private funds. The Heritage Hill Foundation, organized in 1971, has never received a penny of city, state, or federal money for daily operation. It keeps afloat by pulling just about every trick it can think of to generate interest and dollars: subscriptions to the Heritage Hill Association and the Heritage Hill Foundation, books, calendars, an annual house tour. "We live from hand to mouth, literally," says the Executive Director, Linda De Jong.

Several outstanding ideas have helped its success and led neighborhood residents and city people generally to realize the true value of their architectural legacy. A repair and renovation program in the Grand Rapids public school system for high school students builds enthusiasm on one level. The students donate labor, the Foundation pays for materials. In the process, young people learn practical skills like furnace repair, electrical rewiring and get a lesson in respect for old buildings at the same time. "We want them to be sensitive to old houses," says Mrs. Charles Roelofs, President of the Foundation who has been active in the preservation groups from the very beginning. Home owners are offered free expert advice on how to divide space into rentable apartments; or how to paint their houses in a way that will highlight the architectural details. Banks are being encouraged to make loans to young couples anxious to work on do-it-yourself rehabilitation. A dilapidated house may be offered on the market for $12,000 but such a low price may still be unaffordable if financing isn't available. FHA guaranteed mortgages have been revised, so that the initial appraisal includes the cost of the extensive renovation. At the moment there is a plan to establish a special tax assessment for Heritage Hill residents and invest the money in streetscaping, putting up replicas of Victorian street lights with tear drop lamps, street signs of fluted wrought iron. "Enthusiasm is running very high for this," reports Mrs. De Jong who has just received a $5000 federal grant matched by $6000 from the city to help implement this scheme.

Grand Rapids former mayor Lyman Parks, a minister and man of dignity, integrity and drive reflects the attitude of most of the Heritage Hill residents. He has lived there himself with his wife and family of seven children since 1968. He bought the "conventional" house that the lawyer Amberg

(Continued on page 189)

"The people's time, effort, talent—and their own money—restored 39 blocks"



Above left top: **Alexander Calder's rooftop painting, and his large stabile "La Grande Vitesse" in downtown Grand Rapids.** ***Right:*** **Minister and former mayor Lyman Parks, a force in restoration.** ***Above:*** **Revitalized Victorian house on Heritage Hill.**

Celebrating the Bicentennial

Revolutionary color from America's past



Historic Webb House, now a museum– Washington and Rochambeau planned the battle of Yorktown here



The Joseph Webb house, built in 1752, *above,* and long a sedate New England white, had originally been red—as it is once again.

The parlor woodwork was, and is, a strong pastel green. Furnishings are of the period.

True colors of needlepoint on chairs in room where Washington and Rochambeau sat to confer, *below,* here reproduced, were discovered on underside of faded originals.



Stirring times, strong men, an era of revolution that changed the political shape of the world—the century now 200 years past was full of color. It makes sense. Active people needed the support of active color, the vibrant blues, the lusty salmons, the definite greens and yellows. Yet until recently we have tended to think of Revolutionary days in terms of the muted creams and pinks those colors became with age. When the National Society of The Colonial Dames of America in the State of Connecticut decided to restore the house in Wethersfield where George Washington met with the Count de Rochambeau in 1781 to plan the campaign that led to victory at Yorktown, they did some research and a lot of careful patient scraping through accumulated layers of paint, to find these glowing original tones, and to bring them back to contemporary life.







BEADLE

rly crewel work and tapestries, *top,* part of e Society's collection, are still lively as flowers.

ashington's bedroom, *above,* still has imported ocked wallpaper that was put there by Mrs. ebb in 1781, to honor his visit. The bedspread handworked rose calamanco, a finely beaten lished wool.

ochambeau's blue bedroom, *right,* not as well cumented as Washington's, but has typical rniture, wallpaper in startling period colors.

uilt-in china cupboard, *far right,* shows daring e of combined colors. Dishes are Chinese xport porcelain. House is open Tuesday rough Saturday.





Unbeatable blues for everything on the table,
and a sitting room-bedroom where sheets



HORST

e decorating

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The dazzling blue Glory Bush from southern Brazil is also called Tibouchina. This one grew from only 10 inches two years ago to a glorious 5 feet tall today. It'll go higher too—up to 25 feet in tree-like shrubs that thrive both in and out of doors. It needs water every day during summer and during winter should be watered only when the soil is quite dry. Tibouchina can be grown from both seeds or cuttings. Order from J. Barry Ferguson Flowers.

A tablescape of sky blues and white for a late supper. The table and walls are covered with an abstract flamestitch-like patterned cotton fabric by Hexter; delicate "Snowflower" porcelain in muted blues with white by Bing & Grondahl; "Old French" sterling silver flatware by Gorham; Victorian silver-plate goblets from James II Galleries; crystal "Anemones" flowers and ash-trays, vase, urn, and kniferests all by Lalique; "Dovetail" stemware from Carole Stupell; Sheffield-plate gallery tray at S. Wyler; Belgian linen and polyester white place mats at Léron; the hostess's silk caftan was designed by Mary MacFadden.

Sheets do it all—in two patterns of blue and one pure white—in a bedroom/sitting room designed by Angelo Donghia, *opposite page far left*. "Ultra Plaid" and "Ultra Stripe" cotton and polyester sheets and comforters cover walls, sofa, chairs, the bed. Sheets were laminated to the window shades. To maintain the clean, flower fresh look almost everything in the room is slip-covered for easy machine washing. Fat armless chairs are covered with "Ultra Plaid" comforters, one and a half comforters per chair. Curtains are [illegible] sheets bordered in bias-cut [illegible] Stripe." "Everything is loose and easy," says Mr. Donghia, "like blue and white, it makes you want to relax." Sheets designed by Angelo Donghia for Utica Fine Arts. Shopping information, page 131.

FRESH COUNTRY BLUES

...ean and carefree blues: True Blue and ... the newest of the House & Garden ... Blue Flower with a hint of violet; ... blue like a tropical turquoise; bright ... Sky and clear Crystal Blue. They're all ... ready to buy in stores across the country.





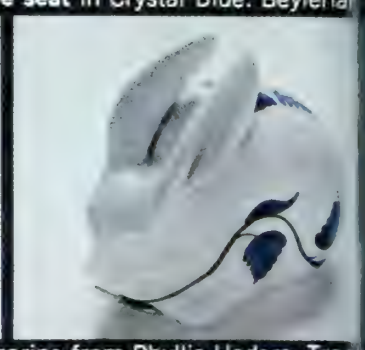




Shiny doubledecker **checker set** in Ultramarine plastic, by Pitkin County Toy. Handmade Portuguese needl... point wool **rug.** "Aviary" on a Blue Sky ground by Stark Carpet. Quilted **love seat** in Crystal Blue. Beyleria...







"Delectable Mountains" with "Flying Geese" bordered 1880 **quilt** in Ultramarine from Phyllis Haders. Tran... parent Crystal Blue **watering can** by Scan-Plast at Seabon. Ultramarine porcelain **rabbit bank** at Tiffan...









White lacquered rattan **chair and ottoman** with Blue Flower and Ultramarine chintz cushions, by Bradston Rattan. 360-degree swivel-base **9-inch T**... in a Blue Sky case by Hitachi. Acrylic **rug** or hanging in True and Crystal Blues, by Cado. Handmade ceramic **bowl** from Greek Island Shop...









True Blue and Blue Flower "Pisces" wool **rug** by Edward Fields. Soft Blue Sky **sheets** with Ultramarine monogram and borders from Léron. **Faience** setting in True Blue—"Tranquebar" by Royal Copenhagen. Wedges, squares, ottomans—canvas-covered **seating.** "Regatta" by Overman, Int'l.



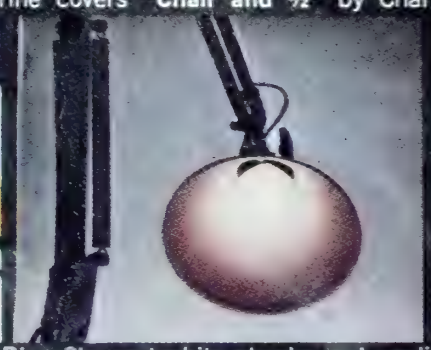






Solid-state **portable TV** in a lively Blue Flower case by Magnavox. **Tureen,** vase, and dinner plate from the "Seagull" pattern by Bing & Grondahl. Chintz in Blue Flower and Ultramarine covers **"Chair and ½"** by Charlton. Handwoven 20-inch square Reef Blue wool **pillow** from LCS.









Pure cotton **sheet** and pillowcase in Blue Sky and white checks and appliquéd flowers by Léron. Ultramarine baked enamel finish on "Crown-lite 2" extension **lamp** by Luxo Lamp. True Blue "Baronial" **china,** gold leaf banded by Gorham. **Hat basket** lacquered Blue Sky at Dolly Kay Design. Below: Deep Ultramarine and gold "Sherbrooke" **china** by Royal Doulton. New "Great Iris" cotton and polyester **sheets** by Martex. Nesting **mixing bowls** in 2-, 3-, and 5-quart sizes and Blue Flower. By Hall China for Denby. Reef Blue and Ultramarine scented **pillow** by Marina at Bendel's.

DECORATING FINDS

ic **blankets** and comforter in Blue Sky "Country Check" by Sears. Floral **china** in True Blue—"Shalimar" by Minton. Blues and reds on a ground for a **pillow** from LCS. Large white blossoms cover a True Blue lacquered serving **tray.** By The White Monkey at Dolly Kay Design.

oint round, covered **casserole** in Blue Flower by Hall for Denby. True Blue cotton cushions on a natural wicker **love seat** by Design Insti- America. Oval **wash basin** in Ultramarine by American Standard. **Ovenware** in off-white and Ultramarine. "Cornflower" pattern by Carbone.

amarine flowers on a blue-gray ground for "Festival" **stoneware** by Royal Doulton. Enamel **faucet** set in Ultramarine. "Colore" from Fearless cets. Roundbacked **love seat** with Ultramarine and white cushions by Selig. Rayon **fabric** with woven texture in True Blue and Ultramarine. Hexter.

KEITH TRUMBO

ton and rayon **bedspread** in True, Crystal, and Ultramarine Blues by Nettle Creek. Sunbeam traveling **iron** in a Blue Sky case. All cotton **ets** and pillowcases in "Daisy" and "Toursade" by Porthault. For mousse, an aspic or just to hang, a porcelain **mold** from Hubert des Forges.

okshelf **speakers** have True Blue grille covers. By Lansing. Brass-handled porcelain **teapot** from Bergdorf Goodman. Vinyl **wallcovering** in Blue Flower, "Jennifer" by Th ut. Handpainted **vases**, 3 to 12 inches high. Robert Webb. 9-inch "Bicentennial" porcelain **plate** by Bing & Grondahl. Plastic **cassette storage** racks by Royal Sound

e gallon yields 8 hours of vapor from a Blue Sky-cased **humidifier** by Oster. Korean design for an **armchair** lacquered Crystal Blue by Bergdorf Goodman. 8-track player, FM/AM **radio** by Emerson in True Blue. Batik cotton **fabric** from Schumacher in Blue Flower and True Blue.

When you're entertaining, a neighbor will generally come in to help you. No one would consider payment for it, that's cooperation. The same thing goes for baby-sitting

China's good neighbor policy *continued from page 104*

universe and now they realize if there is a group involved in running a government, factory, or institution, it's important these people not lose touch with the majority. So you will find city intellectuals, doctors, and other people out in the fields living in an agricultural commune for a week or two every six months. They volunteer to do this because of a sense of responsibility. One doctor told me it enables him to treat his patients as people and not like patients in a cold way. He could see their problems, because he's worked with his hands along side them. Blocks of tickets to operas and concerts are distributed to farmers to bring them into the city so they get cultural exposure. And this kind of attention and awareness of balance is something they're intent on establishing in China.

When people don't have much they seem more willing to share

I think one thing we have to realize is that when you have a very high standard of living, in many ways you lose touch. Maybe you get too interested in having your own material possessions around you. When you don't have much, you're much more willing to share it with everybody. In the old days, in the time of the Early American settlers, when somebody needed a quilt, they'd all come together and they'd make a quilt, or they'd paint a house, they'd have a sewing bee. I think people are happiest when they feel they are a part of a group. Of course living in a more cooperative way, sharing, means that you have to give up some of your privacy. Everybody knows what you're doing to some extent. If a student in China wants to get into a university, for instance, it's discussed by everybody in the neighborhood, whether or not he has the ability, and not only this but what he's going to do in life. Everything is made into much more of a family affair. Now in this country, these questions are considered by the immediate family and no further. Again, I believe Early Americans lived less privately in this sense, but this got lost in the post-industrialization. The ideal is to have the high standard of living industrialization has given us, plus the cooperative spirit among people. There aren't any lonely people in China—nobody feels left out. And that's part of the reason why there is little juvenile delinquency there.

Chores are transformed into social events

Without the appliances we have as part of our standard of living, Chinese women need cooperation to make life easier. Without washing machines, doing the laundry becomes a cooperative event, a social event instead of a solitary activity. You seldom see a woman washing clothes alone in the country. She's usually sitting in a circle around a stream, having a good time and enjoying herself. In the city, the neighborhood committees organize the laundry, so that no one has to do her own washing all the time. But again it's also a group activity, and as long as they're going to have to do it anyway, they may as well have a gossip session.

The same sort of arrangement exists for food shopping. Three or four women will buy food for a group of families—the responsibility for doing this rotates within the group. They will shop, bring home the food and sit around in a group and prepare, say vegetables, chopping them up. Later other women come with their baskets and buy the chopped up things. They have no refrigerators, I don't know how they manage in the kitchen frankly; they have ice boxes in summer and you see ice wagons going through the streets delivering ice. Food is bought fresh every day. Of course there is more preparation in Chinese food than cooking. When you entertain, a neighbor will generally come in to help you. No one would consider payment for it, that's cooperation. And the same thing goes for baby sitting. Your neighbor always helps out. In a big modern apartment building you will find a room where there are sewing machines and embroidery is done. Women will come in and make clothes and things for themselves and for the neighborhood committee, to sell and make a little profit.

Of course, they don't have cars, so you will find walking pools or bicycle pools for children to get to school. You see a whole line of kids with a couple of women walking along, or carts on the back of a bicycle with little toddlers in them. (There are day-care centers for pre-schoolers. Babies are taken to work with their mothers.)

A child would never go off to

Continued on page 191

Before you buy a smooth-top range, find out what's under the smooth top.

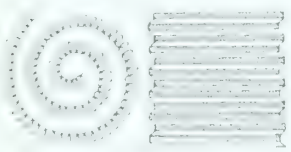
If you look under the ceramic cooktop of most smooth-top ranges, you'll find heating coils that operate like the ones on ordinary electric ranges.

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WINE AND FOOD



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FOUR KITCHENS THAT SOLVE
FOUR DIFFERENT PROBLEMS

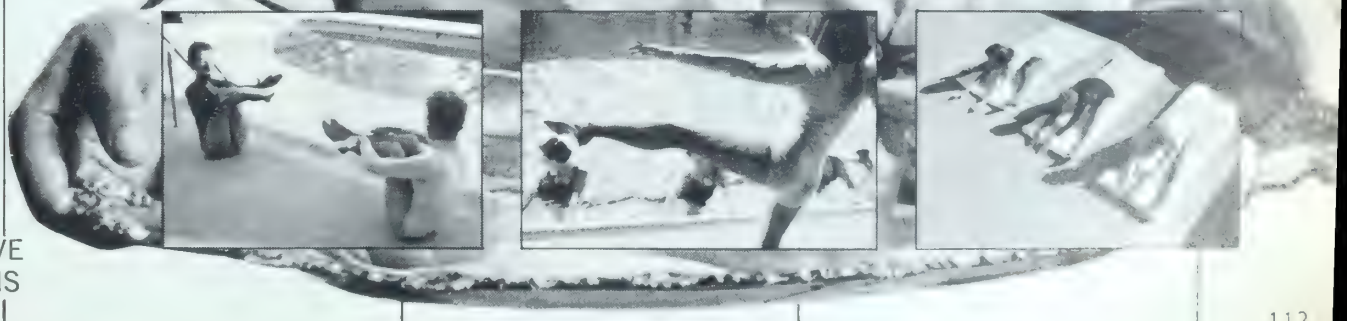


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NEW EQUIPMENT



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STRATEGY FROM
KITCHEN PLANNERS



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7:30 AM
Half grapefruit
Tea or black coffee
11 AM
Potagelum broth
with lemon
1 PM
Shrimp
d deviled egg
getable salad
laine Chance
dressing
3 PM
Grapefruit juice
6:45
6 PM
Cranberry juice
Raw vegetables
3 PM
Tea with lemon

Four kitchens that solve four

STORAGE



One small room under the eaves of a city house had to serve as combination kitchen, dining room, and wine "celler." The owner turned smallness into an asset by making see-everything storage the star, opening up the room with smoked mirrors and small-scaled furniture—built-in, stacking, or on wheels.

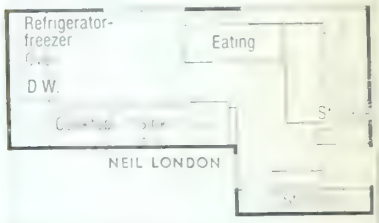
ifferent problems

SMALL SPACE

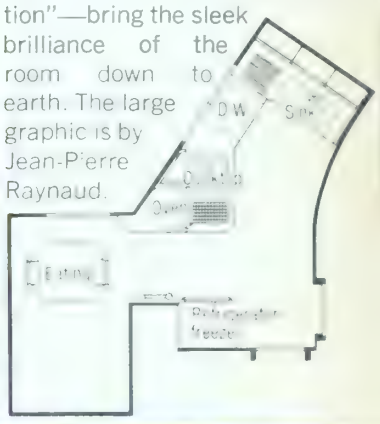


To make a tiny, oddly shaped space a super-efficient kitchen, a daring solution is to drop in one made-to-measure V-shaped cabinet so you can stand in place and swivel from the range on one side and the dishwasher, center, to the sink on the right, and, thrifty as a boat designer, put storage over and under everything.

Everything is white and light. And storage, tucked into every conceivable place. The owner is a man who loves to entertain, perhaps eight or ten guests for dinner, whom he lets "pick up what they want to eat right off the wall." Provisions—Campbell's soup cans and all—gleam like Pop Art from shallow, mirror-backed shelves. Two specially built cabinets house bottles, one for wine, the other for soda and tonic and mineral water. On the side wall, a knife rack framed like a picture. To save space, the owner designed stainless steel tables on casters, paired them up with a built-in bench and Scandinavian stacking stools upholstered in David Hicks fabric. Not seen but to left of the small bottle cabinet is a filing cabinet. And, marveling at it all, *lower left*, is a ceramic by Picasso.



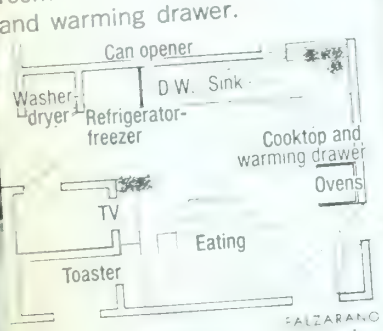
Walls enameled a shiny House & Garden Sun Yellow fill the kitchen with sun. Marie-Pierre de Cicco and interior designer Gilles Saint Gilles worked together, choosing every accessory with a keen eye for shape and color. "The colors give me fantastic energy," says Mrs. de Cicco, "And I love to cook." Formica cabinets—perfectly designed so each drawer shuts to become a barely visible rectangle on the cabinet's side—were custom made by the Brussels firm Top Mouton. Under range, a drawer for pots and pans. Storage for china and glassware is over sink. Near the dining area, a warming drawer (under refrigerator) and carving board (by range). Chinese bamboo chairs, stool, and a ladder "to nowhere—just for decoration"—bring the sleek brilliance of the room down to earth. The large graphic is by Jean-Pierre Raynaud.





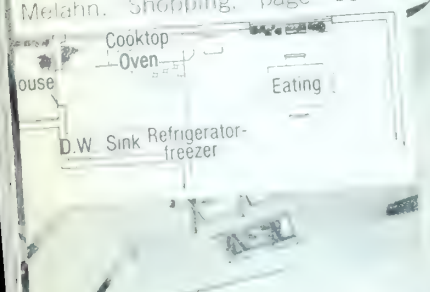
Kitchens that solve different problems *continued*

Good-looking lighting was a must. Even with the breakfast bar removed and the space opened up, there was only one narrow corner window for the small space. The interior designer, Michael de Santis, arranged 4-foot modular chrome panels by Lightolier in a random design and, to catch the lights at different angles and "heighten" the ceiling, mirrored sides of beams. For easy care, counters, cabinets, table are suede-finished Formica, floor tile is ceramic. Stainless steel "light rays" define dining area. Built-in TV, desk, toaster. Laundry closet next to General Electric refrigerator-freezer. KitchenAid dishwasher. Not seen but by dining room door: cooktop, two ovens, and warming drawer.



FALZARANO

To give the kitchen a country spirit, the Thomas Melahns had the paneling of the living and dining room continued into the kitchen, beams added, and the kitchen and greenhouse (where Mrs. Melahn grows herbs for her Basque cooking) tiled. "We chose all materials for their beauty, and, strangely, they turned out to be the most practical, too," says Mrs. Melahn. Handmade Portuguese ceramic tiles and French terra-cotta tiles with Spanish inserts are from Country Floors. Pine and stained glass cabinets, Fred Varney. Steel ventilating hood, The Wilton Forge. Antique, Pennsylvania-Dutch, meeting-house book-rack chairs, table, tank-turned-terrarium. Portraits, frescoes in 14th-century techniques, are by Mr. Melahn. Shopping, page 131.





LIGHT

Tiny reflected points of light make this made-over city kitchen glow like a walk-i
light sculpture. A small kitchen and separate breakfast room were opened u
into one large kitchen, a white, light space for informal dining and entertainin
Easy-care materials and pared-down lines make even white a snap to clea

HOUSE & GARDEN, MAR



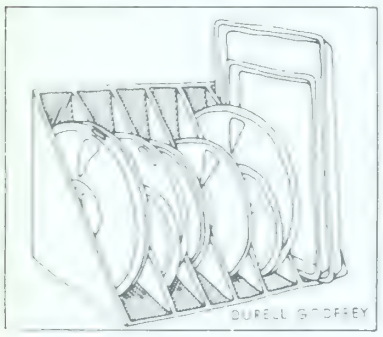
DINING

When your kitchen is right off the dining area, how do you make it warm and personal but keep it practical? One answer: Remake it all in wood and handmade tile. This kitchen bridges a two-story living and dining room and a small, walk-in greenhouse, and suits the country antiques and woodland views perfectly.

STRATEGY *from kitchen planners*

A kitchen should be designed for the cook. No formulas, please: Kitchen-making is a personal thing. But good ideas are always welcome, so here's a pageful—for the kitchen you now own or the one you're dreaming of—from some of the best designers we know.

Laura Odell Kitchen Designs, New York: When you plan a kitchen, think of making something, like vegetable soup: The vegetables go from refrigerator to counter, then to the sink for rinsing, then to another counter for chopping on the way to the pot on the stove. The arrangement takes shape—and it makes sense. When the soup is done, where do you put the hot pot? Perhaps on a 12-inch wide stainless steel counter-insert right next to the stove. If you put the sink under a full-sized cabinet, you can take the dishes from dishwasher to cabinet without taking a step. If you're a serious cook, have incandescent lighting—the only kind that lets you see the true color of a rare roast beef or a perfectly done broccoli. Sometimes the best storage solutions are the unusual ones: Pot lids and baking pans stack vertically in rec-



ord-album files inside cabinets. For cooking oil bottles and pepper mills that tend to leave rings and droppings, I use little plastic trays ($1 at Design Research) you can take out and clean without disassembling the whole shelf.



Kurt Fuchs, Contemporary Systems, Needham, Mass.: Visualize the dishwasher with the door *open* when you plan. Will an open dishwasher door block traffic or pin you against the sink? In the food preparation areas, inches count. For the command post of the kitchen—between sink and cooktop—you need at least 30 inches of workspace. On the other side of the stove, allow at least 8 inches between cooktop and wall, so pot-



handles don't stick into the room or over another burner. For storage, we often use stack-



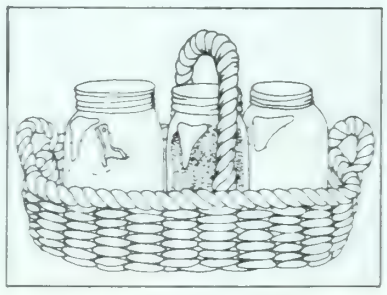
able plastic pigeonholes, some open, some with pull-out shelves for cookbooks, some with lockable flap-doors for medicines—or hiding birthday presents.

Tod Williams and Stephen Potters, New York: Floor space is for two things: cleaning and traveling, none of which ought to be done very much in a kitchen. Keep the work areas within a few steps of each other, and the aisles small. Try to get some natural light into the kitchen: Windows between countertops and upper cabinets, perhaps. Hang your herbs under the fluorescents: they thrive there. For hot-plates and small cutting surfaces, we use 8-inch-square ceramic tiles with felt glued to the bottom. And glass canning jars make great canisters for pasta and other attractive foods. For potholders, buy some looms and loops at the five and ten and put the kids to work: It was a great idea when we were kids, and it's a great idea today.

Janean Kitchen Designs, San Francisco: Try to have one really comfortable working area at least 4 feet (even 8 feet for an island) facing either natural daylight or people—or both. Two simple storage improvers for any kitchen: Add half-shelves between cabinet shelves for small packaged foods. And to help unclutter deep drawers, install shallow sliding trays a third the drawer's length for cookie cutters and other miscellany.

Charles Mount, New York: If you don't have a center work island, you can build one yourself: a 4-by-4 foot (or 4 by 6 if you have the space) slab of butcher block on a 36-inch-high structure of plumber's aluminum pipes and elbows. Put the whole thing on wheels if you like. And underneath, have a pair of rolling two-drawer file cabinets for storage and extra roll-out work surfaces.

Florence Perchuk, SVP Kitchen and Bath Designs, New York: The best kitchens are personal kitchens. This can mean anything from building the center island extra high if you're extra tall to displaying your collection of ceramic pumpkins on top of the cabinets. You can still have the most efficient design—but why have a slick modern kitchen if you love terra cotta and baskets? I like to have things handy: I put slots for knives and cleavers right into the chopping block—plus a round lidded hole with a canister underneath to scrape the



scraps into. For open storage, I like old cookie tins, or baskets with big jars inside. One of my clients found an antique post-office mailbox with lots of little compartments with keys. We recessed it into a wall, and now it holds spices instead of mail.

A cook's



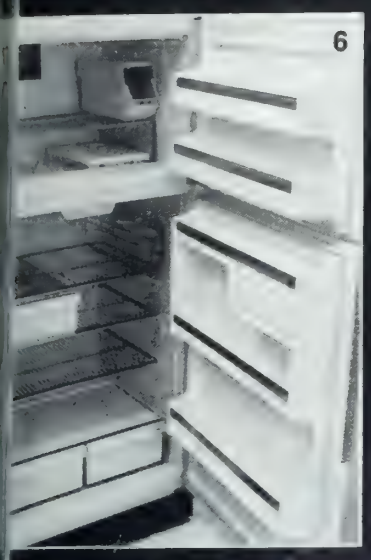


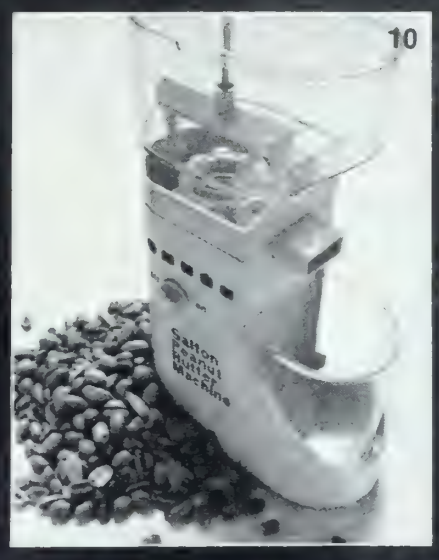






est friend: new equipment


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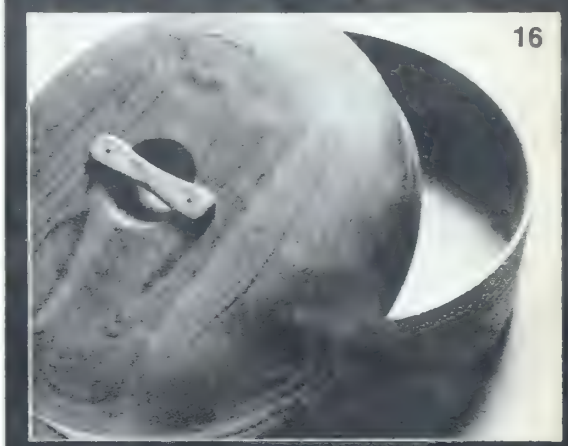
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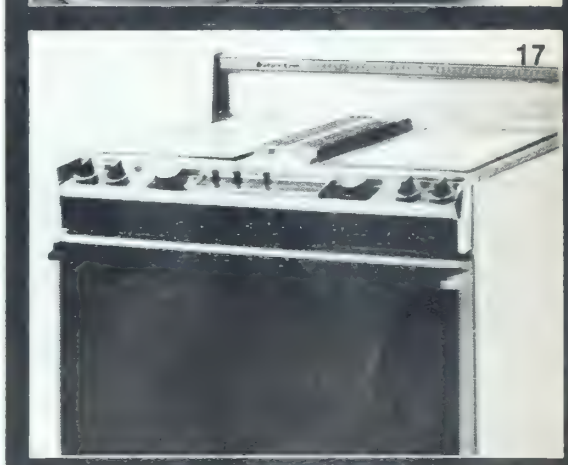
Bicentennial Limited Edition cookware, 1, copper bonded to stainless steel. Revere. 2 **Energy-saving microwave oven,** 3 cycles: fast, slow, defrost. Frigidaire. 3 **Easy food dehydrator.** Food preserved in 1 step! Hammacher Schlemmer. 4 **Newly designed agitator** in large capacity washer moves clothes down to cleaning action of paddles. Sears. 5 **"Hot Dogger,"** cooks 1-5 American favorites in 60 seconds. Presto. 6 **Flexible refrigerator/freezer.** "Design Your Own Model" with choices of accessories. Admiral. 7 **Laundry go togethers.** Small capacity stacking pair. Washer can be built-in. General Electric. 8 **Microwave oven, plus:** top oven combines microwave and conventional cooking for separate or combined use. Thermador. 9 **Energy miser refrigerator/freezer.** Super thick insulation and power saving heater control. Whirlpool. 10 **All-natural peanut butter.** Add nothing but nuts. Salton. 11 **See-through bakeware.** 1- or 2-quart casseroles with au gratin covers. Heller Designs. 12 **Double-decker range;** 2 self-cleaning ovens and a smooth cooktop. Caloric. 13 **The All-purpose Vita Mix.** Hot or cold, beats, grinds, chops. Hammacher Schlemmer. 14 **Combination range.** Microwave speed, conventional heat together, plus smooth cooktop. Litton Industries. 15 **Automatic juicer** with 1 piece reamer/strainer cup. Dominion by Hamilton Beach. 16 **Handcrafted beechwood butter tub.** 8-inch diameter. Harriet Amanda Chapman. 17 **All in 1 grill-range.** Conventional or convected heat baking, cartridge accessories. Jenn-Air. 18 **"Thermo-radiant" double boiler,** 1½ quarts, aluminum sandwiched with stainless alloy. Cuisinarts. 19 **8-pound dough mixer** does the kneading. Mirro. For shopping information turn to page 131.

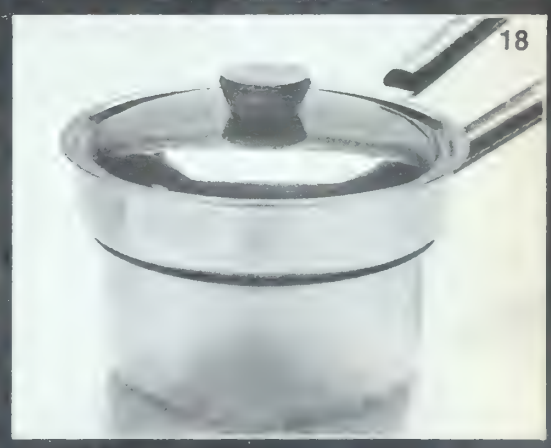
TETSU ONUHARA


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From an English country inn
Spice and savor

Recipes from a master chef in England's Lake Country

Some of the best in British food can be tasted at the Miller Howe Hotel on Lake Windermere in England. See the story on page 12. Here is a typical mouth-watering menu and some of John Tovey's well-loved recipes.

VEGETABLE AND APRICOT SOUP

Ingredients

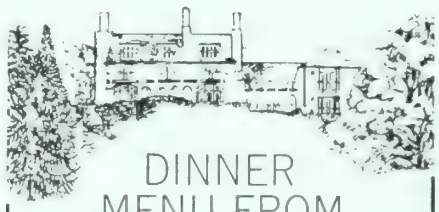
8 ounces onions
4 ounces butter
½ cup dry white wine
24 ounces mixed root vegetables, diced (carrot, turnip, celery, or parsnip)
8 ounces dried apricots, soaked overnight in water to cover, and drained
1 pint chicken or beef stock
salt and pepper
½ cup cream
chopped parsley
poached fresh apricots

Method

Gently sauté onions in butter until golden. Add wine and vegetables along with apricots.

Cover this with a damp piece of heavy wax paper and leave simmering for 1 hour, stirring occasionally.

Add stock and pass through a sieve or use a blender. Reheat and check seasoning. Serve with chopped parsley and fresh cream and garnish with poached fresh apricots if available. Serves 10.



DINNER MENU FROM MILLER HOWE HOTEL

Cheese and chive tart with homemade piccalilli
Vegetable and apricot soup*
Smoked mackerel with gooseberry purée and wholemeal bread
Lamb cutlets with orange and mint in puff pastry*
Fillet of pork with coriander and saffron rice
Snow peas
French beans
Buttered zucchini with toasted almonds
New season carrots
Baked cabbage with garlic and juniper
Mashed turnip
Minted Jersey potatoes
Grapefruit and pernod mousse*
Strawberry meringue nest
My Nan's tipsy trifle
Orange ginger and mandarin ice-box pudding
Poached peach with caramel sauce
Black currant farmhouse pie with cream
Stilton cheese with soda bread and homemade biscuits
Coffee

LAMB CUTLETS WITH ORANGE AND MINT IN PUFF PASTRY

Ingredients

6 lamb cutlets, trimmed of excess fat
flour seasoned with ½ teaspoon each salt and pepper
2 ounces each butter and oil, mixed
1 orange, peeled and sliced
3 tablespoons mint, freshly chopped in sugar
puff pastry

Method

Coat cutlets with seasoned and sauté quickly in butter oil. Drain on paper towels.

Place orange slice and a mint on top of cutlets and v each in puff pastry leaving b "handle" exposed.

Bake at 450° for about 25 utes.

ROUGH PUFF PASTRY

Ingredients

1 pound hard (high gluten) fl sifted with a pinch of salt
½ pound margarine cut int small pieces
½ pound lard or shortening, cut into small pieces
10 ounces ice water, less 1 tablespoon, mixed with 1 tablespoon fresh lemon jui

Method

Sift flour and salt into a bowl add the pieces of fat. Just t them around to get them coated with flour, but de "work" the pastry yet or atte to mix them in.

Make a well in the center, p the liquid in, then take a pal knife and make cuts across a across, turning the bowl arou as you go so that you ge bring it all together. W quickly, and as soon as you h a reasonable lump of mixtu turn it out onto a floured bo —along with all the loose fl that's left as well.

Using your hands, lightly a gently shape the mixture int brick shape and then take large long rolling pin (hold it right at the ends) make 3 qu depressions widthwise to t the air at each end and in middle.

Still keeping your hands at edges of the pin (the pressu should not be directly over pastry) roll the brick shape i an oblong roughly 13 inch long and 8 inches wide.

Continued on page 1



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and aging celebs,
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BRANDY ALEXANDER
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Chiantissimo

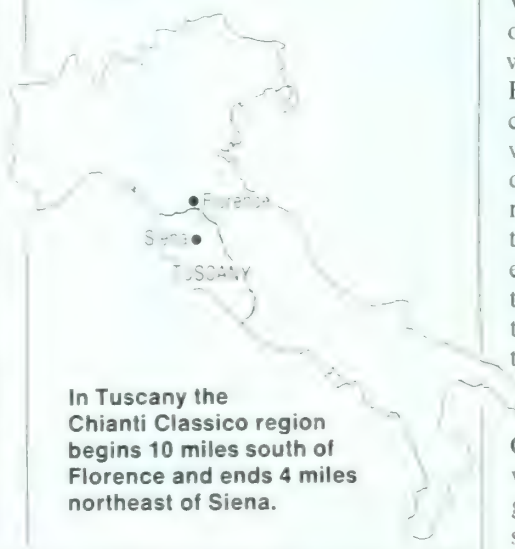
By Henry McNu

A robust wine from a romantic countryside for soups, sausages, game and past

People usually think of Chianti as "that red wine that comes in an electric-light-bulb-shaped bottle, with straw around it." Well, lovely as that kind is, I have to tell you a secret about Chianti. It leads a double life. It is schizophrenic.

There is Chianti and Chianti. Twenty-seven million gallons of the first kind have come in the picturesque basket bottle since the year 1200. It is one of the world's most potable and "poted" wines. But the second type, carefully and lovingly made in more exclusive quantities, comes in tall straight-sided Bordeaux-style bottles, better for storing and aging gourmet wines. That type is Chianti Classico and it will stand comparison with top wines anywhere.

In both its manifestations, Chianti is a fine drink. It is grown in the hills of Tuscany, among some of Italy's finest scenery, some of its handsomest architecture and some of its most aristocratic names. The Chianti Classico region is quite small, full of castles, titled families and vineyards, starting about 10 miles South of Florence and ending some four miles North and East of Siena. Classico is strictly supervised as to quality and origin by a consortium of the producers themselves. They grant qualifying wines the right to display a Black Cockerel (Gallo Nero) on their labels.



In Tuscany the Chianti Classico region begins 10 miles south of Florence and ends 4 miles northeast of Siena.



That symbol belonged in the 14th century to the Chianti League, formed to defend the Florentine Republic. The tiny republics of Siena and Florence were always warring over boundaries. Finally they decided to settle their disputes by a sort of race. A Florentine knight was to ride South while a Sienese knight rode North. Where they met was to be the limit of each one's territory. The start was set for first cockcrow. The wily Florentines used, as their alarm clock, a black cockerel they knew was an early riser. Their knight dashed off well in advance of his rival, and met him at Fonterutoli, two thirds of the way from Florence to Siena, thus giving Florence twice as much Chianti territory as their opponents. And the Florentines have practically bathed in wine ever since.

"In the old days they used to test Chianti by shipping it around the world in barrels. If it wasn't vinegar when it got back, it was considered good," says Count Briano Castelbarco Albani, whose property produces one of the finest of the Classicos—Castello de Uzzano—(soon to be imported into the United States) "ours never made it. It all got drunk up en route!" A sample batch of Uzzano is now undergoing a modern version of this test, more psychological perhaps than scientific, with an American couple, Mike and Becky Greenwald, who, the last I heard, were on their way around the world in their sloop "Barcarole." On the deck Becky grows their fresh vitamin C supplies in the form of alfalfa and bean sprouts. In the hold Count Castelbarco contributed other sustenance in the form of a supply of Uzzano ballast that is sure to get lighter as the trip gets longer. My bet is it won't last beyond the Horn.

The Count, despite the constant historic bickering of the Florentines is one of the kindliest and least warlike people I've ever met. He has been a lumberjack in Nova Scotia, and a cowboy in Mexico. "Wine must be both wellborn and wellbred," he says. His Uzzano is certainly both. He specializes in wines that age and mature in wood for several years, and keep on "growing" after bottling as the great French wines do, to become naturally distinguished, aged nectar. "*Nature* equals mature," says he, with his extraordinary turn of phrase as he shows you around his beautiful "fattoria" (which, surprisingly, means not a factory, but a farm in Italian).

There are more conti and tesse, marchesi and march principi and principesse per sq foot in Tuscany than in any o





Count Briano Castelbarco Albani *above*, who makes Castello di Uzzano Chianti Classico. *Below:* The loggia of his castle.

part of the world (I've made a s vey). So it is no surprise to fi about 12 miles West of Uzzano Montepaldi, Count Castelbarc colleague, the Marchese Cors concentrating on young Chia especially made to drink fresh a fruity. Although Montepaldi is Classico, for some of his vinta the Marchese still uses the wic wrapped bottles that are fast coming collectors items. These b tles nowadays often cost as mu as the wine in them because of t hand labor involved in making t baskets. Alas, in some cases, more ordinary Chiantis, the wic is being replaced by plastic.

The Corsini family was seco only to the Medicis in mediev Italy. On the Corsini estate are st members who are descendants families that have worked for a with the Corsinis for over 4 years. The Marchese's family h had the same home since the 15 century and numbers two Pop among its ancestors. Whether it

Continued on page 1

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$ 619.92 in Waterloo, Iowa	@ $.042 per KWH	**$ 501.84** in Raleigh, N.C.	@ $.034 per KWH
$ 605.16 in Jacksonville, Fla.	@ $.041 per KWH	**$ 487.08** in Atlanta, Ga.	@ $.033 per KWH
$ 605.16 in Sioux Falls, S.D.	@ $.041 per KWH	**$ 472.32** in South Bend, Ind.	@ $.032 per KWH
$ 590.40 in Evansville, Ind.	@ $.040 per KWH	**$ 442.80** in Mobile, Ala.	@ $.030 per KWH
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Regular chianti should be drunk within a year of its vintage and Classico should be at least two years old

Chiantissimo *continued from page 126*

significant or not I don't know, but a little church on his estate was once a monastery naughtily linked by a still extant tunnel to the nearby convent, La Torre.

Not far away another Classico bears the famous name of Machiavelli, made in the same vineyard that was founded by Niccolo Machiavelli back in the days when he was writing *The Prince*. His descendant, Countess Serristori uses the original house for a summer home. Inside its front door are two reminders of World War II. One is a poster in German saying the building is off limits to all German ranks. The other is in English, signed by Mark Clark, telling GI's the same thing. (Countess Serristori, by the way, also makes an ordinary Chianti in her own name.)

While the Castelbarcos and the Corsinis were battling, and Machiavelli was telling them how to get away with doing each other in, another local boy was making good by sailing to America. Naturally he had a vineyard, too. He was a ship's commander, Giovanni de Pier Andrea de Bernardo da Verrazano, and has left his name



The Marchese Corsini *above*, who makes Montepaldi Chianti Classico conducts an alfresco wine tasting.

to a famous New York bridge. As the labels on his Classico wine unequivocally announce, not only was he the *discopritore* of North America, he was born in the Castello of Verrazano in 1485 where his lovely wine will doubtless still be produced in 1985, George Orwell notwithstanding, and pleasing palates 500 years later.

Just to prove the point about titles, still more excellent Classico is made by another neighbor of Count Castelbarco's, the Marchese Piero Antinori, and bears his name. According to him, ordinary Chianti should be drunk within a year of its vintage, and Classico should be at least two years old. After two years, the Classico rules allow the wine to say it is *vecchio* (old) on its label, after three years it can be a *riserva*. But, of course, some Classico is much older than these minimums and brings fairly fancy prices.

Genuine Chianti is produced by a unique method from four varieties of grapes. The proportions used in blending give the different brands their distinctive flavors. After the first fermentation, which takes about two weeks, Chianti producers add a small amount of wine, known as a "governo," that was made earlier from two of the grape types. This is used to stimulate a second fermentation. This traditional way of making Chianti is totally natural and adds gre to the wine's quality. Like all the best Italian wines, Chi tends to have "dregs," so to vent these getting into your gl Chiantis should be decanted if are a perfectionist.

The best of the ordinary Chi tis use a label similar to that of Gallo Nero to indicate that t are of a controlled quality. Th *Putto*, a baby in swaddling cloth copied from the famous typi Florentine design by della Robb Putto wines are usually young a best drunk with chicken or v and pastas like spaghetti, thi Italian soups, and sausages. C anti Classico Gallo Nero, being richer wine, while excellent wi those dishes too, goes best wi roasts or game and a host of Itali specialities like Cotechino, a spi sausage sautéed in oil with ton toes and lentils traditionally eat at New Year's. Or a good Tusc dish called "Tortino di Cipolle" onion omelette as made by Bep Bellini, the Florentine antiquari and gourmet, for example.

For this, the "dose" as the Ita ians call it, for six people includ



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Montepaldi Chianti Classico 1973 *Bonsal Seggerman*	$2.49*
Castello di Gabbiano Chianti Classico 1973 *Made and imported by Arnaldo LaCagnina*	$3*
Castello di Gabbiano Chianti Classico Riserva 1970 *Made and imported by Arnaldo LaCagnina*	$5.09*
Verrazzano Chianti Classico *Dreyfus, Ashby*	$3.99*
Cerna Classico Riserva Chianti *Monsieur Henri Wines*	$2.98*
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Soderi Chianti Classico 1973 *The House of Banfi*	$2.75*
Straccali Chianti Classico Riserva 1970 *The House of Banfi*	$3.75*
Villa Banfi Chianti Classico Riserva *The House of Banfi*	$3*
Suali Chianti Classico *The House of Banfi*	$3.39**
Villa Antinori Chianti Classico *Julius Wile Sons*	$4.49*
Antinori Santa Cristina Chianti Classico *Julius Wile Sons*	$3.85*
Villa Antinori Chianti Classico Riserva 1967 *Julius Wile Sons*	$6.85*
Melini Chianti Classico (Fiaschi) 1971, 1972 *Crosse & Blackwell Vintage Sellers*	$3.69**
Melini Chianti Classico Riserva 1968 *Crosse & Blackwell Vintage Sellers*	$4.75*
Machiavelli Chianti Classico 1971, 1973 *Peartree Imports*	$3.99*
Chianti Classico Casa Sola 1973 *Bacchus Selections*	$2.59*
Chianti Classico Casa Sola Riserva 1971 *Bacchus Selections*	$3.99*

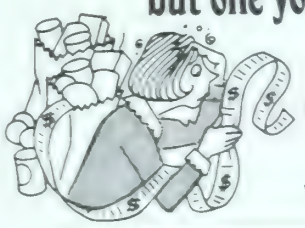
S APPROXIMATE, BASED ON AVERAGE NEW YORK CITY RETAIL PRICE.
OUNCE BOTTLE. **32-OUNCE BOTTLE

4 pounds of onions, 8 eggs, 2 tablespoons olive oil and 2 cups Chianti. Slice the onions into a saucepan, add oil, fry until transparently golden. Pour in the wine. Cover, and reduce the heat as far as possible. Simmer slowly for about 7 hours (keep an eye on the liquid, and add water if it gets too dry). By then the onions should be a sort of tasty mush, which you spread in the bottom of a preheated, ovenproof, buttered dish. Beat the eggs, pour onto this mush. Put in a moderate oven for 7 to 8 minutes. The eggs will be cooked but soft. Serve with Classico.

Dunking is frowned upon, I know, in Emily Post circles. But one of the most delicious tastes that exists is Biscottini di Prato, a very hard, almond filled cookie that you dunk in Chianti (but not in Classico!). Ask your local Italian baker to make you some. Or sift 3 cups flour and 1 teaspoon baking powder together. Add 1½ cups sugar, a pinch of salt, 2 eggs and ½ pound shelled broken almonds. Mix this dough well and form into two long loaves about 1 inch high, 4 inches wide. Brush the top with another egg, beaten. Bake in a slow oven 20 minutes. Cut loaves diagonally into inch wide slices. Biscottini keep for weeks and get so hard you have to dunk or break your teeth. The dunked version is a pleasure, believe me.

Every year, in Greve, the heart of the Classico country, there is a wine fair in September, with a huge tasting of Chiantis, that is well worth making a side trip to see. The atmosphere is as life must have been in the Middle Ages. A beehive-like activity everywhere. Huge hods, barrels, grape crushers, and wine presses on sale. Booths hawk plastic junk, but there are enough iron pots, bed warmers called *preti* (priests), copper cauldrons, pottery casseroles, and enormous mouse traps that look like miniature railway roundhouses on sale to give you that medieval feeling. Other booths display whole roasted pigs and will slice off a piece for you, sausages, steaming pasta. Old men and women sit around the wine booths, at tables with white cloths, and they chatter happily about the "good old days." In this less "la-di-da" atmosphere, Chianti is sometimes referred to as "acqua dell 'Arno," and that is the way it goes down. ■

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During the day, two refreshing snack breaks lift the spirit: in the morning, hot Potassium Broth; in the afternoon, freshly squeezed grapefruit juice

Maine Chance continued from page 116

rennet) topped with a spot of apricot, papaya, or apple purée. On Saturday night, the close of [illegible] graduation present comes, if you wish—a piece of one of Chef Joseph Bello's fragile cakes, served to gainers each day. After dinner, guests drink Sanka. Gainers, and there are usually one or two guests who wish to put on weight, are offered delectable desserts, snacks of sandwiches, and milk shakes during the day; entrées such as baked stuffed potatoes with their dinner, super-sized portions.

CHEESE SOUFFLÉ

Ingredients

¼ cup butter, melted
¼ cup arrowroot
1 cup milk, heated
1 cup Cheddar cheese, grated
4 eggs, separated
¼ teaspoon cream of tartar
¼ teaspoon salt
dash of cayenne or paprika

Method

In a saucepan mix butter with arrowroot. Cook over low heat 5 minutes. Add hot milk to the pan, stirring quickly with a whisk until smooth. Remove from heat, stir in cheese. When smooth like fondue, add egg yolks one at a time, stirring until smooth after each addition.

Beat egg whites with the cream of tartar in a large bowl with the salt until stiff. Gently fold cheese mixture into egg whites until well mixed. Add cayenne.

Grease 6 soufflé dishes 3 inches in diameter lightly with butter and fill ¾ full. Bake ½ hour at 350° on lower shelf of oven. Do not open door until time is [illegible] Serve immediately. Makes 6 [illegible] dividual soufflés. 240 calo[illegible] per serving.

VEGETABLE SALAD

Ingredients

½ cup carrot, cut in very thin strips
½ cup turnip, cut in very thin strips
½ cup green beans, cut in ve[illegible] thin strips
½ cup baby peas
½ cup cauliflower, broken into tiny flowerets
¼ cup Maine Chance dressin[illegible]
lettuce
truffle
pimiento
beet

Method

Cook first 5 vegetables in s[illegible] arate saucepans in very li[illegible] water until just tender. Abou[illegible] minute. Cool and drain. T[illegible] vegetables with dressing.

Place vegetables on lettuce l[illegible] Garnish with diced truffle, [illegible] miento and strips of beet. Ser[illegible] 4. 44 calories per serving.

MAINE CHANCE SALAD DRESSING

Ingredients

½ cup Wesson oil
½ cup salad oil
½ cup tarragon vinegar
1 teaspoon Vege Sal
1 teaspoon MSG
1 teaspoon dry mustard
1 teaspoon horseradish
3 egg yolks
1 bunch watercress, chopped
1 bunch parsley, chopped
6 shallots, chopped

Method

Put all ingredients in the blend[illegible] to make a smooth, crea[illegible] dressing. Add 1 large tab[illegible] spoon ice water to dressing [illegible] it is too thick. Store in scre[illegible] top jar in refrigerator. Sha[illegible] before serving. Makes 3 qua[illegible] 9 calories per ¾ tablespo[illegible] serving.

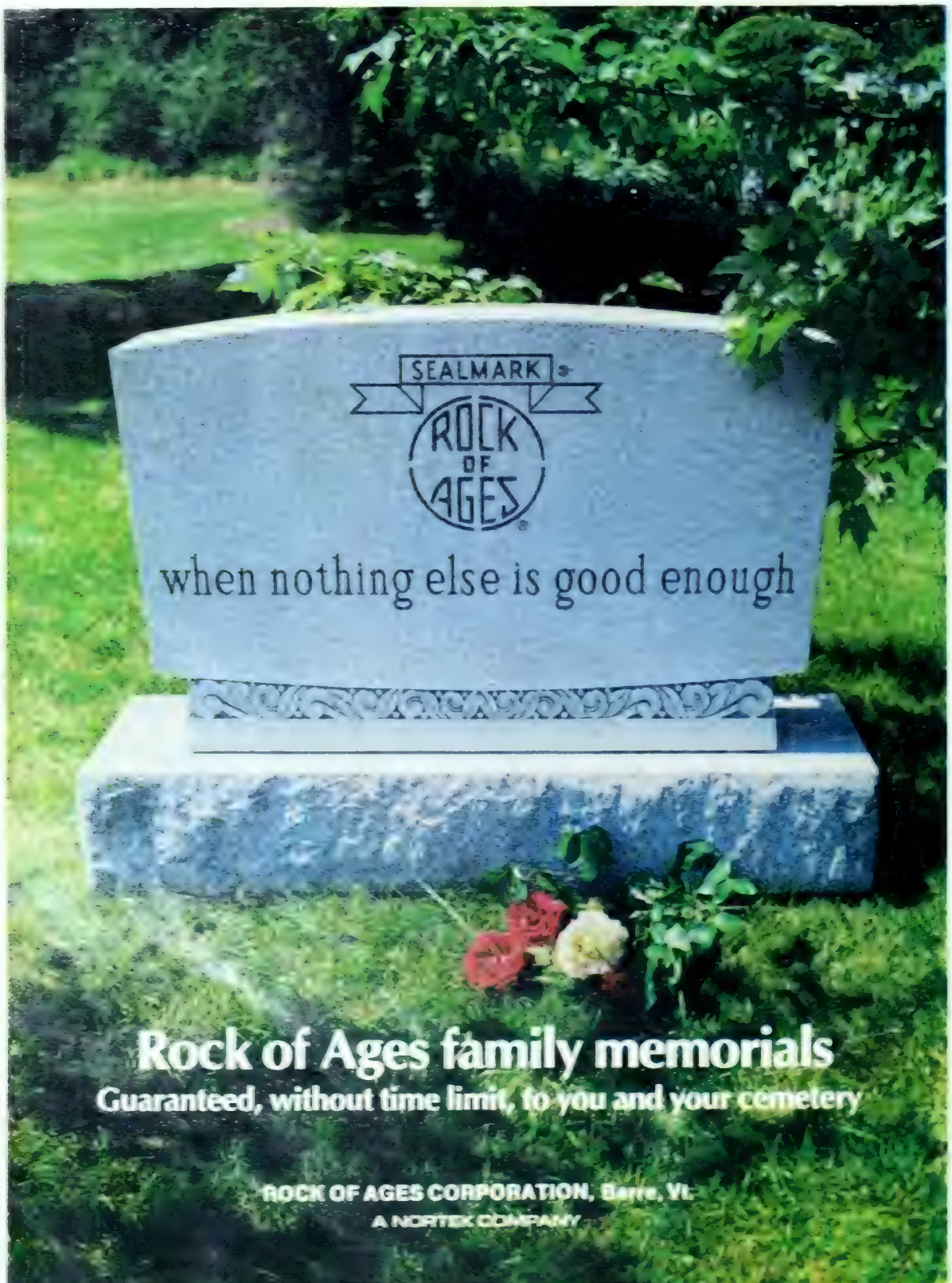
RASPBERRY SHERB[illegible]

Ingredients

4 cups raspberries, frozen or fresh
low-calorie yoghurt for garnish

Method

Mash, press whole fruit a[illegible] juice through strainer wi[illegible] wooden mallet. Place in i[illegible]



m freezer, freeze. Serve
touch of low-fat yoghurt on
Serves 6. 65 calories per
ng.

GHURT DRESSING

edients

o low calorie cottage
eese
o low calorie yoghurt
lespoons honey
lespoons fresh lemon juice
lespoon pineapple juice
ptional)

nod

rt ingredients in blender un-
smooth. Makes about 2½
s. 11 calories per table-
on.

ACHED EGG ORENTINE

edients

sh eggs, lightly poached
unds spinach, cooked,
rained, chopped
in slices toast, cut in
iangles
pped truffle for garnish
ptional)

redients for sauce

blespoons sweet butter
tablespoons all-purpose
our
cups milk
easpoon salt
h nutmeg

thod

ange egg on top of spinach
each of 4 ramekins or plates.
ce toast around. Top with
te sauce and garnish with
ffles.

thod for sauce

lt butter in a saucepan, add
ur and cook 1 minute stirring
nstantly. Lower heat, add milk and stir vigorously until it boils. Cook and stir for about 5 minutes or until smooth and thick. Add salt and nutmeg. If too thick, add milk and pour over eggs. Serves 4. 330 calories per serving.

POTASSIUM BROTH

Ingredients

1 bunch carrots, unpeeled
6 parsnips, unpeeled
2 large onions
1 bunch parsley
3 leeks
1 whole stalk celery
10 quarts water
4 beef bouillon cubes, crumbled
3 egg whites, beaten
1½ tablespoons Vege Sal

Method

Wash vegetables well. In large pot bring them to a boil in the water, simmer 3 hours. Add bouillon cubes, stir. Strain.

Add beaten egg whites to strained broth. Bring to a boil again to clarify. Add Vege-Sal. Strain through a cheesecloth or kitchen cloth. Serve hot with lemon slices. Keeps 1 week in the refrigerator. Do not freeze. Makes 5 quarts. 19 calories per 4-ounce serving.

Spice and savor

continued from page 124

Fold ⅓ over to the center, then the other third over that. Use your rolling pin once again to press the edges firmly to seal them and again trap the air. Give it a quick ¼ turn and repeat this procedure 3 more times (4 rolls in all).

Wrap in foil and chill well before using. Before attempting to roll the pastry, however, for final use do make sure you allow it to come back to room temperature. Makes enough pastry to cover about 24 cutlets.

GRAPEFRUIT AND PERNOD MOUSSE

Ingredients

3 eggs
2 egg yolks
3 ounces sugar
½ pint heavy cream
1 6-ounce can frozen grapefruit juice concentrate, melted
½ ounce (or 2 packets) unflavored gelatin mixed with 3 tablespoons water and 2 tablespoons Pernod
whipped cream
grapefruit sections
mint leaves

Method

Put eggs and egg yolks in large bowl of electric beater and while beating at top speed, slowly add sugar. Beat until very thick and lemon-colored and until eggs form a ribbon. Lightly beat cream in a bowl; gently fold in grapefruit juice.

Put gelatin into a small saucepan and spread over the bottom and add the liquid. Leave to one side to set.

When you need the gelatin to add to the main mixture, gently heat the pan over a very, very low heat and, when loose and liquid-like, pass through a warmed sieve.

Fold the cream into the egg mixture as well as the gelatin. Mix well, but very gently.

Pour into 12 ramekins each 4 inches across. Garnish with whipped cream and slices of fresh grapefruit, mint leaves. Serves 12. ■

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VER

cktail table: 42″ sq. x 15¾″ high, e ash burl veneer. From the "Arte-s" collection by Henredon. At & J Sloane.

eversed Palimpsest" sculpture: x 13″ x 39½″ high, stainless steel, 4, by Beverly Pepper.

7.17" and "67.19" drawings: ⅝″ x 35⅛″, India ink on paper, 7, by Al Held. Both works at André merich Gallery.

ystal ashtrays: large, $100; me-m, $70. At Tiffany.

ue ceramic plate; silver edged shell, $150; red bowl. All from John sselli.

HAT GOES WITH WHAT?

ges 74-75:

brics covering furniture: by Far Eastern Fabrics.*

Sisal carpeting: by Stark Carpet.*

1. **Glass topped table:** polished aluminum saw horse bases, glass cut to size. Aluminum bases, $225 a pr. At The Door Store.
2. **Console table/desk:** 55″ x 22″ x 29″ high, walnut inlay on maple, designed by Paolo Pasotto. $400. By John Stuart.
3. **Dining table:** 66½″ x 35″ x 29½″ high, chrome base, weathered elm look Formica top, 1 leaf. $102. By Daystrom Furniture.
4. **T-shaped cocktail table:** 54″ x 27″ x 15″ high, in red, white, black, brown, yellow, designed by Milo Baughman. By Thayer Coggin. At Bloomingdale's.
5. **Table/desk:** 62″ x 32″ x 31½″ high, 2 drop leaves, 2 drawers, brass hardware, 14″ leaves, pine solids and veneers. $495. The Continental Pine collection by Century Furniture. At W & J Sloane.
6. **Dining table:** 42″ sq. x 29″ high, two 16″ leaves, oak with driftwood finish. $299. From the "Weyshire oak" collection by Stanley Furniture.
7. **Console/desk:** 75½″ x 28½″ x 29″ high, glass top, black lacquered finish base, designed by Milo Baughman. By Thayer Coggin.

Pages 76-77:

Sectional sofa: 34″ sq. x 24″ high, armless and corner units shown, upholstered in beige natural Haitian cotton, armless, $250; corner, $320; ottoman, $230. By Tradewind Designs.

Upholstered sofa: 87″ x 32½″ x 31″ high, chrome nailhead trim, 4 loose back and side cushions, upholstered in

Continued on next page

...Haitian cotton. $800. By Flair.

Loveseater sofa: 100″ x 36″ x 31″ ... natural trim. Linen cushions, ... upholstered in beige and white chain design fabric. By Drexel Heritage Furnishings.

Sectional sofa: 88″ x 34″ x 35″ high, two 3-seat sections with rolled armrests, natural cotton canvas upholstery. By Habitat IDS.*

Armless sofa: ... x 29″ high, attached seat and back cushions, from the "Rotunda" group by Selig Manufacturing. ... At W & J Sloane.

Daybed-chaise-sofa: 90″ x 32″ x 35″ high, 4 throw pillows upholstered in two different navy and white fabrics. sofa upholstery off-white natural Haitian cotton. $500. By Selig. At W & J Sloane.

Double armless sofa: 78″ x 65″ x 27″ high, two sofas placed back-to-back and bolted to make a single piece, pale gray wool upholstery fabric, designed by Barbara Schwartz and Barbara Ross for Dexter Studio. $4113. Sofa by Fine Arts Furniture.*

"Mark II" aluminum blinds: 1″ wide slats, available in 30 stock and custom colors in any size. 3′ x 5′ long, $40. By Alcan Aluminum.

Page 78:

Area rugs: from Stark Carpet.*

Fabric over chairs, settee, sofa: by Brunschwig & Fils.*

Boxes and portfolio: from Karl Springer.*

Page 79:

1. **"Senegal" cotton chintz:** 54″ wide, 3″ repeat. By Quadrille.*
2. **"Ric Rac" rayon and cotton fabric:** 54″ wide, 1″ repeat. By Quadrille.*
3. **Cotton sateen print fabric:** 51″ wide, 21″ repeat, imported from France. By Marignan.*
4. **Pillow:** similar pillows available at Pillow Finery.
5. **"Kent" cotton sateen fabric:** 54″ wide, 13½″ repeat, treated with Scotchgard. By Cohama.
6. **"Bertrix" cotton and rayon fabric:** 50″ wide, moiré stripe, imported from Belgium. By Schumacher.*
7. **"Quincy" cotton fabric:** 54″ wide, 2″ repeat. By Quadrille.*
8. **Cotton sailcloth:** 51″ wide, 25″ repeat, imported from France. By Marignan.*

Pages 82-83: from top left

Sofa: 92″ x 38″ x 29″ high, bun feet, nailhead trim, buttoned seat and back.

Bench: 22½″ sq. x 18¼″ high. stretcher base, nailhead trim.

Sofa table: 62″ x 16″ x 27″ high, parquet top, stretcher base, solid ash with white oak veneer, from Folio Twelve.

Sofa table: 54″ x 16″ x 28″ high, 2 pull-out shelves with heat and alcohol resistant black laminate surface, stretcher base, solid ash with ash veneer, from Four Centuries.

Sofa: 96″ x 36½″ x 34½″ high. double pillow back.

Bench: 24″ x 16″ x 17¾″ high, mahogany Chippendale reproduction. from 18th Century Portfolio.

End table: 21″ x 27″ x 20½″ high, cast aluminum base, smoked glass top.

Wing chair: 32½″ x 30½″ x 15½″ high, stretcher base, nailhead trim.

French bergère: 28″ x 27″ x 37½″ high, exposed wood frame.

Club chair: 30″ x 34″ x 23″ high. All pieces by Henredon Furniture. At W & J Sloane.

Upholstery fabrics in living room

"Toile Athena" cotton fabric: over club chair foreground lower left, 55″ wide.

"Toile Mille Quinze" Fibranne fabric: over armchair center, 55″ wide.

"Colibri" rayon and cotton fabric: 50″ wide, over tufted sofa, and covered benches right center and left of sofas.

"Mascara" Fibranne and cotton fabric: over wing chair left of fireplace. 55″ wide.

"Serge" cotton fabric: over sofa under painting, 55″ wide.

"Taffeta" rayon fabric: for curtains, 51″ wide.

"Satin Chine" cotton and silk fabric: covering pillows, 50″ wide.

All fabrics by Clarence House.*

"Intimate Lighting Andrés Green" acrylic on canvas: 6′ x 11′, 1975, by Robert Natkin. At André Emmerich Gallery.

Three studies for three paintings: 28″ sq. each. By Robert Swain. At Susan Caldwell Gallery.

Antique "sang de boeuf" ceramics: from a large collection; **bowl** containing oranges from H.J. Kratzer.

Cachepots: on mantel and containing impatiens from Kratzer.

Antique Mexican mask: 8″ x 13½″ high, with stand. $1800. At Kronen Gallery.

Antique column: 46″ high. $750; antique box with jade inlay, 5″ x 3½″, $90; small yellow bowl, $45; shell with sterling edging, 12½″ x 8″ wide, $270; antique bronze Japanese deer, 11½″ x 29″ x 34½″ high, $9000 the pr. At John Rosselli.

Nand Gopal sisal rug: 9′ x 12′, imported from India. From Rosecore Carpet.*

Pages 84-85: Garden Room

Sectional sofa: 84″ x 34½″ x 31″ high, armless units, buttoned seat and back cushions, on casters; available in single armless units, corners, ottomans.

Wicker chair and ottoman: chair, 29½″ x 30″ x 33″ high, ottoman, 21″ x 19″ x 14½″ high, buttoned seat and back cushion.

Armoire: 50″ x 20″ x 80″ high. solid ash with white oak veneer, brass hardware, center doors, 6 removable partitions, 3 drawers. From Folio Twelve.

Cocktail table: 42¼″ sq. x 16¼″ high, parquet top, stretcher base, from Folio Twelve.

Chairs: 22″ x 22½″ x 29″ high, buttoned seat cushions.

End table: 22″ x 27″ x 25″ high, parquet top, solid ash with white oak veneer. All furniture by Henredon.

"Gaspard Stripe" cotton canvas: over furniture, 50″ wide, treated with a water repellent. By Brunschwig & Fils.*

Antique horse sled: 37″ x 11″ x 22″ high. $1800. At Kronen Gallery.

Antique dowel box: on coffee table, $225; antique blue ceramic plates, $45 each; clay cachepot containing cyclamen. From John Rosselli.

Dining room

Flip-top dining table: 72″ x 20″ x 30″ high closed; 72″ x 40″ x 29⅞″ high opened, 3 drawers, solid ash with ash veneer.

Wing chair: 32½″ x 34½″ x 48″ high, cabriole legs with carved knee.

Side chairs: 19¾″ x 17″ x 35″ high, solid ash exposed wood, nailhead trim.

Club chair: 30″ x 34″ x 23″ high.

Flip-top tea table: 28″ x 14″ x 26″ closed; 28″ x 25¼″ high opened, brass hardware, walnut veneer and mahogany. By Henredon. At W & J Sloane.

"Toile Mille Quinze" Fibranne fabric: 55″ wide, over club chairs left. By Clarence House.*

Belgian linen and cotton fabric: over armless chairs, and wing chair 54″ wide. By Stroheim & Romann.*

Untitled acrylic and oil painting: 50″ x 46″, by Ray Parker. At Susan Caldwell Gallery.

"Brown Contessa" porcelain: $85 per 5-piece setting; all-purpose wine glasses, $7.50 each; crystal decanter, $47.50; "English King" sterling flatware, dinner fork, $39; knife, $43; salad fork, $30.50; dessert spoon, $33. At Tiffany.

Antique bronze candlesticks: 17¾″ high. From H.J. Kratzer.

Cotton napkins: from Pratesi.

Art Deco wood box: on tea table, $295; log baskets from John Rosselli.

Antique brass folding fire screen: antique brass fire tools. From Edwin Jackson.

Bedroom

Queen Anne ladies' desk: 42″ x 25″ x 30″ high, brass hardware, solid ash with English oak veneer, from 18th Century Portfolio.

Armchair: 31″ x 31½″ x 29½″ high, buttoned back.

Bamboo detailed armchair: 21″ x 23″ x 33″ high, cane seat.

Ratchet arm love seat: 65″ x 34″ x 35″ high, 4 throw pillows, nailhead trim.

Bench: 48″ x 16″ x 17¾″ high, mahogany, upholstered seat, from 18th Century Portfolio.

End table: 22″ x 27″ x 25″ high, parquet top, stretcher base, ash with white oak veneer, from Folio Twelve.

All furniture by Henredon.

Bed hangings: "Mercury" cotton fabric, 59″ wide, ⅝″ repeat.

"Jupiter" cotton fabric: over sofa and tub chair, 55½″ wide, 2½″ repeat, imported from Switzerland.

"Josephine" cotton fabric: over armchair cushions, 48″ wide.

"Klee's Check" vinyl wallcovering: 27″ wide, 30″ repeat. All from & Vice Versa.*

"Colibri" rayon and cotton fabric: covering bench in front of sofa, 50″ wide. From Clarence House.*

Tibetan durrie rug: 14′7″ x 11′9″. From Stark Carpet.*

Antique Chinese watercolors: 25¼″ x 20″ high. From H.J. Kratzer.

Antique brass folding firescreen: 52″ x 29″ high; antique steel andirons, 22½″ high; antique fire tools. At Edwin Jackson.

Twig log basket with handles: 16″ high; plate, 8″ diam. $6. Both from John Rosselli.

"Peignoir Pastels" cotton and polyester sheets: by Springmaid. At Macy's.

Page 88:

First row top left

Carpet: from Harmony Carpet.*

Batik cotton fabric: over side chairs, from China Seas.*

Painting: by Calvert Coggeshall at Betty Parsons Gallery.

Plants: from Sprain Brook Nursery; arranged by Interiors That Grow.

Top right

Carpet: from Rosecore Carpet.*

Tray tables: from Robert Webb.

Drawing over sofa: by Jack Youngerman from Betty Parsons Gallery.

Other furniture designed by Bob Patino Assoc.

Middle row right

Painting over bed: by Mrs. Jones Yorke.

Bottom row left

Sofa: 94½″ x 36½″ x 27½″ high, Parsons legs, loose seat and back cushions. By Baker Furniture. At W & J Sloane.

"Channel Club" quilted fabric: over sofa. By Etalage.*

Bamboo armchair: 27″ x 24″ x 32* high, imported from China. $420. At Limited Editions.

Antique crackle garden seat: 16″ high, $150; brass and chrome reading lamp: designed by Cedric Hartman, $395. Both at LCS.*

Handthrown pottery bowl: 12″ diam., $35; handthrown pottery vase, 8″ high, $20. Both at Diane Love.

Antique crackle ashtray: $45; antique footed Japanese tray, $21. At John Rosselli.

6-panel antique Japanese screen: 25″ x 71″ high per panel, $5800. At Charles R. Gracie & Sons.*

Chinese cube table: 44″ x 28″ x 18½″ high, linen with lacquer finish $1650; Indonesian basket, bookcase 3rd shelf, $120; straw covered basket, bookcase 2nd shelf, one from a set of 6 baskets. $320 the set. All at Karl Springer.*

Bottom row right

Painting: 5′ square, acrylic on canvas, by Stephanie Schub. At Susan Caldwell Gallery.

Page 89:

First row right

Flowers: from Renny's Flower Shop.

Middle row left

Tureen and fish plates: from John Rosselli.

Middle row right

Fabric covering banquette: by Woodson Wallpapers.*

Fabric covering chairs: by Boris Kroll.*

Paper sculpture: by Nancy Miller at Environment Gallery.

Bottom row left

Fabric covering sofa: by Schumacher.*

Page 93:

Knives: left to right, 10″ roast beef knife, $9.95; 12″ slicing knife, $11.95; 10″ cook's knife, $11.95; 8″ cook's knife, $9.95; 6″ boning knife, narrow blade, $6.95; 5″ cook's knife, $6.95; 4″ cook's knife, $5.95; "Magnabar" hardwood magnetic knife and tool holder, 18″ long, $7.45. All by Sabatier, At Bazaar de la Cuisine.

FRESH COUNTRY BLUES ZEST

Pages 108-109:

To order Tibouchina: write J. Barry Ferguson Flowers, Burtis Lane, Syosset, N.Y. 11791

"Fantastique" cotton fabric: covering table and walls, 54″ wide, 28½″ repeat. By S.M. Hexter.*

Table setting

"Snowflower" porcelain dinnerware: $58 per 5-piece setting. By Bing & Grondahl Copenhagen Porcelain.

Victorian silverplate goblets: $65 each; cut-glass rinsing bowls, $35 each. From James II Galleries.

"Old French" sterling flatware: $172 per 5-piece setting. By Gorham.

"Sylvie" crystal vase: 9″ high, $172; "Anemone" crystal flowers, 4¼″ diam., $35 each; crystal knife rest, 3½″ wide, $15.75; crystal swan ashtray, $37; crystal urn, $47. All by Lalique.

"Dovetail" stemware: 8⅛″ high, $15.50 each. At Carole Stupell.

Antique Sheffield-plate gallery tray: 21″ x 15½″. $595. At S. Wyler.

Belgian linen and polyester luncheon service: 4 mats, 4 napkins, $29.50. At Léron.

Dress: designed by Mary MacFadden. At Henri Bendel.

Living room

"Ultra Plaid" and "Ultra Stripe" cotton and polyester sheets: designed by Angelo Donghia for Utica Fine Arts by J.P. Stevens.

Flowers: from The Fernery.

Comforters: by Countess York Ltd., twin, $30; queen, $40.

How To laminate window shades: write Window Shade Manufacturers Assoc., Dept. H&G, 230 Park Ave., New York, N.Y. 10017

DECORATING FINDS

Page 110:

Doubledecker checkers set: $4. Write Pitkin County Toy, Box 12940. St. Louis, Mo. 63141

Continued on page 190

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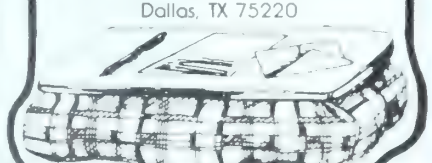
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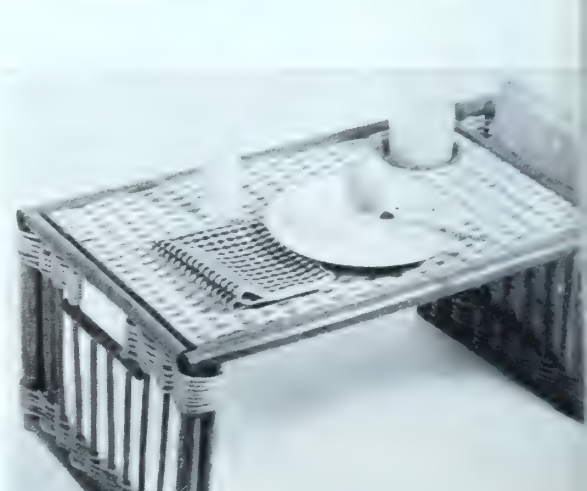
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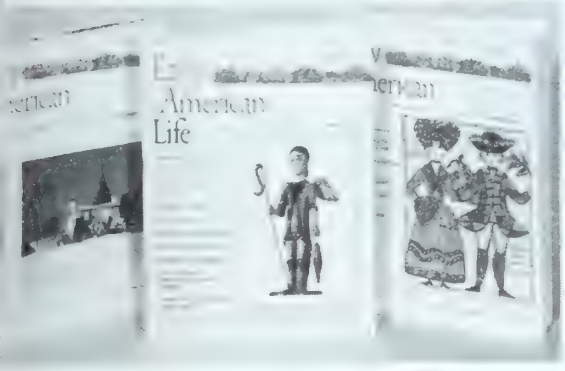
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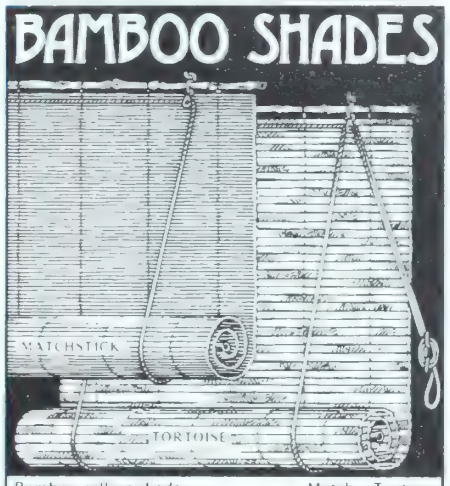
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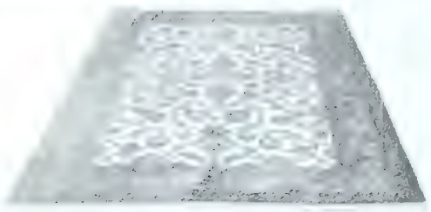
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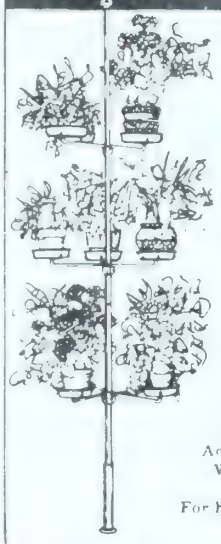
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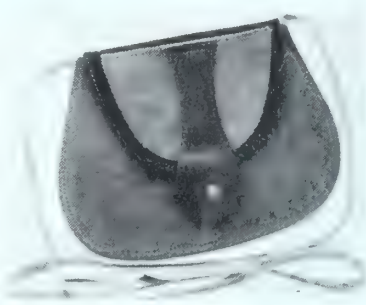
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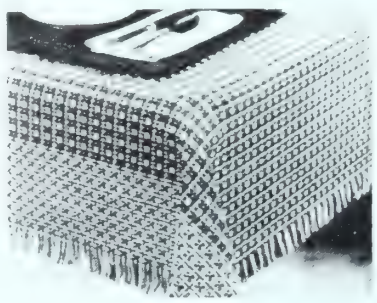
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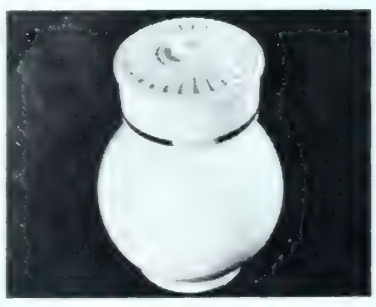
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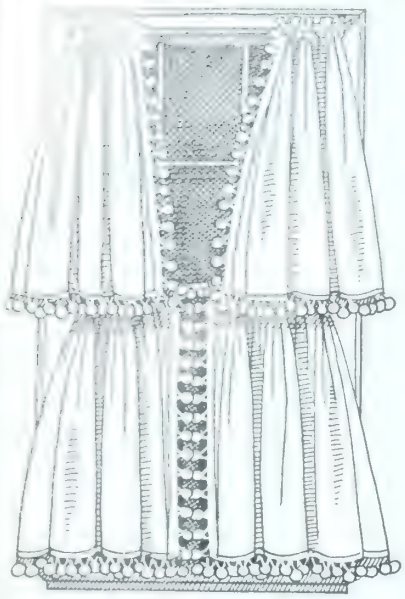
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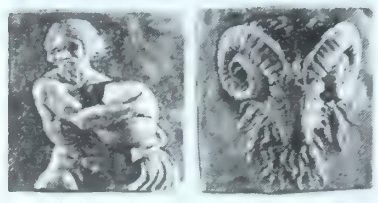
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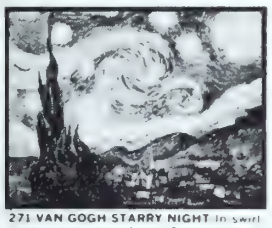
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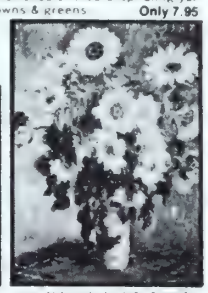
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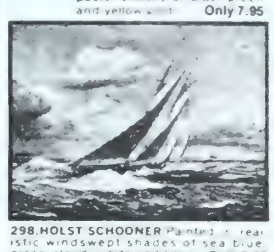
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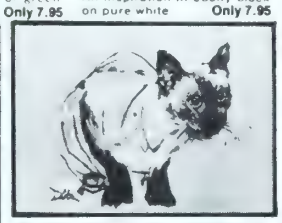
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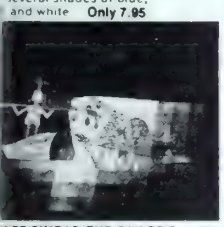
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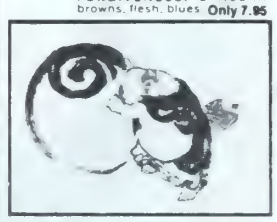
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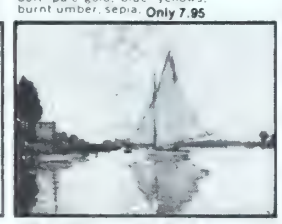
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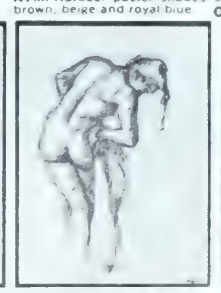
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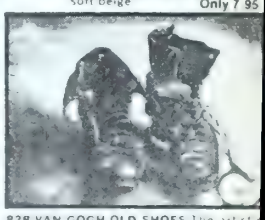
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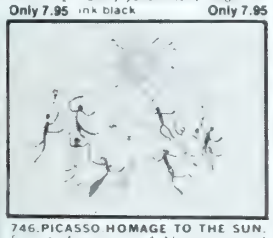
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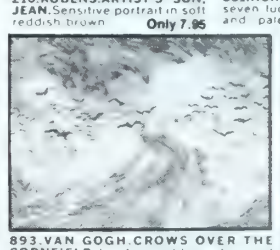
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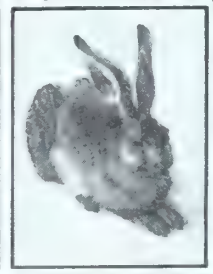
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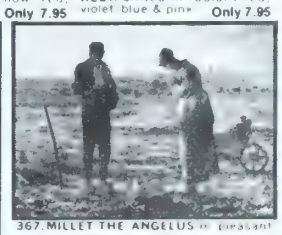
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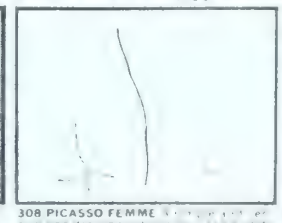
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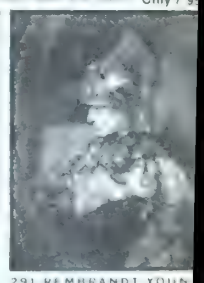
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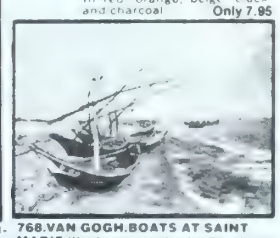
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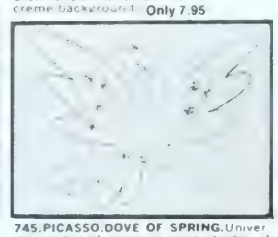
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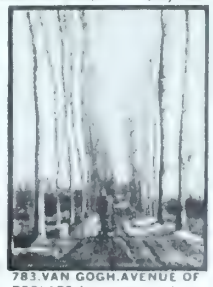
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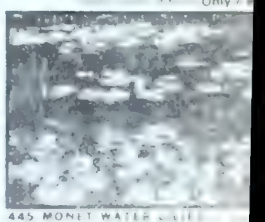
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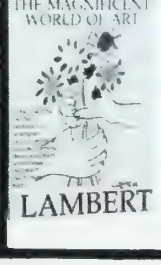
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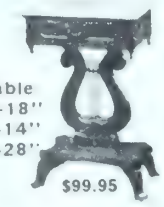


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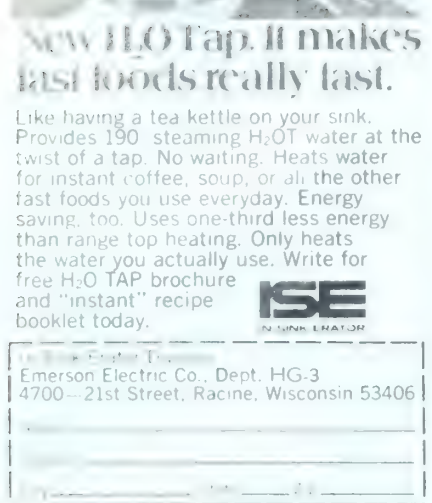
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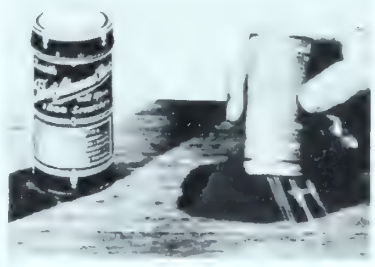
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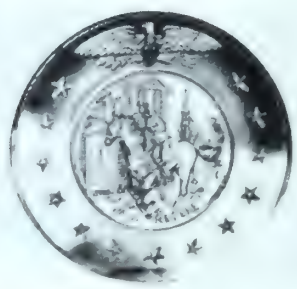
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For the jigsaw puzzle fan! Any photo, color or black and white, can be made into an 8" by 10" die-cut jigsaw photopuzzle; photo is returned unharmed. Black and white, $2.95; colored, $3.95. Ppd. Cadlyn's, HG3, 2077 New York Ave., Huntington Sta., NY 11746.



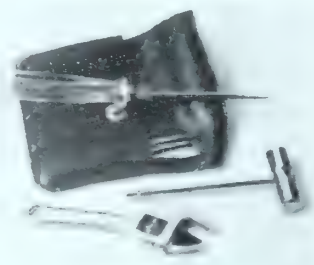
LIMITED EDITION

Hand-cut raised designs on four plates of iridescent glass. 8". Paul Revere's Ride, Crossing the Delaware, Independence Hall and Spirit of '76. Stars, eagle on rim. Hand numbered, gift boxed. Each $9.98 plus $1.50 post. Stratford House, HG-3A, Box 591, Stratford, CT 06497.



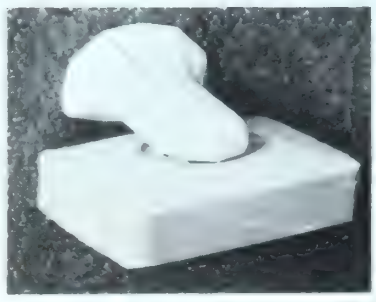
TASTE TREAT

Lebanon Bologna is an authentic Pennsylvania Dutch delicacy, a ready-to-eat all-beef sausage cured in old-fashioned smokehouses. Enjoy it for party hors d'oeuvres, special lunches and snacks. 3½-pound roll. $8.95 ppd. Weaver's, HG3, Box 525-A3, Lebanon, PA 17042.



MINIATURE TOOL KIT

Kit with five handy tools. Besides a wrench, a mallet, screwdriver, awl and Phillips screwdriver share a master handle. Keep a set upstairs and save running to hubby's workshop. $1.98 plus 20c post. Anthony Enterprises, HG3, 556 Mission St., San Francisco, CA 94105.



MAGNETIC HOLDER

Suspends soap bar so it dries fast and cleanly, no slipping. Just glue it to wall and press coin-size striker in soap, and it then floats. Choose bright white, flame red, ebony. 2¾" high. Sample $2; three $4.75; six $9. Ppd. I & J Gordon, HG36, Box 148, Long Beach, NY 11561.

Plant Now...Step Back...and Watch Out!

Amazing Super-Growing Species Soars Into A Magnificent Tree *IN JUST ONE YEAR!*

And if you think that's startling — just wait 'til you see the spectacular show when it starts to flower — Actually smothers itself in such lavish masses of bouquets, its branches appear to bend from the sheer mass and weight of the magnificent blooms.

That's the kind of wondrous results reported by the U.S. Gov't. Plant Research Stations . . . Botanical Gardens . . . and University Plant Scientists on what is undoubtedly the most fantastic flowering shade tree ever introduced in America — the incredibly beautiful Paulownia . . . the only flowering shade tree in all of nature that can do all of this and more.

READ WHAT THE EXPERTS SAY ABOUT THE INCREDIBLE PAULOWNIA . . . THE FASTEST GROWING FLOWERING SHADE TREE EVER DISCOVERED!

HEIGHT: Gov't Plant Scientists and Botanical Experts report 18 to 22 feet of growth the very first year on specimen trees. That's more growth IN JUST ONE SINGLE SEASON than even a fully matured 15-year-old flowering dogwood, or prize star magnolia.

SPREAD: University Researchers report beautiful ornamental spread of nearly 40 feet at maturity . . . packed with thousands of magnificent flowers. Think of it. It not only surges skyward in the most spectacular burst of beauty you've ever seen . . . but, also arches out in a magazine-cover display of color-drenched branches.

Ease: Leading editors report: . . . grows in almost any soil . . . and below-zero root-hardy, too. Yes, because nature has endowed this landscape-artist's "dream-tree" with super-growing strength . . . because it is virtually resistant to most every common disease . . . requires practically no care at all. You simply plant it and forget it . . . it's as simple as that.

A TOWER OF BEAUTY IN JUST ONE SINGLE YEAR!
Yes, who says you have to spend a small fortune for a flowering shade tree? — and then spend half a lifetime waiting for it to grow? It used to be that way — BUT NOT ANY LONGER. Not since we have finally tracked down the one single tree in all of nature that hoists itself high, so fast you can literally measure the difference in both height and spread from week to week . . . or take a yardstick and measure the incredible difference in feet from month to month!

GROWS IN ANY SOIL — REQUIRES NO SPECIAL CARE — SOARS INTO A MASTERPIECE OF LUSH, GREEN BEAUTY IN JUST A MATTER OF MONTHS!

Best of all, unlike most trees that demand constant pampering . . . the only thing you can do when you plant Paulownia is water it and enjoy it. That's why leading botanical gardens . . . landscape artists . . . garden editors . . . recommend it again and again for home-owners who want a stunning display of both beauty and shade . . . and with practically no more work than a couple of sprinkles a season.



Grows More In One Month Than Most Other Shade Trees Grow In An Entire Year . . . More In One Season Than Ordinary Shade Trees Grow In 2 Years, 3 Years Or Even 5 Years!

Photo depicts magnificent size, spread and beauty of mature Royal Paulownia (Paulownia Tomentoso).



How's this for a natural archway in front of your driveway — twin towers of flowering beauty in less time than you ever dreamed possible.



Picture your patio bathed in the cool, fragrant beauty of this show-stopping miracle-tree from early spring to the first snows of winter.

VITAL STATISTICS FROM LEADING EXPERTS

MATURE GROWTH SIZE — 45 to 60 feet
MATURE GROWTH SPREAD — 35 to 50 feet
ZONE OF HARDINESS — completely root-hardy from deepest south to as far north as Montreal, Canada. Flowers beautifully even after 10 below zero winter freeze.

ONE YEAR GROWTH RATE — Experts report growth range of up to 22 feet the first year after planting specimen trees under optimum conditions, up to 15 to 18 feet under poorer conditions when pruned for foliage growth only.

FLOWERS — When tree is at blooming size, in just a few short years, you'll enjoy thick panicles of fragrant lavender blooms. Highly recommended by landscape artists as specimen planting for front lawn.

SOIL REQUIREMENTS — Natural strength and vigor allow it to soar full forth in even poor soil. You can plant it anywhere.

CARE — No special care whatsoever. No spraying. No dusting. No special feeding. Naturally resistant to most every disease, pest or insect.

TAKES BUT 10 MINUTES TO PLANT — REWARDS YOU WITH A LIFETIME OF BEAUTY STARTING THIS VERY YEAR!

ONLY A LIMITED SUPPLY YET AVAILABLE FOR RELEASE TO THE PUBLIC — FULL SUPPLY WON'T BE READY UNTIL 1977 . . . SO ACT NOW!

Now, the price of this super-growing shade tree is not $20 or $30 but a mere $3.95 . . . yes, only $3.95 for this magnificent shade tree that rewards you with such a glorious display of growth IN JUST ONE SINGLE YEAR! However, supply is limited. All orders filled on a First-Come First-shipped basis. And since now is the time to plant, you must act now!



Here's a luxury sight you don't have to wait half a lifetime growing — a matched pair of flowering showpieces, so strong and sturdy you can actually sling a hammock between them.

Never Has There Been A Faster-Growing, Flowering Shade Tree Introduced To America — Royal Paulownia

Yes, plant this season — see it soar forth in a tower of beauty in just one year! It's the most spectacular splurge of both growth and beauty of any shade tree ever brought to this country. And it's so easy to grow even a child can do it!

SATISFACTION GUARANTEED OR MONEY BACK
And remember: Satisfaction is guaranteed. You must be thrilled in every way with this wondrous flowering shade tree or RETURN IT AT ANY TIME within 90 days for a full refund of your purchase price. Use the No-Risk Coupon below

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MAIL NO-RISK COUPON TODAY

WEST-BOND NURSERY SALES CO., Dept. T- 294
Caroline Road, Philadelphia, PA 19176

Please rush me the Flowering Shade Tree(s) indicated below:

- ☐ 1 for only $3.95 plus 35¢ postage & handling.
- ☐ 2 for only $6.95 **(SAVE $1.00)** plus 50¢ postage & handling
- ☐ 4 for only $10 **(SAVE $4.00)** plus 75¢ postage & handling
- ☐ 10 for only $20 **(SAVE $7.00)** plus $1.50 postage & handling

If after receiving my order I'm not delighted, I may return it within 90 days and you will refund the full purchase price (except postage and handling).

Total amount enclosed $_____ (add sales tax where applicable)

Check or money order, no CODs please
On orders over $6, you may **CHARGE IT!**

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Div. of American Consumer, Inc.



REPAIR EYEGLASSES

This handy optical repair kit is an invaluable tool in an emergency whenever glasses come apart, at home, at the office, or when traveling. Kit includes an optical screwdriver and an assortment of frame screws.

GLASSES REPAIR KIT . . . $1.98 Plus 30¢ Postage & Handling

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CHAIR CANING KITS



Now anyone can restore his favorite antique and heirloom chairs easily and inexpensively with a Newell Caning Kit; tools, natural cane, and easy-to-follow instructions, all postpaid for only $4.00; extra cane $2.00 per chairlot. (Illinois residents add 5% sales tax)



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NEW 1975 EDITION

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FROM BELGIUM & FRANCE
IN ALL SIZES and COLORS



#210A—Oriental—20" x 20": $8.50
Add 75¢ for postage & handling

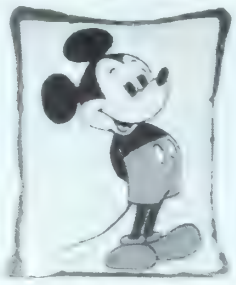
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Tapestries have been admired in Europe for centuries. At these low prices, you'll want several. Authentic replicas, machine woven of 100% cotton—will not fade. Sizes & scenes to fit any decor.

Send $1.00 for color brochure.

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SHOPPING AROUND



SOFT LANDING

The lovable favorite arrives on a colorful pillow to delight children and teens. Mickey Mouse is screen-printed in lively colors on yellow cotton background with brown cord edging. 14" by 10". $5.98 plus 50c post. Holiday Gifts, Dept. 303-E, Wheat Ridge, CO 80033.



EXQUISITE TRIO

Sterling silver thimbles with antiqued bands. Left: engraved petite floral spray; center: a scalloped wreath in bas-relief; right: engraved snowflakes and a jeweled stone on top. Each $8.98; any two $17; all three $24. Ppd. Ferry House, Dept. G3, Briarcliff Manor, NY 10510.



PERSONALIZED

Lithographs of boy and girl with names you specify. Polished chrome frame, plexiglas cover; specify mat in red, yellow, pink or blue. 11" x 14"; 15 designs available. Each $9.75 plus 75c post. Groton Productions, Inc., HG3, Box 187, Forest Hills, NY 11375.



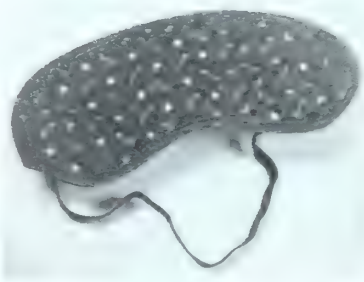
SKIN TONER KIT

Home plan is designed to help reduce flabby spots and to revitalize skin. Mitt to massage and buff; gel concentrate to lubricate massaging; skin moisturizing creme; exercise, diet guidebook. $9.98 plus $1 post. Parisian Slimmers System, Dept. LG/P, Box 7338, Van Nuys, CA 91409.



SHOP FOR SPRING

Here's another great catalogue from famous Carroll Reed. With items on facing pages coordinated, it's easy and such a pleasure to assemble a new season wardrobe for every member of the family. Thirty-two full color pages. Free from Carroll Reed, HG3, North Conway, NH 03860.



SHUT EYE

Sleep is king night or day that you don the mask: shuts out any flicker of light that could disturb the psyche, the body's rest. Fabric and elastic band's so constructed that it fits any cranium. $2.98 plus 20c post. Anthony Enterprises, HG3, 556 Mission St., San Francisco, CA 94105.



CLEAR SUPPORT

Pretty Lucite coasters are personalized with three carved initials (specify, using print letters). Center round is 3" dia.; whole coaster is 3¾" dia. Set of 8 with 2¾" h. holder, $12.98 plus 50c post. Lillian Vernon, G3E, 510 So. Fulton Ave., Mt. Vernon, NY 10550.

SHOPPING AROUND

CONVERSATION PIECE



Charming antique cradle phone adds an unusual decorator note to any room. Black phone rests on rare Danish brass base, and comes complete with buzzer and plug-in cord ready for instant use. $49.95 plus $2 post. Grand Com, Inc., HG3, 324 Fifth Ave., New York, NY 10001.

FEDERAL FLORAL



Blue and rosy red, or gold and rust, on a natural background. Easy-care polyester/cotton. 80″ wide pair with 2″ ruffles. 45″, 54″, 63″ $12.50; 72″, 81″, 90″ $14.50. Add $1.75 post. Other matching items. Free catalogue with swatches. Country Curtains, HG31, Stockbridge, MA 01262.

ST-R-ETCH TO FIT



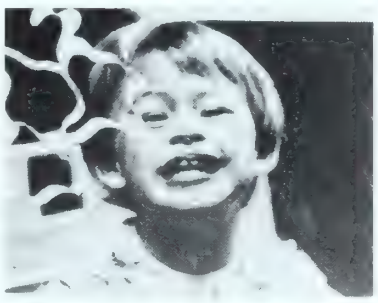
Apply liquid leather stretch to tight-fitting shoes and it makes even suede and patent conform to the foot as you walk. Simple to apply and relief is almost instantaneous. $1.98 plus 25c postage. Order from Anthony Enterprises, HG3, 556 Mission St., San Francisco, CA 94105.

BIG PREVIEW



Catalogue for 1976 spring and summer. Over 250 fashion pages; over 150 pages of home furnishings; and over 200 for stereos, cameras, jewelry, tires, power tools, appliances and more. 624 pages in all. Free. Alden's, HG3, Box 5362, Chicago, IL 60680.

PIECE BY PIECE



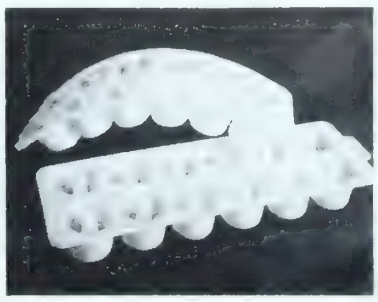
Personal jigsaw puzzle is a blown-up photo from color or B/W original. 8″ x 10″, $3.99; 11″ x 14″, $4.99; 12″ x 18″, $5.99. Full color, 8″ x 10″, $6.99; 11″ x 14″, $7.99, 12″ x 18″, $8.99; negative slide, $1 extra. Ppd. Photo returned. Photo Poster, Dept. X867, 210 E. 23 St., NY 10010.

HERE'S "JUDY"



Sandal with wafer-thin cushion platform 1¾″ heel. Blue to royal ombre, bone to brown, multi-pastels, all black, white, navy or brown kid leather. AAAA to EE, 2½ to 10, $28.95. 10½ to 12, $29.95. Add $1 post. Free catalogue. Solby Bayes, HG3, 45 Winter St., Boston, MA 02108.

NICE ICE



Something different for icing your drinks. Set of two round ice circle trays, just like those a bartender uses. Flow-through cubes freeze fast. Made of sturdy plastic, each tray makes 12 circles. $1.98 plus 30c post. Anthony Enterprises, HG3, 556 Mission St., San Francisco, CA 94105.



REMOVE HAIR FOREVER

Perma Tweez is a simple electrolysis instrument that PERMANENTLY removes ugly hair from all areas of the face—such as the chin, upper lip, eyebrows. Embarrassing body hair can now be removed forever in the privacy of your boudoir. Arms and legs can be forever free of the inconvenience of constant hair removal. **An exclusive U.S. patented safety feature allows you to do this without puncturing the skin!**

AN EXPERT'S APPROVAL

Perma Tweez has been clinically tested by a university professor of dermatology and proven to be safe and effective. One of his patients had previously been tweezing hairs from her chin every day for 15 years. After treating herself with Perma Tweez, she has eliminated this time consuming chore for the rest of her life! Over 15 thousand instruments in use by doctors—over 500,000 in use by people like yourself.

Easy instructions make you expert in a few minutes. Save hundreds of dollars on salon electrolysis by doing it yourself.

14 DAY MONEY BACK GUAR.

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☐ I enclose $4.00 deposit and will pay balance COD plus extra COD postage.
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☐ BankAmericard ☐ Master Charge

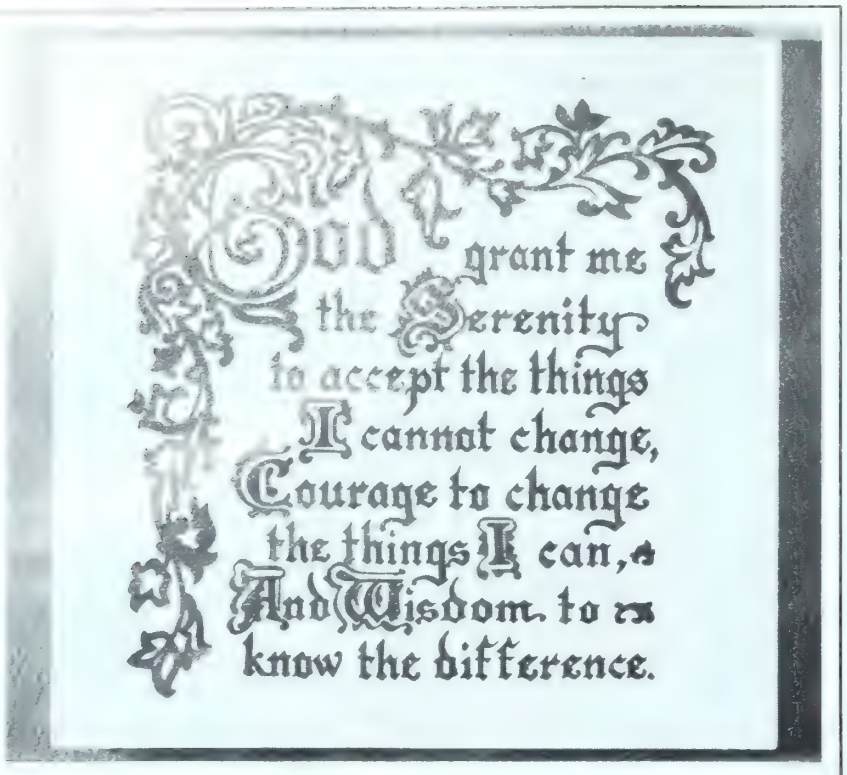
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Mfr. of Professional and Home Electrolysis Equipment



SERENITY PRAYER CERAMIC TILE

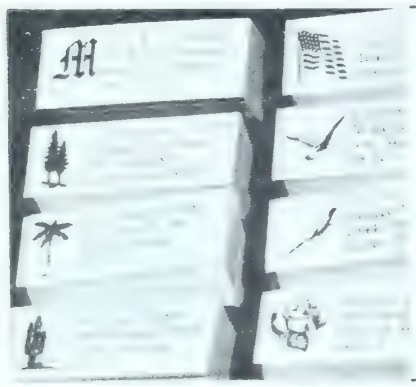
White Ceramic Tile used as a wall plaque or trivet. Cork base with hanger. 6″ x 6″.

#191 SERENITY PRAYER TILE
$3.98 Plus 60¢ Postage & Handling Each

No COD's or Billing *California Residents add 6% Sales Tax*

Satisfaction Guaranteed or Your Money Back

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Any Initial, American Flag, Pine, Gull, Palm, Roadrunner, Saguaro, Rose. [Also available are Texas Flag, Maple Tree, Treble Clef, or Palette]. Up to 20 letters per line, 4 lines. Printed in black on white or gold gummed labels 1½x½″. 500 on white or 250 on gold for $2.50 ppd. Or on DELUXE SIZE, 1¾″ long, $3.50 with design or $2.50 without, ppd. Specify Initial or Design desired. Via 1st, add 36¢ per order. Useful Gifts Catalog, 25¢. Bruce Bolind, 23-L Bolind Bldg., Boulder, Colo. 80302. Since 1956. Thanks To You!



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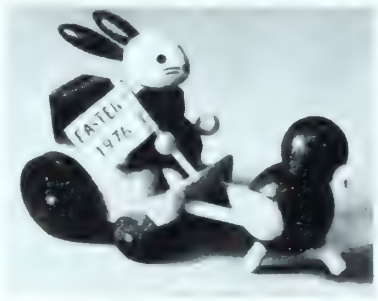
COLLECTOR'S CHOICE

Chinese reproductions from Ming Dynasty, 1368-1644. Red lacquer vases, cup, brass lined, floral, pictorial designs. Handcrafted rosewood stands. 6¼″ h. to 10″ h. Ea. $35. Add $1.95 post. Art Treasures World Wide, HG36, Suite #2005, 123-33 83rd. Ave., Kew Gardens, NY 11415.



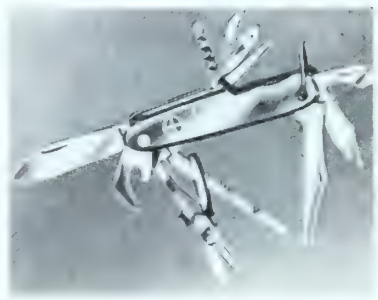
THREE AT A TIME

Graceful hanging bracket holds three flower pots. Steel rods are strong, hold heavy plants as well. Arm locks in position on one wall-mount bracket. 12″ h. by 11″ w. In black or white. $1.98 plus 50c post. Cadlyn's, HGT3, 2077 New York Ave., Huntington Sta., NY 11746.



EASTER GREETINGS

First in a series, a solid wood Easter cart in two-tone natural shades. Chick leads the parade with Grand Marshall bunny holding solid brass banner. 3⅜″ l. $2.98; three, $7.98. Add 45c post. Lillian Vernon, G3E, 510 So. Fulton Ave., Mt. Vernon, NY 10550.



ALL IN ONE

Swiss army-type knife with 11 drop-forged blades and 14 uses. Scissors, screwdriver, bottle/can opener, fish scaler/hook remover, corkscrew, wood saw, and more. Compact 3½″ closed. $5.98 plus 75c post. American Consumer, SAK-25, Caroline Rd., Philadelphia, PA 19176.



PET'S OASIS

Thirsty pets love the automatic waterer, which comes with durable 30″ hose ready to screw into faucet indoors or outdoors. 9″ by 7″ by 3″ basin. $6.98 ppd. Order now for the summer days ahead. Write to G.Q.F. Mfg. Co., HG3, Box 8152, Savannah, GA 31402.



ACTIVE GALS CHOICE

Leather wedge tie-on has flexible crepe sole, padded insole, is unlined. Oatmeal, navy, red, black. AAAA 6-11, AAA 5½-11, AA and A 5-11, B 4-11, C 5-11, D 5-10, $20 plus $1 post. Sizes over 10 add $1. Free catalogue. Naturalizer Shoes, HG3, 21 S. La Grange Rd., La Grange, IL 60525.

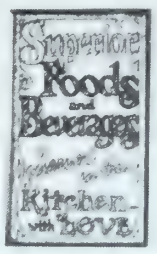


HOCUS-POCUS

Easy-to-follow tips on how to become an expert on sleight of hand card tricks. Fascinating hobby for you, fun for your family and friends. 84 card tricks, to while away time. $1.49 plus 20c post. Anthony Enterprises, HG3, 556 Mission St., San Francisco, CA 94105.

COOK'S COMMERCIAL

A little back-patting won't hurt a hard-working cook. Pretty see-through plaque in jewel-like colors, black metal frame reads, "Superior Foods and Beverages Served in This Kitchen With Love." 6" by 10". $5.98 ppd. House of Cupid, HG3, 348 Pearlwood St., Chula Vista, CA 92011.



Tiffany Kitchen wall or window plaque

NO EVIDENCE

Rust disappears without a trace from colorfast fabrics, porcelain sinks and toilet bowls with a remover that needs no rubbing or scrubbing. Terrific on tarnish, too. $1.98 plus 20c post. Anthony Enterprises, HG3, 556 Mission St., San Francisco, CA 94105.



ANTIQUE REPLICAS

Pierced "rose and leaf" detail on hand-carved solid mahogany. Choice of fabrics (or customer needlepoint used). 25" w. by 29" d. Man's 40" h.; lady's 37" h. Each $239.95 exp. coll. $1 for catalogue and swatches. Magnolia Hall, HG3, 726 Andover, Atlanta, GA 30327.



ENGLISH GREENHOUSE

Well proportioned high-quality construction designed for home gardeners. Lifetime rust-free aluminum frame, free-standing or lean-to models, with double thickness glass. Under $600. Write for details, prices. W. Atlee Burpee Co., 9326 Burpee Bldg., Warminster, PA 18974.



HARLEQUINS

Design stamped on canvas; work in long-stitch. Soya wool in blues, turquoise, yellow magenta, greens, orange. Blue fabric-covered mounting frame 16¼" by 19¾", $12.95. Kit #5100 $35.95 plus $1.50 post. Catalogue $1. Skon, HG3, 55 Lambert Lane, New Rochelle, NY 10804.



HANDSOME HOLD

Embroidered strap fits cameras, binoculars, recorders. Adjusts to 48"; extra-wide for comfort. Simple to attach. Hardware is included. Specify main color: red, blue, orange, brown, and multicolor. $5.95; two $10.50. Ppd. Garlin Enterprises, HG3, Box 281, Fairfield, CT 06430.



GOLDEN MONOGRAM

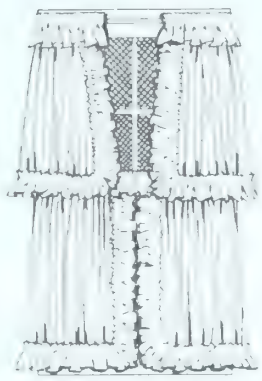
English script monogram pin with 2" last name initial, 1½" first and middle is absolutely smashing with ensembles or on fabric handbag. Underline last initial in order. 24 k gold plated finish, $6 plus 50c post. Decor Galore, HG3, 140 Monument Ave., Barrington, IL 60010.



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NO-IRON MUSLIN IN NATURAL OR WHITE

SUPERIOR QUALITY-VALUE PRICED!



◀ 3 RUFFLES (Style CC6)

Reproduced from Provincetown, Cape Cod. Extra-full 3" Ruffles. Extra-wide 80" to the pair.

TIERS

24", 30", 36", 40" long ..... 7.00 pr.

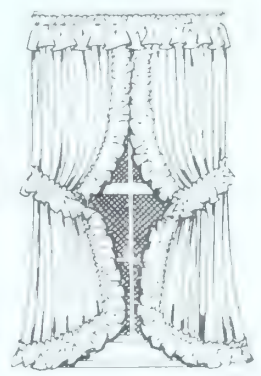
WITH TIEBACKS

45", 54", 63" long . 9.00 pr.

72", 81", 90" long 11.50 pr.

EXTRA TIEBACKS ... 1.00 pr.

EXTRA VALANCE 11" x 72" .. 3.00 ea.



GIANT BALL FRINGE (Style B6) ▶

EXTRA-WIDE 90" to the pair. Hang them straight or tied back with or without valance.

TIERS

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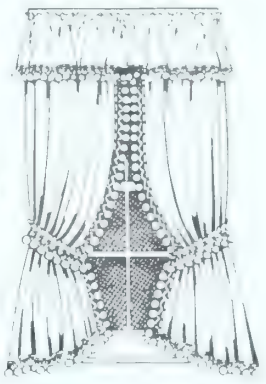
45", 54", 63" long 9.00 pr.

72", 81", 90" long 11.00 pr.

TIEBACKS ..... 1.00 pr.

VALANCE 11" x 72" .. 3.00 ea.

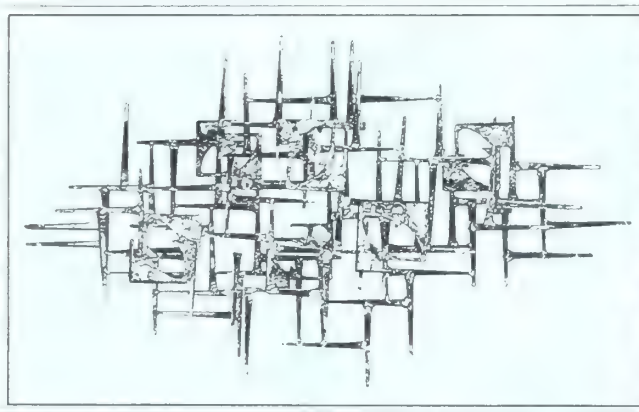




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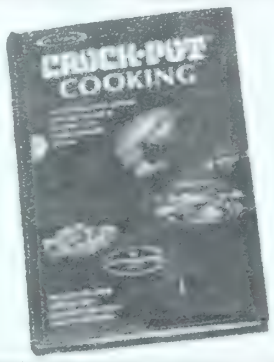
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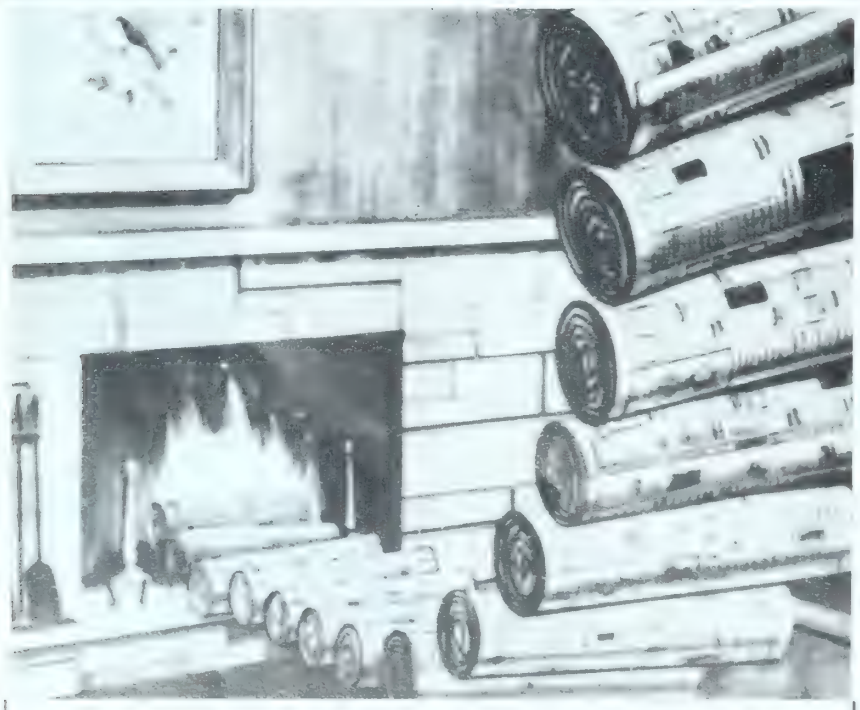
THE FERRY HOUSE, Dept. HG-376, Briarcliff Manor, N.Y. 10510



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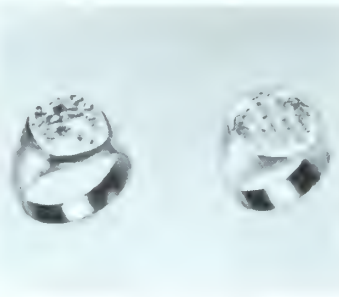
PERSONAL TOUCH

A distinctive monogram cut out of solid walnut makes a focal point for home or office wall. It's a large 18″ by 11″, by ¾″ thick, and finished to a satiny luster. Print initials, last is in separate relief. $29.98 plus $1.50 post. A/C Division, HG3, Box 454, Summit, NJ 07901.



STUFFED ANIMAL KITS

Gingham dog and calico cat now come in kit form to machine-sew or hand-stitch. Dog is 24″ long and cat is 18″. Kit includes cloth prints, felt, embroidery floss and instructions. Stuffing not incl. $6.95 each plus 75c post. Saddle Valley Stitchery, HG3, Box 144, Saddle River, NJ 07458.



FAMILY CREST RING

Send coat-of-arms or name for research. Hand engraved. Sterling silver $75. In 14k gold $195. Engraved on precious stones, 14k gold setting. Choose synthetic ruby or sapphire, agate, topaz, lapis lazuli, $285. Ppd. Free catalogue. Heraldica Imports, HG3, 21 W. 46th St., NY 10036.



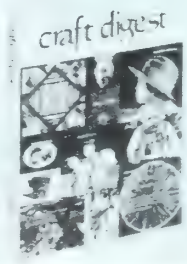
LEAF OF LIFE

No wonder the Yogis of India believe these leaves hold the secret of life! Wherever a leaf falls, a new plant starts to grow. Pot size one to six feet. Blossoms with fragrant pink and lime flowers. Three, $1; nine, $2.50. Add 25c post. Roberta's, HA-30, Box 630, Shelbyville, IN 46176.



ELEGANT QUAFFING

Distinctive brass goblets and steins with silver linings are designed to impress as special gifts or as conversation pieces at your own parties. 8″ goblet $12, pair $22; 5½″ goblet $8, pair $15; 4½″ stein $12, pair $22. Ppd. J. J. Smith, HG3, Box 407, New York, NY 10009.



HOW-TO HANDBOOK

Twenty-eight popular crafts such as enameling, china painting, jewelry, and doll making in a fascinating book. Hundreds of pictures, instructions, background material. 288 pages. $5.95 plus 40c post. Anthony Enterprises, HG3, 556 Mission St., San Francisco, CA 94105.



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It's easy to scrub those hard-to-reach spots with a stimulating sisal and terry scratcher that gives a great massage. 24″ l. with hand grips; imported from Italy. $4.98; two, $8.98. Add 50c post. Lillian Vernon, G3E, 510 So. Fulton Ave., Mt. Vernon, NY 10550.

SHOPPING AROUND

SENTIMENTAL STRIPE



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The famous butterfly chair covers in "Tuff Stuff" canvas or nylon. Canvas, 18 oz.: black, white, lemon, tangerine, marigold, royal, olive, blue, green; $15.95. Nylon: yellow, orange, white, royal, green; $16.95. Add $1.50 post. The Patio, HG3, 550 Powell, San Francisco, CA 94108.

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Simple Teflon cover for steam irons is the solution for ironing serge, gabardine, dull-surfaced silks, woolens and knits. Permits a smooth shaping or blocking job without shiny areas. $1.29 each plus 15c postage. Anthony Enterprises, HG3, 556 Mission St., San Francisco, CA 94105.

HARDY, HANDSOME



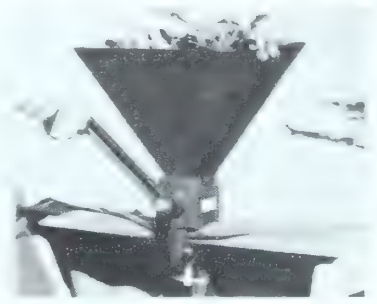
Ideal for dining, kitchen, study or living room. Twin oak pedestal with maple butcher block top. 60" by 30", $201.25; 60" by 36", $217.50; 72" by 36", $237. Exp. Coll. Catalogue, 50c. Write to Butcher Block & More, HG3, 1600 So. Clinton, Chicago, IL 60616.

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Blue willow ceramic brewmaster, always a treasure, now electrified. Heats water in 2½ minutes. U.L. approved cord. Six cup pot, $4.95; matching cream & sugar, 8-oz. $2.50. Covered butter dish holds ¼ lb., $1.95. Add 60c post. ea. The Added Touch, 12H Water St., Bryn Mawr, PA 19010.

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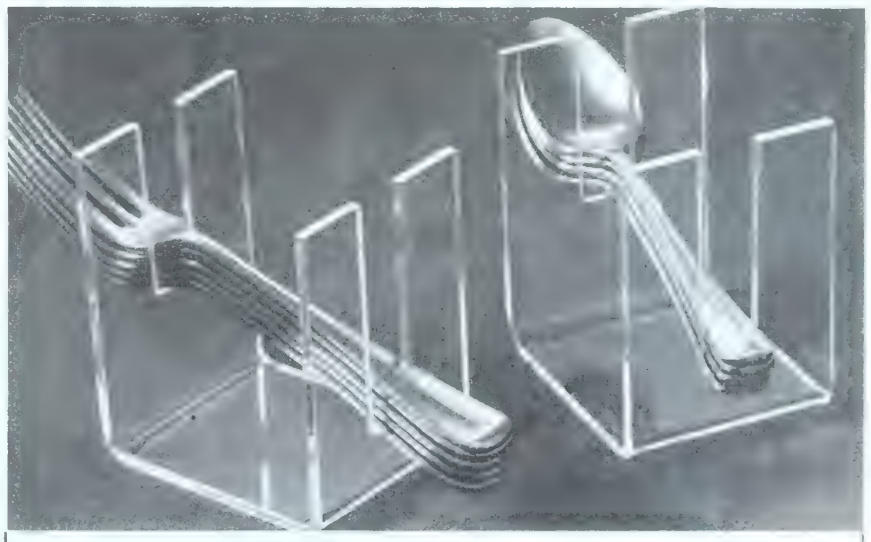
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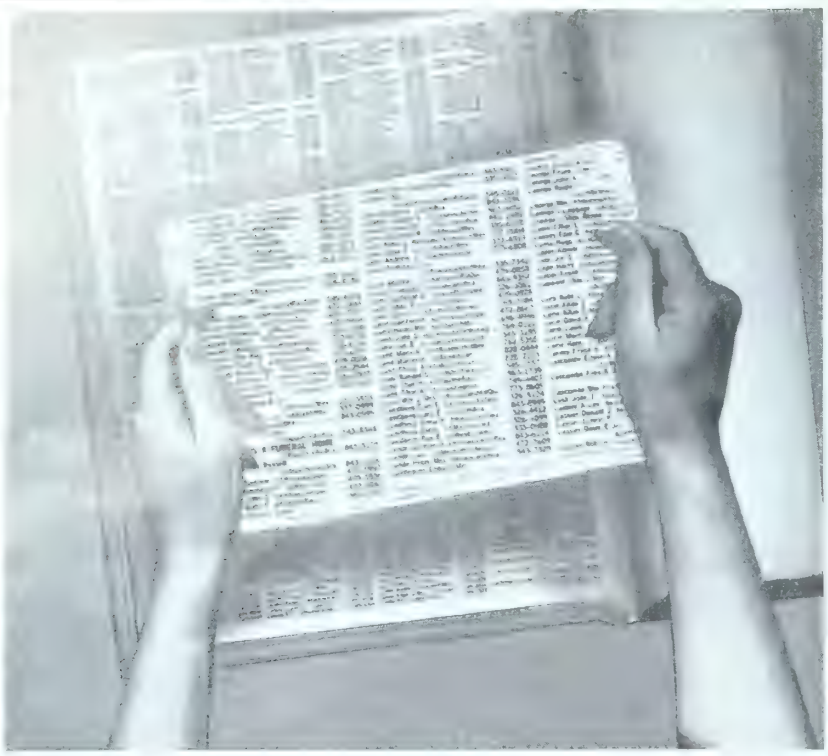
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"Lora" has soft leather uppers and flexible crepe soles with 2½″ stained wood heels. Choose it in dark tan, bone or white. Sizes 4-12, in Narrow, Medium and Wide. $14.95; sizes over 10 are $1 extra. Add 90c post. Sofwear Shoes, HG3, 1711 Main, Houston, TX 77002.



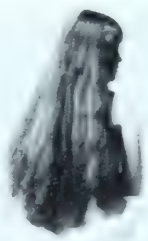
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Schnauzer design looks so real he almost barks. Kit to needlepoint has color design on 13-mesh mono canvas, Persian yarn, needle, instructions. 9″ by 9″ in black, gray, white on gold. $7.95 plus 60c post. The World of Stitch 'n Knit, HG36, Box 709, Framingham, MA 01701.



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Giant popsicle clock runs on a single flashlight battery. Choose orange or chocolate, 15" h., 5½" w. to hang or sit on shelf or table and bring cheer as time passes. One year guarantee. Fun for students or family. $22.50 ppd. Wretched Mess, HG3, W. Yellowstone, MT 59758.

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Gorgeous cuff bracelet handcrafted in Mexico is genuine abalone, "nature's heavenly shell," inlaid in hand-carved solid brass. Wide 1¼" cuff shows off the iridescent hues. $14.98 plus 45c post. Lillian Vernon, G3E, 510 So. Fulton Ave., Mt. Vernon, NY 10550.

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Purse-sized 4" long, gold finish whistle emits a piercing shriek to frighten any would-be assailant. Aerosol operates the whistle; just press down and out comes the scary shriek. $2.98 plus 30c post. Anthony Enterprises, HG3, 556 Mission St., San Francisco, CA 94105.

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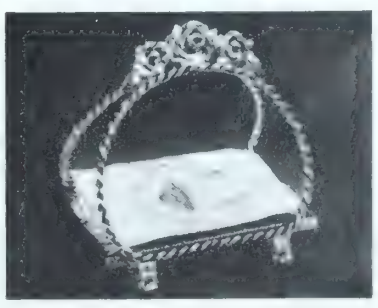
Is your pool robbing you of time? Meyco safety pool cover takes two minutes to put on or remove. Keeps out dirt, leaves; children and pets are safe when you're away. Discourages algae. Custom made, any size. Write to Meyco, HG3, 225 Park Ave., Hicksville, NY 11801.

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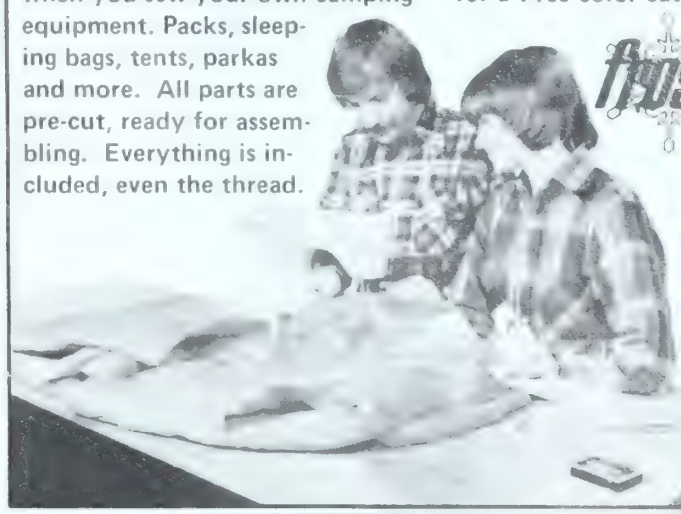


Gold-tone metal basket decked with full blown roses holds guest towels at the ready in powder room or bath. 7½" wide and 8" high, a decorative accessory to add a charming grace note. $24.95 plus $2 post. Laurel Creations, HG3, Box 6, Adelphia, NJ 07710.

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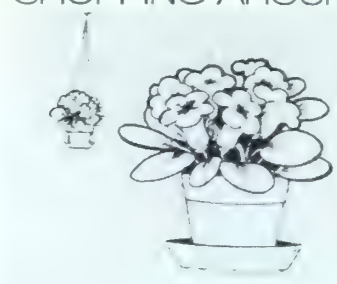
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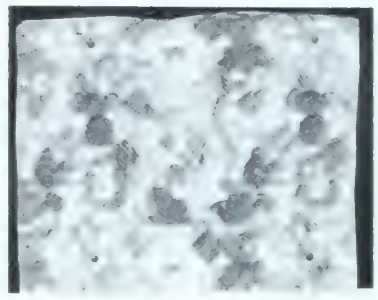
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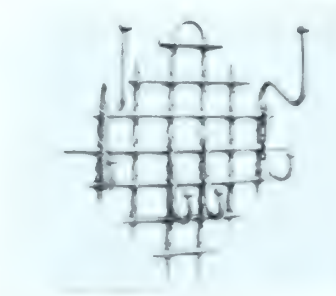
STOP SPILLS

Start watering those hanging plants neatly by resting them in 6″ dia. holders that catch drips. "Invisible" 32″ nylon cording supports tray and plant. Three Grunmar trays, cord, $3.99 plus 75c post. Home Plant Displayers, Inc., Dept. C-203, 51 E. 42 St., New York, NY 10017.



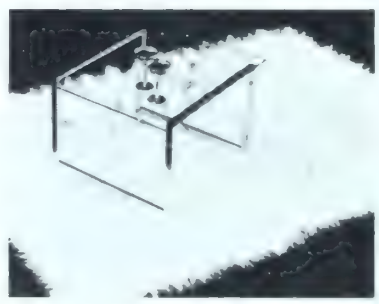
CHEERY AND CUDDLY

Childhood animal favorites on a puffy quilt made for crib or small child's bed. Hand-guided stitching on top quality durable fabric, machine-washable and dryable. 36″ by 42″. $35 ppd. Grandma's Quilting Company, Dept. G36, 4226 Herkimer Pl., New York, NY 10470.



TOWEL TREE

Decorative towel rack in unusual modern styling is a handsome wall piece on its own! Hand crafted solid natural rattan, 17″ x 16″, has six rattan hooks for towels, clothing. $7.95 ppd. Catalogue, 25c. Fran's Basket House, HG3, Rte. 10, Succasunna, NJ 07876.



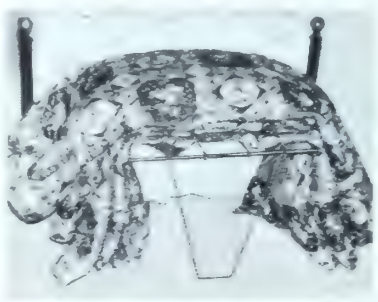
FURRY FOOTING

Lush deep-piled Flokati-style rug is machine washable! Choose it in white or black. 4′ by 5′, $29.95; 5′ by 9′, $69.95; 9′ by 12′, $139.95; running foot, 5′ w., $7.50. Ppd. Catalogue, $1. Peerless Imported Rugs, Dept. GE-3, 3028 N. Lincoln Ave., Chicago, IL 60657.



SLEEP IN BEAUTY

Preserves hairstyle, prevents impressed facial wrinkles. "C" shape supports jaw and temple without pressing against cheek. Prevents round shoulders, double chins. Two pink zipper covers, 17″ by 9″, $7.98 ppd. Better Sleep Inc., HG3, New Providence, NJ 07974.



SECRET SPREAD REST

What a great idea! A caddy that hides beneath mattress of beds with low (or no) footboards. Slip it out at bedtime for a bedspread rack to simplify morning make-up. King, queen, double beds need two. $7.83 ea.; two $14.83. Add 90c post. Garrett's, HG3, Box 12274, Dallas, TX 75225.



BICENTENNIAL PLATES

Significant Early American scenes in bas relief on burnished pewter-finished plates 7″ dia. Declaration of Independence, shown. Betsy Ross, Spirit of '76 and others available. $7.75 ea.; two, $14.95 plus $1 post. Jay's Gifts, HG3, 12630 N.W. Skyview, Kansas City, MO 64164.

SILVER PLATING SALE

For a limited time only silver plating at sale prices. 100% guaranteed; dents are removed at no extra charge. It is a perfect time to have heirlooms fixed and quadruple silver plated. Free price list. The Senti-Metal Co., Silverplating Div., HG-36, 1919 Memory Lane, Columbus, OH 43209.



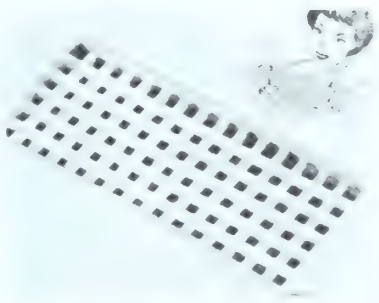
CLEARLY FOR MEMOS

Heavy crystal clear Lucite cube holds 800 memo slips for jottings. 3½" square to keep on telephone table, desk, in kitchen. Two or three initials. $7.95 each plus $1 post., two, $15.95 ppd. 800 refills, $2.25 ppd. Writewell Co., 887 Transit Bldg., Boston, MA 02115.



IT'S COOL

Miniature ice cubes are ideal for speedy chilling of drinks, salads and sea foods. A simple twist of the plastic tray and 90 little cubes of crushed-ice size pop right out. $1.29 plus 20c post. Anthony Enterprises, HG3, 556 Mission St., San Francisco, CA 94105.



STOOP STOPPER

PiPeer shoulder brace; lightweight, puts posture on the straight and narrow. Three-ply ventilated material; padded invisible arm bands. Men measure around chest; women below bust. $6.95 plus 75c post. Piper Brace, Dept. HG-46SH, 811 Wyandotte, Kansas City, MO 64105.



ANTIQUE CAR PLANTER

Classic coupe profile on brick road, with tree limbs, for an unusual design on all 4 sides. 4½" sq. by 4" h. In Koch brass plate with black liner (SAA-4B) or nickel plate with black liner (SAA-4N). Each $7.95; two $15. Ppd. St. Nicholas Boutiques, HG3, Santa Claus, IN 47579.



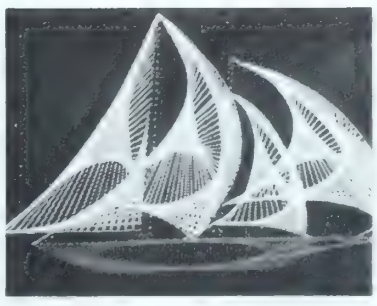
FRESH AS MOUNTAIN AIR

Unifilter purifies tap water, removing chlorine taste, grit, odors and other impurities. Add to water for drinking, coffee, tea, soups and ice cubes. Gives spring water freshness. $4.99 each; two, $9.50 ppd. Almatex Int'l. Co., HG3, 3569 Bristol Pike, Cornwells H'ts, PA 19020.



UNIQUE HOBBY

Discover the creative world of string art, and enjoy friends' praises of your wall hangings. Over 35 unusual kits, patterns and accessories illustrated in free catalogue. (25c post. is refunded with first order.) Kelly's String Art Division, HG3, Box 36195, Cincinnati, OH 45236.



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Our charming bowls with setting-hen lids have a history—we're tempted to call them "hens across the sea!" The European design came here in the 1800's, became an American classic in hand-pressed glass, cherished by collectors today. Now they've crossed the sea again—we found these in Italy, as lavishly detailed as the originals, hand-finished, gift boxed. Delightful as decor or servers—large bowl is 8" long, 7¼" high—small ones 2¾x2½".

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THE PEWTER LOOK



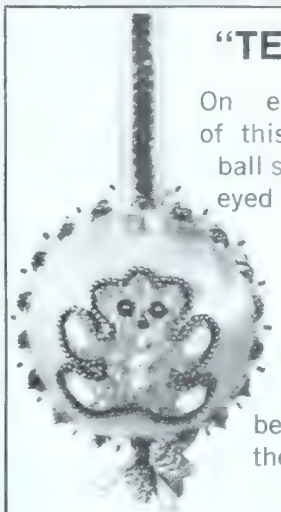
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SHOPPING AROUND



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Annual plate for Mother's Day by Bing and Grondahl is in traditional blue and white. This year's design is of a mother swan swimming contentedly along with her offsprings. Fine porcelain, 6" dia. Collector's plate limited edition, $22.50 ppd. Trein's, HG3, 201 W. 1st., Dixon, IL 61021.



TWIRL A SHOE

Compact three level polished steel carrousel holds 36 shoes (18 pair) and twirls to make selection easy. 24" h., 15" dia; it rolls on casters. Space-saver in a closet, keeps shoes aired. $9.98 plus $1.50 post. Crown-Castle, Dept. SC-508, 51 Bank St., Stamford, CT 06901.



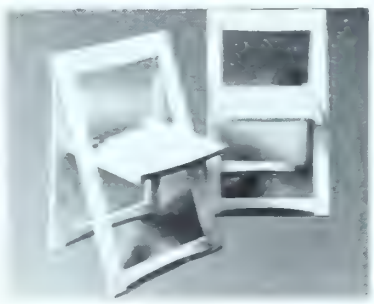
GARDEN ASSET

Bright-eyed smiling frog likes to be a planter, a holder for miniature tools, a nice knick-knack, or a happy little gift. White ceramic with green polka dots. 5½" high $5 plus 50c post. Catalogue 50c free with order. Book Club Associates, HG3, Garden City, NY 11530.



CAVALRY SABER

The "Old Wristbreaker" saber used by both armies during the Civil War is handsomely reproduced complete with black leather scabbard. Steel saber is 39" long. $19.50 ppd. Color catalogue $2. The Muller Co., HG3 Dogwood Hollow, Miller Place, NY 11764.



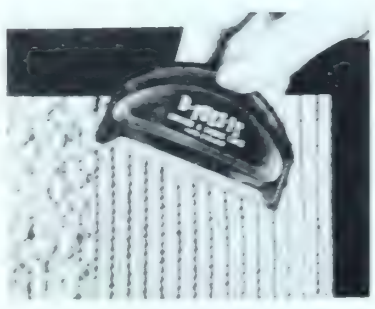
COMPACT COMFORT

Good-looking sturdy seating in butcher block chairs that fold flat to store in a small space. Wood seat, natural only $15.90; cane seat, in natural or walnut finish, $19.90. Exp. coll. New catalogue $1. J & D Brauner, Inc., HG3, 1331 So. Michigan Ave., Chicago, IL 60605.



CHARMING CHICKEN

Delightful decorative basket holds practically anything you can imagine: fruit, vegetables, flowers. It sits, or hangs by the swing-up handle. Hand-made in Mexico. In wire 12" long by 8" high $5.95 ppd. Discovery House, Inc., Dept. FG3, 25 Sylvan Rd. So., Westport, CT 06880.



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Handy little comb strokes out mats, pills and balls from napped fabrics in seconds. Use it on sweaters, shawls, any knit. May be used on fabrics of man-made fibers. $1.98 plus 20c post. Order D-Fuzz-It from Anthony Enterprises, HG3, 556 Mission St., San Francisco, CA 94105.

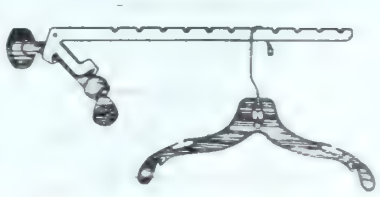
SHOPPING AROUND

TABLETOP TOUR



Independence Hall kit: die-cut art board full-color pieces (in scale 1″ to 12′). Learn landmark's layout. 21″ l. by 16″ h. For 12 years, up. Instructions. $3.99 plus 50c post. Other Bicentennial kits available. G & B Inc., HG3, 516 Schoolhouse La., Willow Grove, PA 19090.

HANDY HANG-DRYER



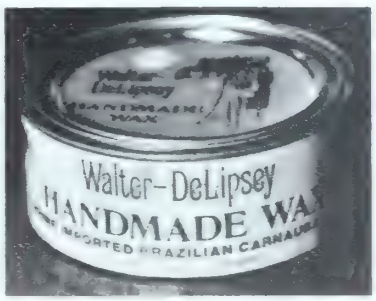
For travel or home use, a sturdy dryer to hold all your washables is a great help. Hooks onto any showerhead, notched shaft holds 11 hangers. Steel construction, rustproof vinyl finish. $3.25; two $5.75. Add 50c post. American Century, HG3, P.O. Box 36232, Los Angeles, CA 90036.

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LONG-LASTING WAX



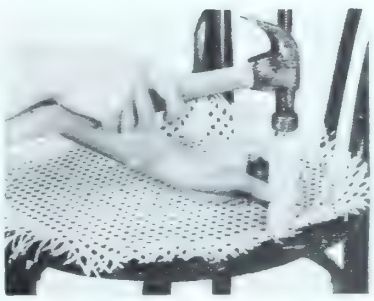
Handmade furniture wax from ingredients imported from Brazil produces an extremely long lasting hard finish to treasured wood pieces. Wax eliminates the need for repeated waxings. Eight oz. can, $3.50 plus 25c post. Walter DeLipsey, HG3, 2615 Routh St., Dallas, TX 75201.

TO HAVE AND TO FOLD



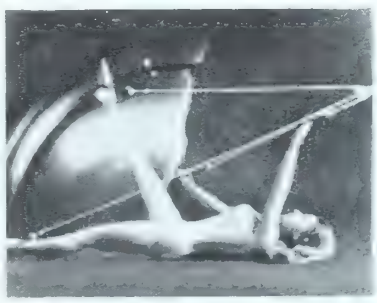
Space saving table made in Europe. Solid beechwood with oiled walnut veneer. Closed, 9″ by 30″; one side up, 37″ by 30″; fully opened, 65″ by 30″, it seats eight. 30″ h. $59.95. Exp. coll. Assembled. Danish catalogue, 25c. Genada Imports, HG3, Box 204, Teaneck, NJ 07666.

NATURAL



A cane kit that includes sheets of cane and complete instructions for repairing grooved chair seats, room dividers, what have you. Square cane sheets in three sizes: 12″, $6.75; 18″, $10.25; 24″, $14.75. Ppd. Catalogue, 25c. T.I.E., HG3, Box 1121, San Mateo, CA 94403.

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Attach to doorknob, exercise twice daily for 5 minutes. Slimming action concentrates on hips, waist and thighs. For men and women. $7.98 plus $1 post. Weighs only 10 ounces. Joe Weider, Dept. LG/P, 21100 Erwin St., Woodland Hills, CA 91364.

U.S. Patent No. 3,[illegible]



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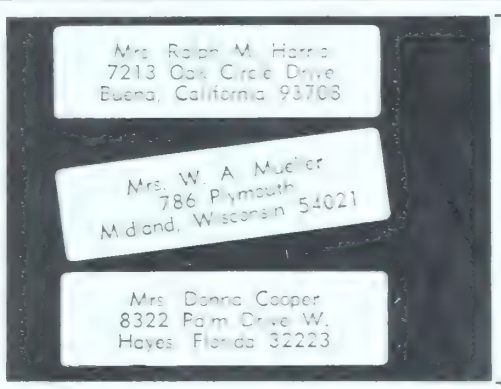
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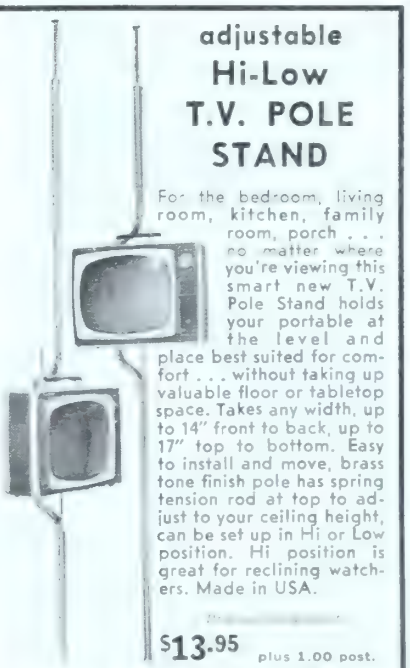
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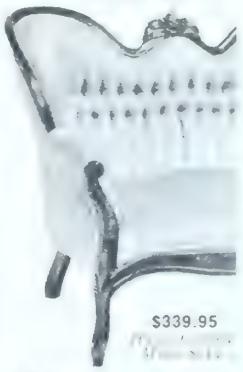


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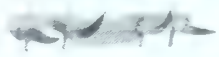
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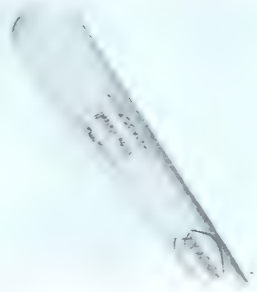
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Personalized bat of full-grain Adirondack wood, Little-League approved. It's professionally turned, has a lacquer finish. First and last name branded in—just like Big League stars. 29". $8.98 plus $1 post. A. C. Gifts, HG3, 2642 Central Park Ave., Yonkers, NY 10710.



BABY SHOE BRONZING

What a natural for your desk—baby's first shoes bronze plated in solid metal and mounted on an 8" by 10" portrait stand with oak design base. $6.99; unmounted shoes, $3.99. Ppd. Details and postpaid mailer, money-saving certificate. American Bronzing, Box 6504-C5, Bexley, OH 43209.



TWO INCH IRISH CLUNY

Lace border on no-iron muslin-like polyester/cotton. Natural or white. 80" w. to pair. 24", 30", 36" long $12; 45", 54", 63" $14; 72", 81", 90" $17; 11" by 72" valance $4.50; tiebacks pr. $2. Post. $1.50. Colonial Maid Curtains, HG3, Lawn Terr., Mamaroneck, NY 10543.



HAVE A LOOK

Handy magnifying mirror offers a good look wherever you need it. A large all-rubber suction cup holds mirror firmly to any smooth and clean surface. 3½" dia. Convenient for traveling. $2.98 plus 60c post. Anthony Enterprises, HG3, 556 Mission St., San Francisco, CA 94105.



PLAY CUBES

Rugged plastic can't bend, rust or scratch. Protects children. For a 40" tower or ranch house, for sitting or stuffing. Five in nest: 4/6/8/10/12". Yellow, blue, pink, green, red or assorted. $19.95 plus $2.50 post. Catalogue 50c. Anne Tracy, G212, Box 499, Hudson, OH 44236.



NATURAL BEAUTIES

Matched puka shells have been surf-polished for decades, then made into chokers with barrel clasp. Women's 15" has about 180 shells, men's 17" has over 200. Women's $14.95; men's $15.95. Add $1 post. American Consumer, PUK-20, Caroline Rd., Philadelphia, PA 19176.

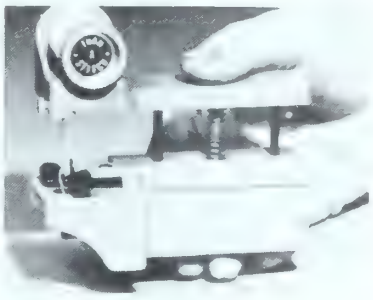
SHOPPING AROUND

SWIVEL TO BEAUTY



Dressing table stool revolves on a swivel base to enable the sitter to see her hairdo from all around. 19″ h., 18″ dia. Upholstered in our cotton velvet, $75; in your 1½ yds. 54″ fabric, $62. Exp. coll. Catalogue, $2. Hunt Galleries, HG763, Box 2324, Hickory, NC 28601.

SPEED SEWING



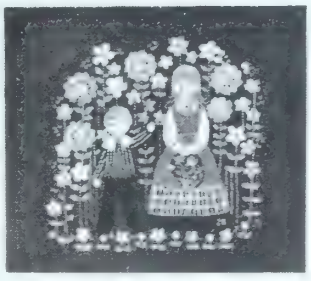
Dexter hand machine can baste, tack, zigzag, sew on buttons and zippers. Blind-stitches hem you're wearing. Does draperies and curtains while they're hanging. With needle threader, booklet. $6.98 plus 60c post. Anthony Enterprises, HG3, 556 Mission St., San Francisco, CA 94105.

KITTI-POTTI



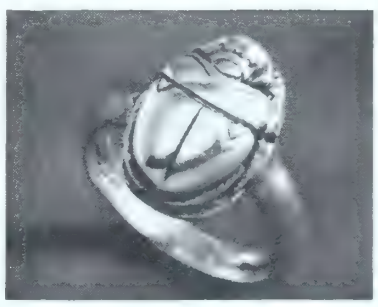
This litter pan confines odors, hides wastes and stops litter spills. The top removes. Molded plastic. 16″ wide, 22″ long, 18″ high. $18.95. Colors: blue, beige, yellow, avocado or white. Write to Haugen Products, HG3, 709 W. Huron, Box 1986, Ann Arbor, MI 48106.

SWEDISH CHARM



Imported kit for embroidery in basic stitches. Stamped design on electric blue linen. Linen yarns, colorful in shades of magenta, white, rose, green, yellow. 11¾″ by 13¾″. #9150. $18.95 plus $1 post. Catalogue $1. Skon, HG3, 55 Lambert Lane, New Rochelle, NY 10804.

SUPERB SCARAB



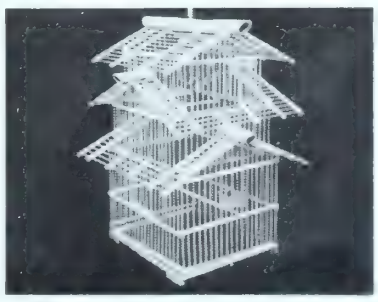
Ancient harbinger of good luck, the scarab, makes an opulent solid sterling ring. From Pennsylvania's Millbrook Workshop; sizes 5, 6, 7, 8. $14.98. Pendant on 18″ chain, $12.98; both, $26.50. Add 45c post. Lillian Vernon, G3E, 510 So. Fulton Ave., Mt. Vernon, NY 10550.

BRAIDED BEAUTY



Sandal with a new twist, braided kidskin all around. Imported from Spain by Caressa. 2½″ cork wedge heel, crepe sole, terry cloth lining. Green, luggage, white, navy. 5½-10; N and M. $25 plus $1.75 post. Free catalogue. The Talbots, Dept. VW, Hingham, MA 02043.

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Beautifully designed bird cage has three stories, reminiscent of Eastern temples. Practical slide-out tray makes cleaning easy. Natural color. 15″ x 14″ x 18″, $10.95; 15″ x 15″ x 24″, $14.95 ppd. Catalogue is 25c. Fran's Basket House, HG3, Route 10, Succasunna, NJ 07876.

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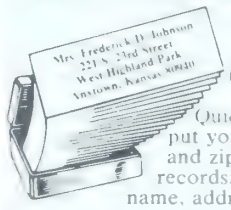
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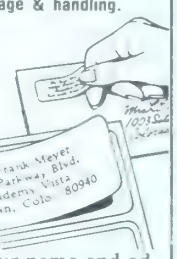


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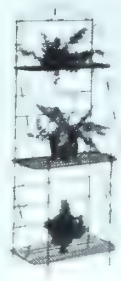
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SHOPPING AROUND



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A LA FRANCAISE

Decorator's delight. A graceful black iron baker's rack in true traditional antique style. With three shelves, it's perfect for plants, objets d'art. Stand 63½" h. by 24½" w. by 13" d. Has brass finials. $65 exp. coll. From Jenifer House, HG125, Great Barrington, MA 01230.



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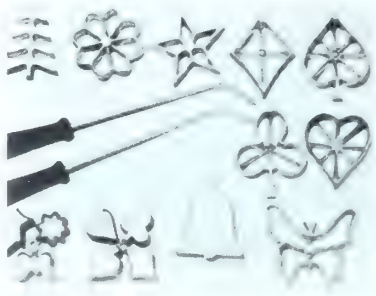
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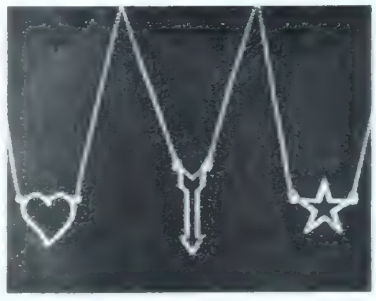
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SHOPPING AROUND

FINGERTIP TOUCH



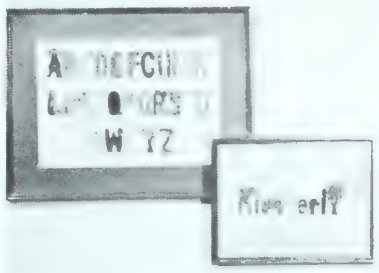
Push button phone can be used on any dial system; an inner memory remembers the last number dialed. Fitted with standard cord and plug, it is ready to plug in. $119.95 plus $2 post. Catalogue, 50c. Grand Com Inc., HG3, 324 Fifth Ave., New York, N.Y. 10001.

PLANT ADVISER



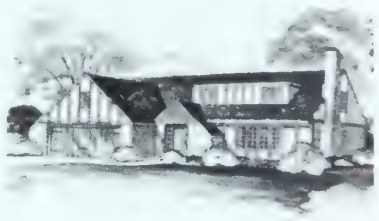
Green Genie is a battery operated instrument that tells if plant is overwatered, underwatered or just right. Insert probes into soil and listen. Instructions, watering chart, battery included. $10.95 ppd. Petite Lagniappe, HG3, 1026 Hibernia Bldg., New Orleans, LA 70112.

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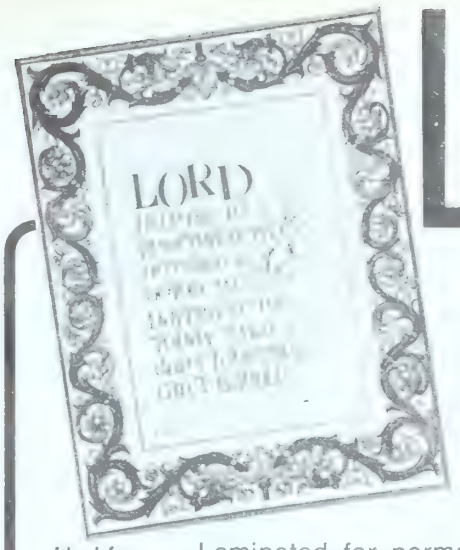


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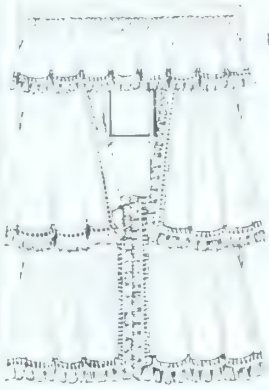
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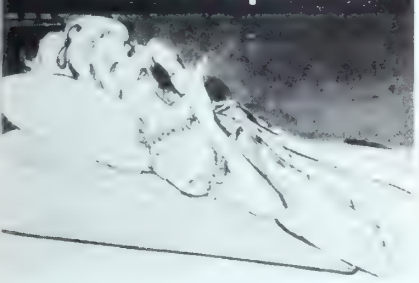
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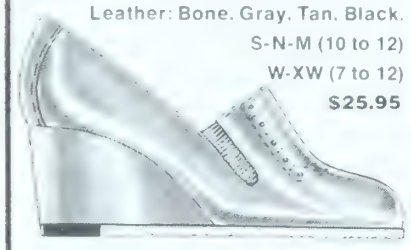
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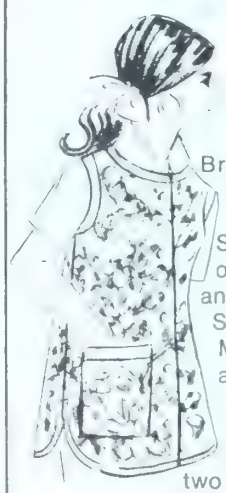
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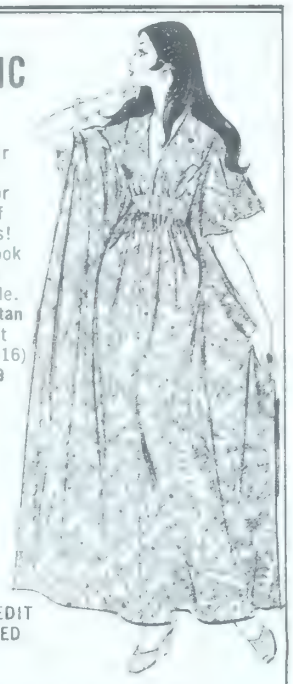


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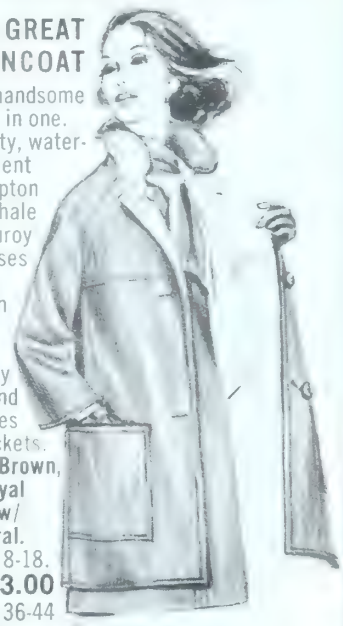


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$33.00
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Look terrific in a dramatic rainbow-striped polished cotton caftan with obi-sash, mandarin collar, three-quarter sleeves, knotted buttons, two concealed pockets. Orange/yellow/blue/green/white. One size fits all. $48 plus $1.75 post. Free color catalogue. The Talbots, Dept. VV, Hingham, MA 02043.



SMART SLEUTHING

The classic "Sherlock Holmes" rain or shine cape with button-on detachable hood optional. Water repellant gabardine in midi length with tailored collar and plackets. Khaki, navy, black. S (5-9), M (10-13), L (14-18). $60, hood, $10 ppd. Postique, Dept. HG-36, 216 W. 89th St., New York, NY 10024.

THE TUNIC LOOK

Chic new approach to pants dressing. Exquisitely soft and flattering crinkled pure cotton gauze in a long tunic over full cut drawstring pants. Both sizes XS, S, M, L. Tunic in red or black, $34; the pants in white or black, $20 plus $1.50 post. Free catalogue of exclusive spring fashions. Ulla, Dept. HGE-3, 886 Madison Ave., New York, NY 10021.





HAYELKALI

In Navajo "Hayelkali" means sunrise, inspiration for the squash blossom necklace. Turquoise gemstones in sterling silver mounting. $147 plus $3 post. Free membership in Indian Art Collectors Club and color catalogue of Indian handcrafts with purchase. Old West Traders, HG12, Indian Arts Pavilion, 1503 Central N.W., Albuquerque, NM 87104.



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Strikingly simple, strikingly graceful. A neck ring in sterling silver to wear solo or pair with an elegant puffed sterling silver heart pendant. Finely crafted European import. The neck ring, 5" dia., $40; heart, 1½" dia., $45; both for $75 ppd. Jeffrey Leigh Ltd., HG3, 41 Roundabend Rd., Tarrytown, NY 10591.



THE SLEEPWALKER

The new short nightshirt that's long on comfort. Lightweight 100% cotton with turn back cuffs, side slits. Comes in three gingham combinations: white with red, brown or blue. Sizes S.M,L,XL. $15.95 plus $1 post. Send $1 for color catalogue. Ah-Men, HG3, 8900 Santa Monica Blvd., Los Angeles, CA 90069.



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Reminiscent of a romantic era. Lovely print in polyester and cotton with lacy-patterned border. Bodice and skirt, back-slit for dancing, are finished with skin-soft lining. Machine-washable, dryable. Red, navy or brown with white. Sizes 8 to 18 and 14½ to 26½. $28. With long sleeves, $31 plus $1 post. Vicki Wayne, 600 S. Country Club Rd., H3V, Tucson, AZ 85716.

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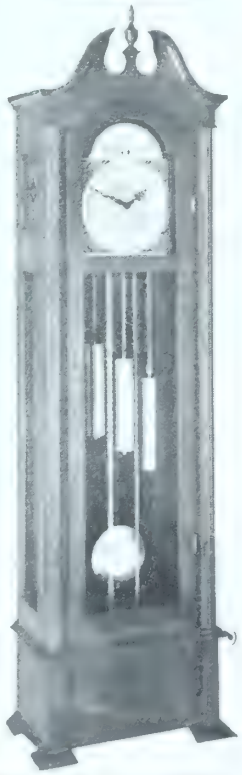
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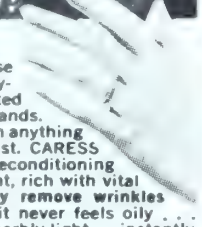
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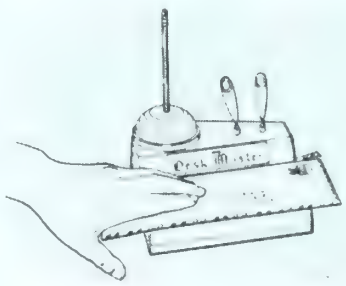
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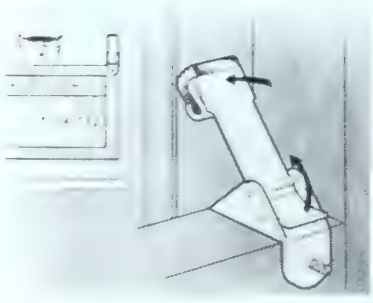
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Keeps those dangling electrical cords off the floor and out of the way with cord shortener that holds up to three feet of cord. Just wind excess cord around shortener. Only $1.49 for set of six plus 20c post. Anthony Enterprises, HG3, 556 Mission St., San Francisco, CA 94105.



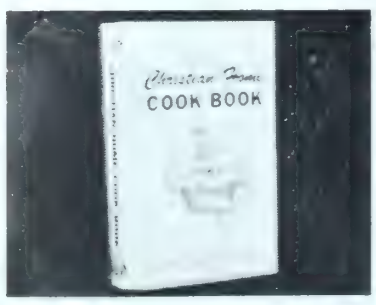
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Lavish tapestry depicts an elegant Louis XV-era garden scene. Woven in Europe, tapestry is in gentle pastels. 20" sq., $8.50; 26" by 35", $22.95; 40" by 55", $99.95. Ppd. Catalogue, $1. Peerless Imported Rugs, Dept. GTE-36, 3028 N. Lincoln Ave., Chicago, IL 60657.



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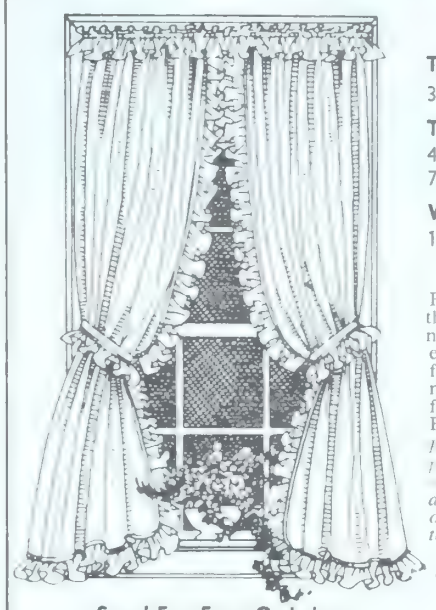
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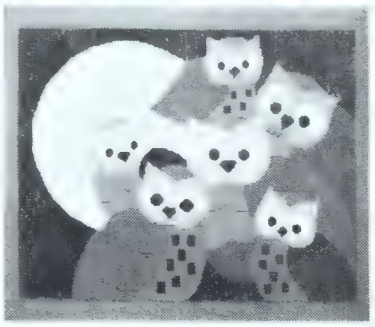
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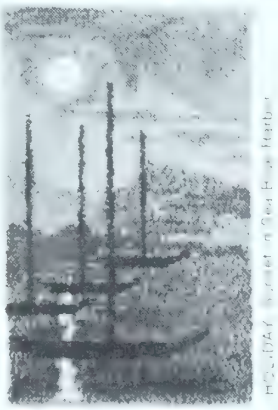
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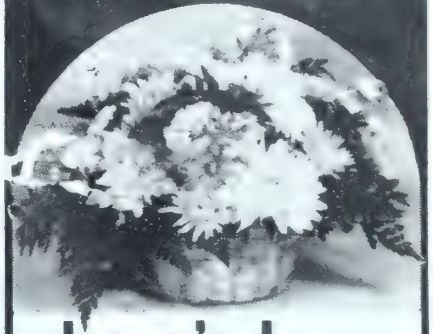
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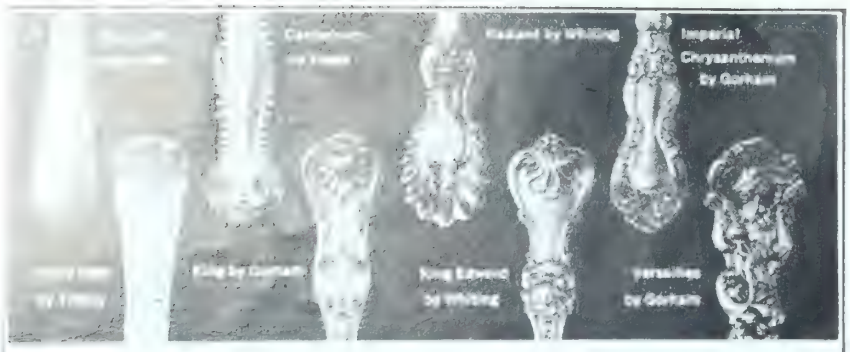
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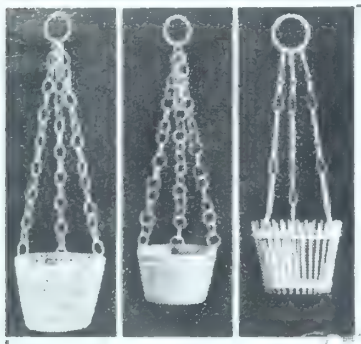
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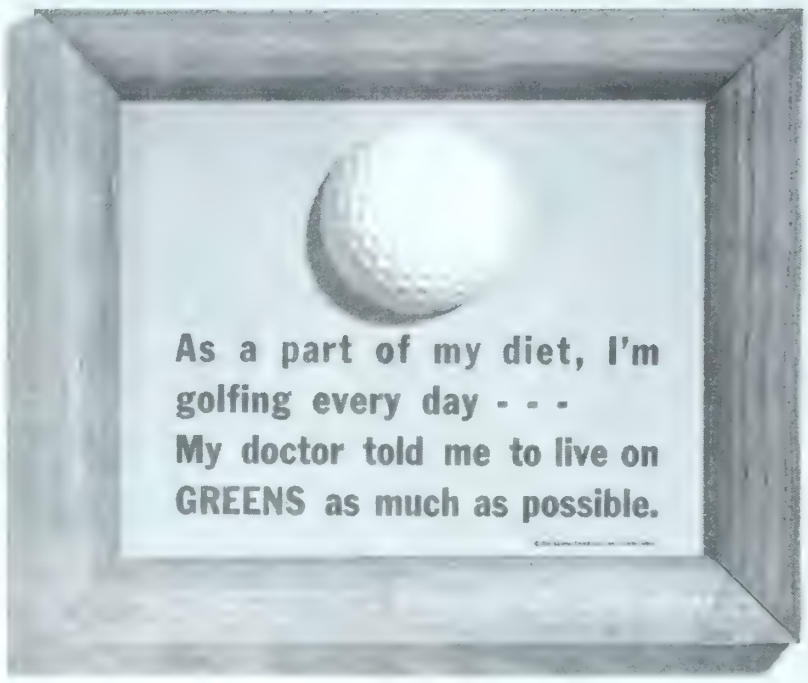
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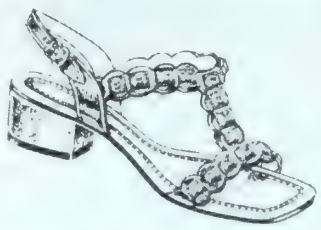
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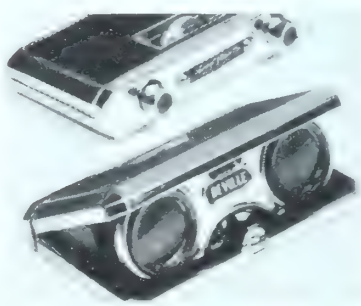
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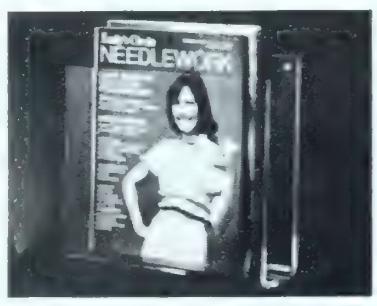
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If you love snipping recipes, coupons, ads and *Shopping Around*, clipit paper cutter speeds the job. Neater and safer than scissors. Order now for your school children. $1.29 plus 20c post. from Anthony Enterprises, HG3, 556 Mission St., San Francisco, CA 94105.



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Tarnish-proof Pacific Cloth drawer pads made by Gorham. Prevent tarnish and scratching! 11½″ by 14½″ by 2½″ holds 100 pieces, $10.75; 17″ by 12″ by 2½″ holds 125 pieces, $12.75. Add $1.25 post. each. Barrington Specialties, HG3, Box 154-G, Barrington, RI 02806.



WINDOW DRESSING

Easy-care curtains outlined by giant ball fringe. Permanent-press polyester-and-cotton in natural or white. 90″ w. pair. 45″, 54″, 63″ l. $12; 72″, 81″, 90″ l. $14; valance 10″ by 80″ $4.75. Add $1.75 post. Catalogue free. Country Curtains, Dept. HG3, Stockbridge, MA 01262.



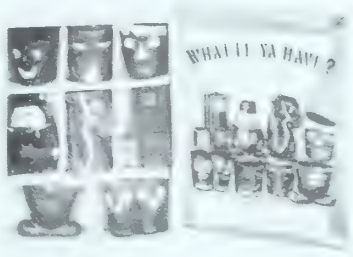
BEAUTY PROGRAM

Kit for home use consists of bustline improvement guidebook for exercises, diet, posture; hydrotherapy massage cup for a few minutes daily use; and three special-moisturizing cremes. $19.98 ppd. Beauti-Breast of Paris, Dept. LG/P, Box 8072, Van Nuys, CA 91409.



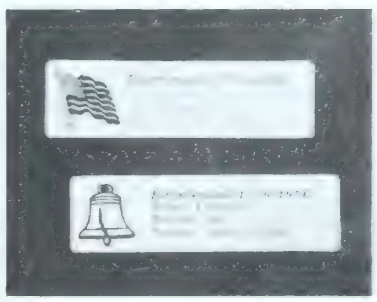
WHAT'LL IT BE?

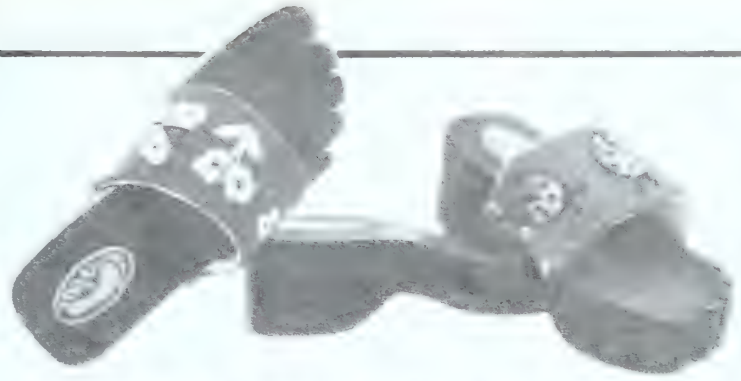
Colorful ornamental jiggers to provide happy talk at your own private bar. Friends will love the maroon stoneware pieces. A nice gift idea, too. Eight in set, one- and two-shot sizes, $4.95 plus 95c post. Carol Ann Gifts, Dept. HG-5316C, Box 21026, Philadelphia, PA 19154.



PATRIOTIC TOUCH

Bicentennial address labels! Design is printed in red, with your name and address in blue on white. Labels are self-adhesive. 1¾″ by ½″. Specify flag or bell design. 225 $4; 450 $6; 1000 (alike) $12. Ppd. Order from Bruce Bolind, HG3, Boulder, CO 80302.



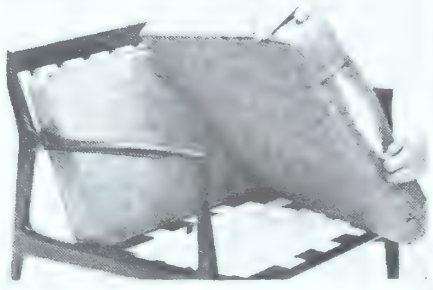


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Toe Sandals—Create and wear your own handiwork. Your feet will thank you, your friends will envy you. Great mother/daughter idea! Complete kit includes orthopedically-contoured wood bottoms, original design hand-painted on #12 interlock canvas, pure virgin wool yarn, needle, felt backing, tacks, instructions—all packed in a carry-along drawstring denim bag. Children's sizes 1-4; women 5-10. To order specify size and choice of dark walnut stain or nature-clear wood finish. Lady bugs on a "Jeans" blue background or Butterflys and flowers on rust background. For perfect fit, include a tracing of your foot. Send check or money order for $21.95 adult, $14.95 children. N.Y. residents add applicable sales tax.

Send 50¢ for brochure, refundable with first order.

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or sofa to the original comfort and good looks! Replace those sagging or broken rubber straps. 3 styles: metal clip end, metal peg end, or loop end to use with wood dowels. $2.00 ea. ppd. Specify style & slot-to-slot distance on frame. Also rubber webbing to nail, 75¢ a ft. ppd. Danoil polish for all natural wood, 8 oz. $3 ppd. Cal. res. add sales tax. Need new covers, cushions? Send 25¢ in coin for fabric samples and catalog. E. J. EVANS, 630 North Western Avenue Dept. G, Los Angeles, California 90004

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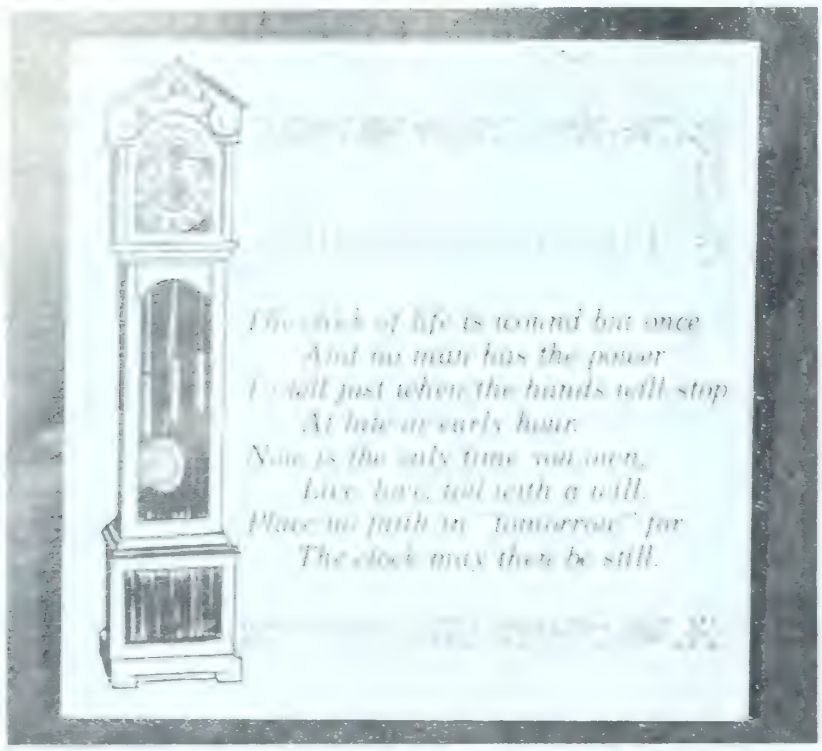
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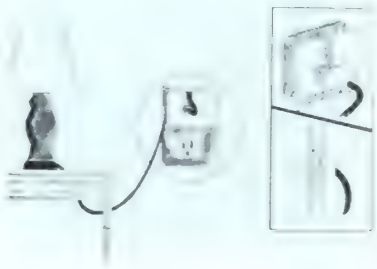
SHADES OF YESTERYEAR

Picture this high back rocker on an old fashioned porch on a summer day. Solid oak with seat and back of woven Nu-Cane. Sanded ready to finish in stain or paint. 49″ h., seat. 21″ by 19″. $30 exp. coll. Marion Travis, HG3, 109 E. Broad St., Statesville, NC 28677.



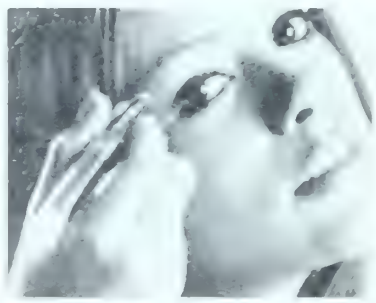
ETERNAL LINK

Bride and groom's coats of arms, linked by helmet and mantle, hand-engraved on a wedding band of 14k gold. 10mm wide. Send drawings for both names or request coat-of-arms research. $155 ppd. Free color catalogue. Heraldica Imports, HG3, 21 W. 46th St., New York, NY 10036.



KEEP THEM NEAT

Capture dangling appliance and lamp cords with a cord coiler. Fits snugly over wall socket, holds any excess wires off the floor. Sturdy plastic. 2¼″ by ⅜″. Instructions. Three in set $1.99 plus 75c post. Carol Ann Gifts, Dept. HG-4566C, Box 21026, Philadelphia, PA 19154.



NEVER TO RETURN

For the female who has unwanted hair on her face, arms and legs, we propose Perma Tweez. Battery operated device removes the stuff professionally and permanently, does not puncture skin. $16.95 ppd. General Medical Co., HGE-53, 5701 W. Adams Blvd., Los Angeles, CA 90016.



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From the sunny Isle of Majorca comes a rope of matched pearls 60 inches long. It's a fashion accessory that lends a look of simple elegance to practically anything you choose to wear it with. $12 ppd. American Image Industries, HG3, 276 Park Ave. So., New York, NY 10010.



STRAP CLIPS

Gold-finished metal lingerie clips keep bra and slip straps secure in handsome fashion. A smart way to be sure that straps won't tumble down when wearing a low cut gown. Set of two, $1.98 plus 20c post. Anthony Enterprises, HG3, 556 Mission St., San Francisco, CA 94105.

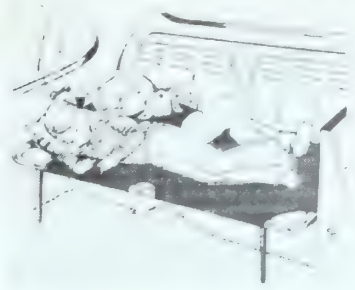


PRETTY PRIZE

A butterfly with diamond-like eyes captured on a charming pendant. 3½″ w. Gold or silver finish. $3.95. Matching diamond-like drop earrings, pierced or clipback style, $2. Add 45c post. per order. Romar Sales, Dept. RS-8F, 380 Madison Ave., New York, NY 10017.

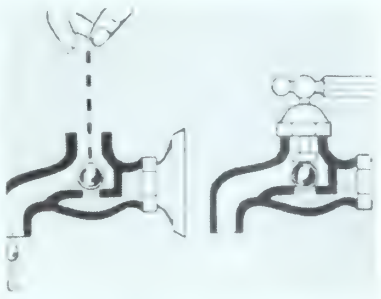
SHOPPING AROUND

CAR BED



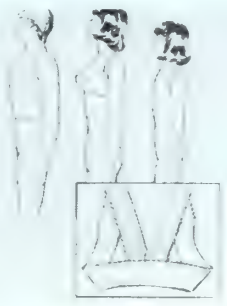
Sturdy folding Kar-Kot® sleeps two children or one adult while you drive. Folds flat. Easy to set up, needs no attachments. Great comfort for cars, campers, wagons. 51″ w. de luxe $15.95; 39″ w. mini $14.95. Add $1.50 post. Green's, HG3, 13135-A Ventura, Studio City, CA 91604.

FAUCET FIXER



Annoying drip, drip, drip of a faucet is stopped easily with a neoprene ball that just drops into the fixture after removing old washer. Sealer stays put against grease, oil. Set of 12 $1.29 plus 20c post. Anthony Enterprises, HG3, 556 Mission St., San Francisco, CA 94105.

STRAIGHTEN UP



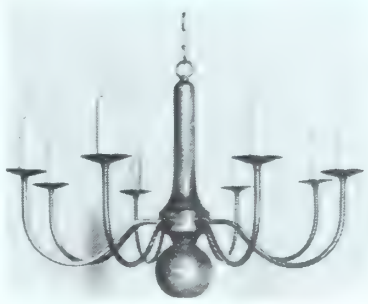
New way to improve your looks. Postur-matic stops slouching and lifts bust naturally. Made of soft stretch elastic. Style #278 in 20″ to 44″. Give chest size. $3.98; two $7.50; three $11. Add 85c post. each. Magic Mold, HG2, 210 Hanse Ave., Freeport, NY 11520.

CURTAIN CLAMPS



Shower curtains won't blow out of the tub when plastic magnetic holders are snapped on to the curtain. Permanently magnetized; won't rust or mar. Eliminate wet floors. Set of three, $1.98 plus 20c post. Anthony Enterprises, HG3, 556 Mission St., San Francisco, CA 94105.

BRASS ILLUMINATION



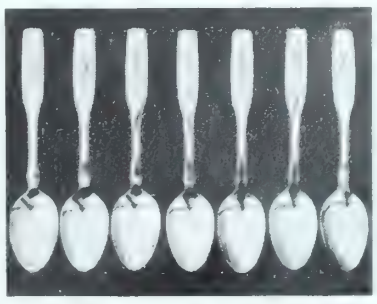
Period chandelier with eight branches of brass has a hand-turned wood center. 17″ h, 24½″ dia. Illustrated catalogue of this and other quality, individually cut, crafted lighting fixtures, $1. Heritage Lanterns, HG36, Sea Meadow Lane, Cousins Island, Yarmouth, ME 04096.

QUAINTLY COLONIAL



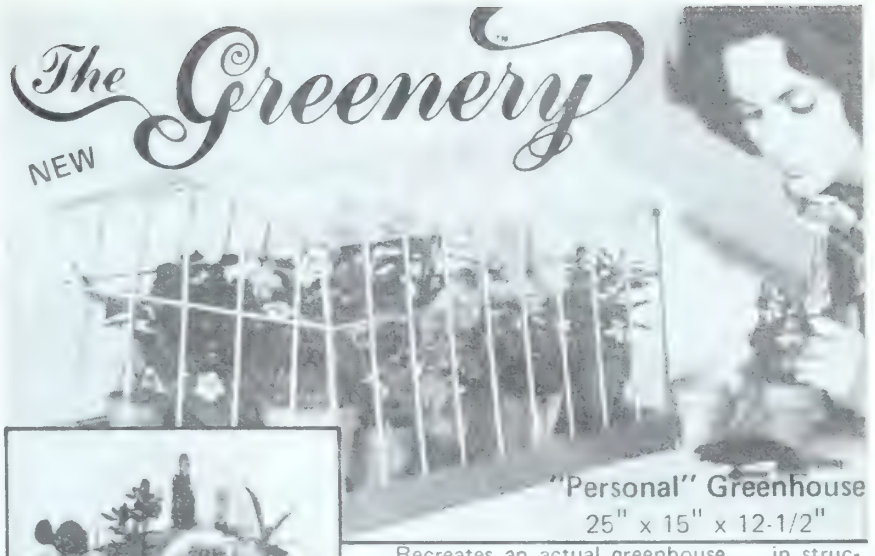
Colonial print curtains in permanent press Kodel/cotton. 84″ w. per pr. 30″ long, $6.50; 36″, $7; 45″, $8; 54″, $9; 63″, $10; 72″, $11; 81″, $12; valance, $3; tiebacks, $1 a pair. Add $1.75 post. Booklet, swatches 50c. Mather's, HG3, 31 E. Main St., Westminster, MD 21157.

BICENTENNIAL SPOONS



Heavy silverplate, each 4½″ l. Spirit of '76, Minuteman, Washington's Credo, Statue of Liberty, Independence Hall, Liberty Bell, Washington. Gift boxed. Each $2.95 plus 50c post. 50c for catalogue. The Sewing Corner, HG36E, 150-11 14th Ave., Whitestone, NY 11357.

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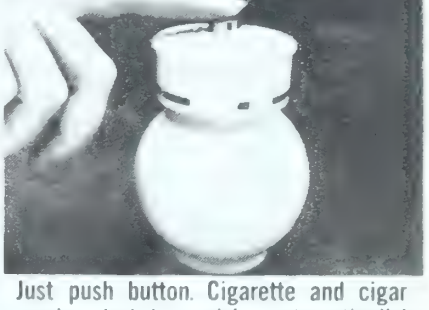
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FLORENTINE COPY

Hang a 24k gold-plated symbol over door, use as paperweight. Back is inscribed: "One leaf is for hope, and one is for faith, and one is for love, you know. And God put in another for luck." 4" diameter. $7.95 ppd. Troy Enterprises, HG3, 1876 So. Broad St., Trenton, NJ 08610.



STRAW VOTE

A wicker basket, needlepointed monogram. Kit includes 10½" x 6" x 5½" basket, wool, instructions, canvas, monogram chart, velvet ribbon in rose, blue, red, black, green or gold. Open basket, $4.95; lidded $6.95. Add 60c post. Victoria Gifts, 12H Water St., Bryn Mawr, PA 19010.



SEE-WORTHY

Plastic container with applicator top holds eyeglass cleaner that keeps specs sparkling all day. Just dab on and wipe with tissue; it prevents fogging, too. Gives hundreds of cleanings. $1 plus 15c post. Anthony Enterprises, HG3, 556 Mission St., San Francisco, CA 94105.



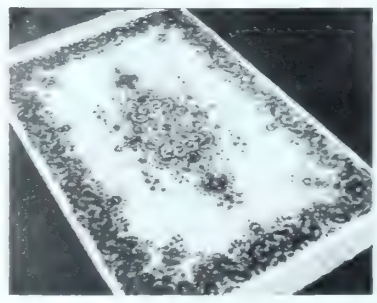
MAGIC KEY FINDER

Lucite key tag with etched first name, manufacturer's code, instructions to drop tag in any mail box for return first to him, then from him to you. Up to nine letter name for 5½" by 1½" tag (print). $6.50 plus 95c post. The Unicorn Gallery, G36, 15111 N.H. Ave., Colesville, MD 20904.



FAMILIAR FACES

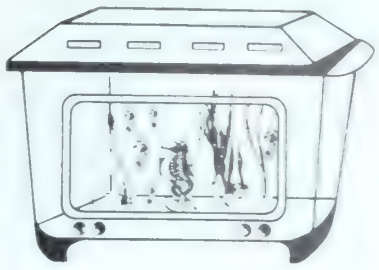
Well-known portraits from U.S. history are on Bicentennial playing cards by Douglas Gorsline. Outsize 3¼" by 4¾" cards come with biographies, rules for eignt games. $6.98 plus 50c post. Lillian Vernon, Dept. G3E, 510 So. Fulton Ave., Mt. Vernon, NY 10550.



ORIENTAL RUGS

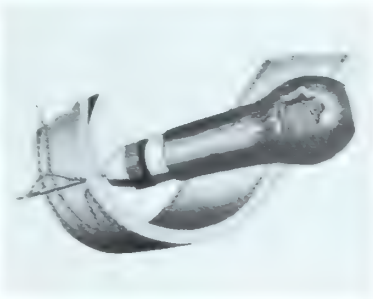
Treasured old patterns, authentic reproductions. Dramatically decorative; through-to-the-back construction. Red, ivory, navy, moss green ground. 3′ by 5′, $14.95; 4′ by 6′, $24.95; 6′ by 9′, $49.95; 9′ by 12′, $89.95. Ppd. International Rug Co., HG3, 360 Amsterdam Ave., NY 10024.

LIVE PET SEAHORSES



Two mated pair (4) including pregnant male (who gives birth up to 30 ponies), *free* kit with shells, coral, sea water mix, food, sea snail, live plant, instructions to raise them in jar or fish bowl. Live delivery guaranteed. $3.98 ppd. Aqualand, HG3, Box 55-7365 Miami, FL 33155.

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Tool does great things: sews leather and canvas. Do your own repairs on shoes, handbags, awnings, seats, upholstery. Pack includes bobbin of wax thread, two needles. $4.98 plus 40c post. Anthony Enterprises, HG3, 556 Mission St., San Francisco, CA 94105.

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Rubber swim sneaks have thick treaded bottoms, inner soles. Protect on rocks and hot sand, in showers. From Italy. White, red, yellow or blue. Give shoe size, width; man or woman; age of child. $6.98 plus 75c post. Dorsay, HG3, 240 Kinderkamack Rd., Oradell, NJ 07649.

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Precious family silver pieces marred by a missing part here, a dent there can be restored by Simmons, fine silver platers, repairers of silver, gold, pewter, brass and copper. Free catalogue. Simmons Silver Plating Co., Inc., HG3, 409 Whitehall St., S.W., Atlanta, GA 30303.

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Brighten any spot in the house with this perky rooster from Portugal. Made of clay pottery, hand painted in lively colors. He's reputed to bring good luck. 10" high, $6.98 plus $1.39 post. Write for catalogue, 50c. House of Minnel, Dept. 536R, 530 Lark St., Geneva, IL 60134.

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A true work of art painted on linen canvas from your old or new photograph. Choose from twelve portrait painters. Canvas sizes range from 12" by 16" to 30" by 40". Prices from $99.50 to $995. Catalogue, 25c. Van Dyke Oil Portraits, Ltd., HG3, 153 E. 57th St., New York, NY 10022.

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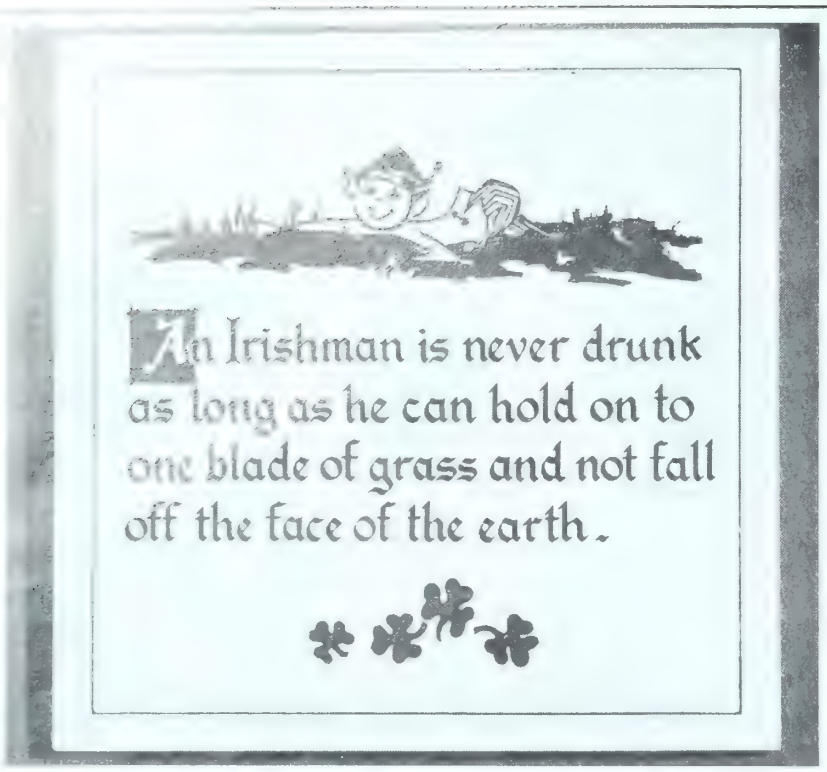
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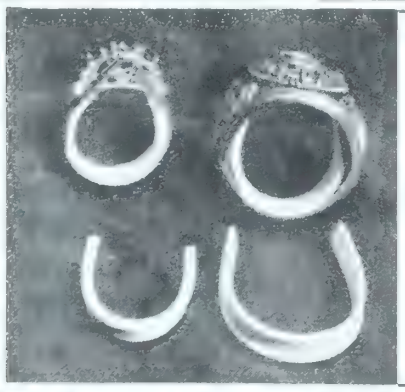
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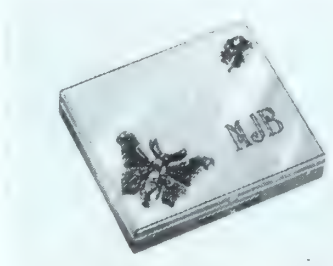
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3D INITIALS

Shining sterling silver initials have great depth, hang handsomely from a 15″ sterling chain. Great for winter velvets and shimmering silks or sporty with tweeds and soft wools. $13 each with chain. Add 50c post. Silver Shoestring, HG3, Box 275, Rockville Center, NY 11571.



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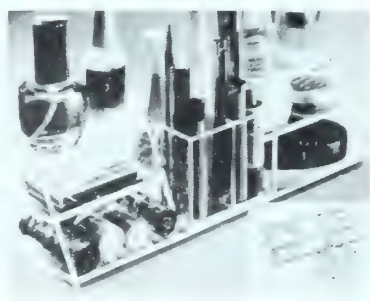
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Apply makeup any time, any where. Handy 5″ mirror hangs lightly from your neck as well as on a wall. Regular on one side, magnifying on the other. Sturdy steel frame stands on dresser too. $2.98 plus 45c post. Anthony Enterprises, HG3, 556 Mission St., San Francisco, CA 94105.



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Genuine leather, tricot lining, cushiony foam padding. 1¼″ heel. Adjustable gold-buckle strap, elasticized throat. Lt. blue, pink, bone, white, black, yellow, gold, silver. 6-10 N, 5-10 M. $14 plus $1 post. Old Pueblo Traders, H3D, 600 So. Country Club Rd., Tucson, AZ 85716.



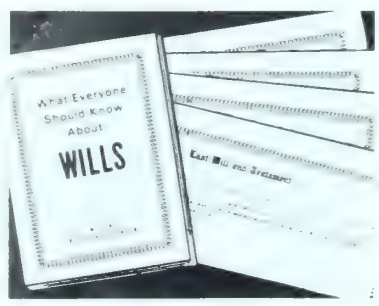
BEAUTY BAR

Clear acrylic cosmetics center has shelves for lipsticks and jars, a compartmented section, for tall items like bottles, that slides out for easy access. Place on a dressing table or in standard medicine cabinet. 9½″ by 3″. $6.98 ppd. Crown-Castle Ltd., CP-516, 51 Bank St., Stamford, CT 06901.



BARELY THERE

Don a pair of these satin-smooth leather thong sandals and note the chic look with easy-going attire. Covered foam rubber inner soles for comfort. Black or snow white. Sizes 5 through 10. $4.95; 2 pr. $8.95. Post. 50c per order. Elizabeth McCaffrey, HG3, Northport, NY 11768.



FAMILY PROTECTION

About time to think about making a will to protect the family. "Wills—How to Make and How to Break Them" is written by an attorney. Personal history and asset sheet and four will forms incl. $2.98 plus 20c post. Anthony Enterprises, HG3, 556 Mission St., San Francisco, CA 94105.

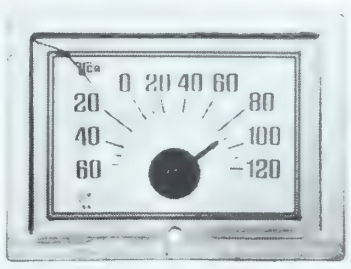
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NEEDLEPOINT KIT



English sheepdog on taped #14 mesh mono canvas, 18″ sq. for 14″ pillow/picture. Paternayan Persian yarns, needle, instructions. Red, black, navy, gold, royal or green ground (or swatch color $1 extra). $22.95 plus 75c post. Pet Projects, HG36, Box 1133, Stamford, CT 06904.

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Winter's in the air. See through thermometer sticks outside a window and lets you size up the season. Even youngsters can read exact degrees. 3½″ by 2½″. $2.98 plus 25c postage. Send to Anthony Enterprises, HG3, 556 Mission St., San Francisco, CA 94105.

JUST RIGHT



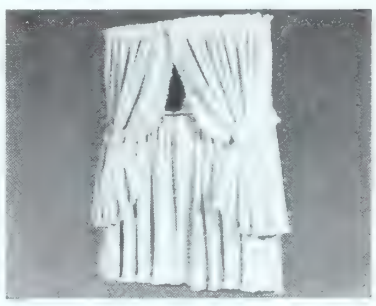
Over-watering your plants? The new Water-Stik is a sure way to check on the right amount of moisture. Just push it into the soil and it indicates when your plants need water. For a Water-Stik sample send 50c to Water-Stik Offer, HG3, 701 Beta Drive, Mayfield, OH 44143.

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Now he sees it, now he doesn't—that intelligent cat you know will love playing "mouse in the hole." The mouse is an elusive ball that will entertain him for hours. Blue plastic; 6″ dia., 3″ h. $3.95 ppd. Catalogue, 25c. Suburbia, Inc., Dept. 305, 366 Wacouta, St. Paul, MN 55101.

TASSELED 2″ FRINGE



Surrey in cotton muslin, white or natural. 78″ w. pair. Tiers: 24″, 30″, 36″ $6; tieback pieces $1. Tiebacks: 45″, 54″, 63″ $9; 72″, 81″ $11; 11″ by 68″ valance $3. Add $1.75 post. Send for free catalogue. Old Colony Curtains, G631E. Box 759, Westfield, NJ 07090.

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Fumble-free coin purse to let you see at a glance what your holdings are. Pennies, nickels, dimes and quarters go into the slots. Slide-in pocket. Black vinyl zippered case. $1.98 plus 20c post. Order #531. Anthony Enterprises, HG3, 556 Mission St., San Francisco, CA 94105.

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Blank canvas faces for your monogram or design. Saddle leather sling. Knockdown unfinished wood frame snaps together like a Tinker-Toy; smooth sanded for easy painting, staining. FREE with your order: Non-stop subscription to Elly's Newsletter of blank-face, pre-sewn needlepoint items, Copy-kittens®, best books.

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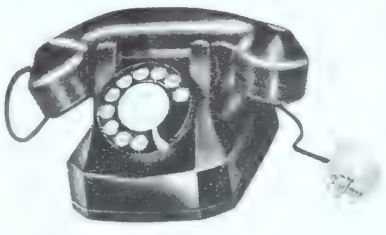
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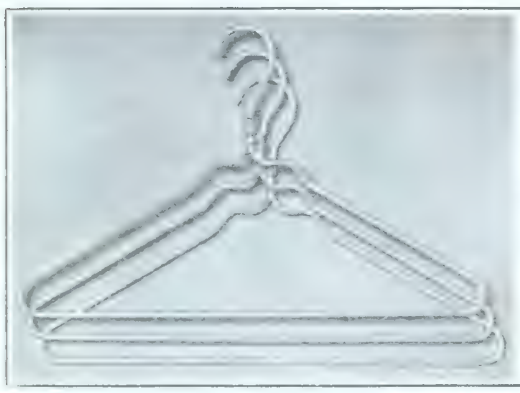
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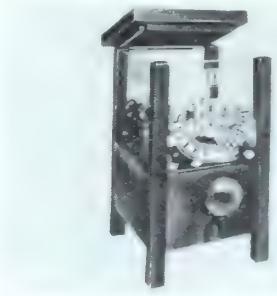
Foot relief—at last! These wedges are so soft, pliant, and comfortable, they're called Marshmallows. Treat your feet to a pair. Foam cushion insoles, crepe outer soles, they come in white, sand, teak brown, navy, red, green and yellow. Sizes narrow 5½-12. Medium 4-12. Wide 5-12.

$11.99 at leaders **$12.99** with back strap

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Morgan's Cove
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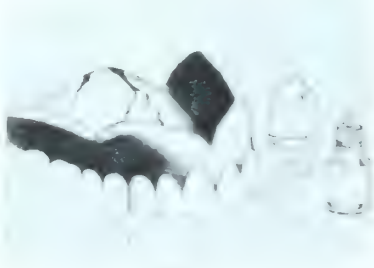
GUMBALL MACHINE KIT

Fun for the family kit includes sturdy hardwood precut to fit, transparent windows, non-toxic, food-safe red paint, decal, but not the gumballs. 5½" by 5½" by 9⅝". Have fun! $7.95 plus 95c post. Nice Things, Dept. CA-040, Box 201, 1425 Grand Ave., Des Moines, IA 50304.



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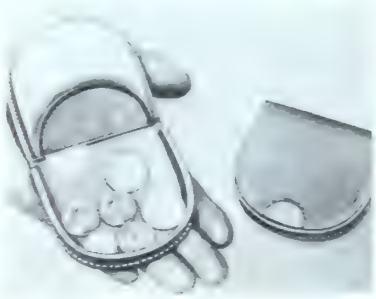
NEEDLEPOINT ORNAMENTS

Soldier, lollipop, candy cane, drum, gingerbread boy and gingerbread house kits complete with canvas, Persian Paterna wool, needle, chart and instructions. 3½" by 5" tall. Each kit, $2.25; all six, $11.95 plus 60c post. Victoria Gifts, 12H Water St., Bryn Mawr, PA 19010.



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Channeled, cut nylon taffeta; weighed, measured goose down (Scandia Down®) packets; poly thread; instructions. Twin $89 plus $5.50; full $99 plus $6; queen $109 plus $6.50; king $119 plus $7 post. World Wide Bedding Shop, HG3, 518 1st Ave. No., Seattle, WA 98109.



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Tray purse opens and closes in palm of your hand. Select and count change easily. Two compartments: one can hold bills or tickets and the other coins. Tan pigskin. 3" by 3". $1.98 plus 25c post. Order #700. Anthony Enterprises, HG3, 556 Mission St., San Francisco, CA 94105.



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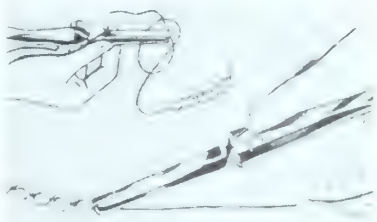
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SNUG SCENE



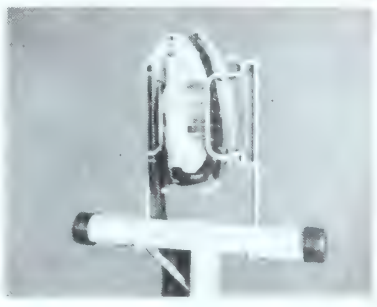
For Mother's Day, a perfect gift whether or not she sews: a unique silver-plated thimble showing a mother-and-child design in bas-relief on a sterling oval. $3.98; three, $9.98. Add 45c post. Lillian Vernon, Dept. G3E, 510 So. Fulton Ave., Mt. Vernon, NY 10550.

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Sloping sides admit more light. All parts pre-cut and drilled. Kiln-dried redwood frame bolts, corrugated panels reinforced. 12' l. by 8' w. $334.95 exp. coll. Details of all models in free catalogue. Peter Reimuller/The Greenhouseman, 11CP, 980 17th Ave., Santa Cruz, CA 95062.

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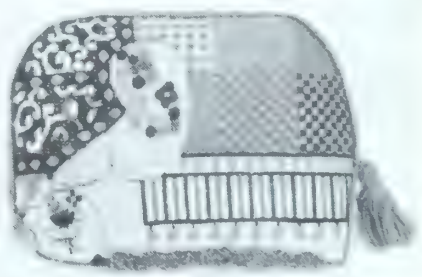
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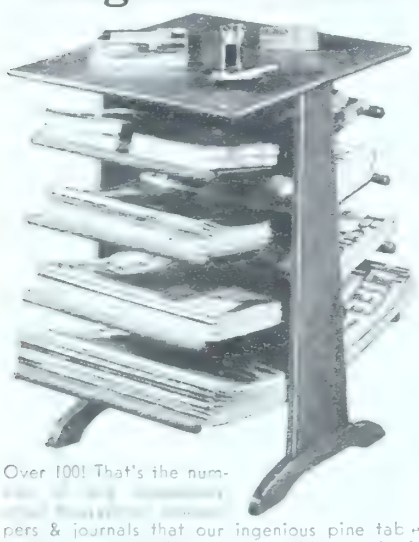
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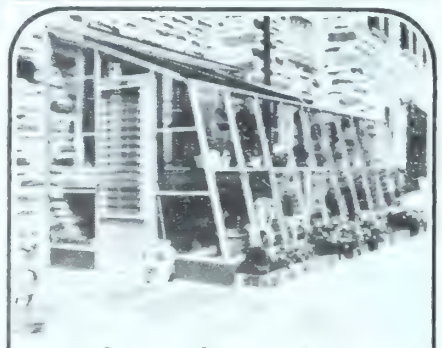
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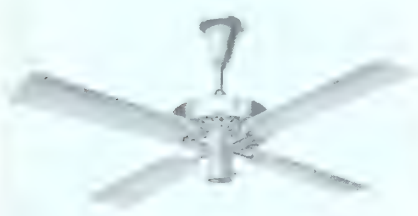


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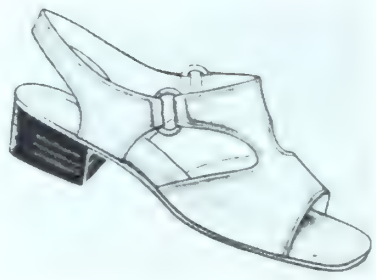
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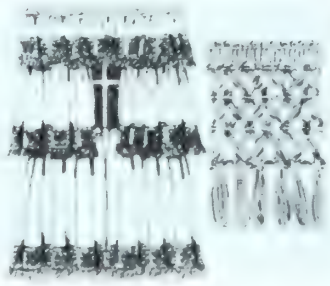
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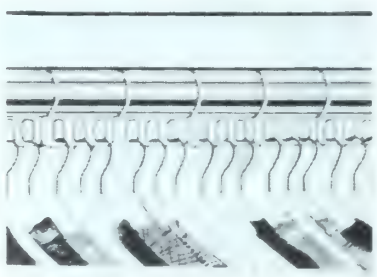
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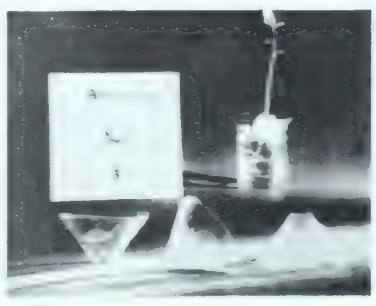
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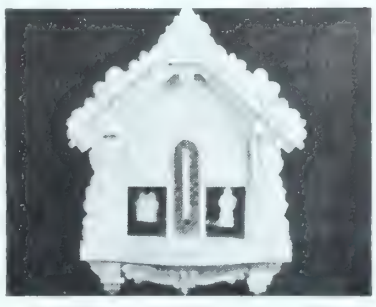
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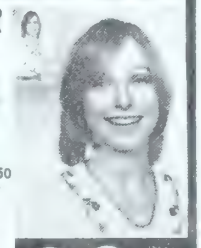


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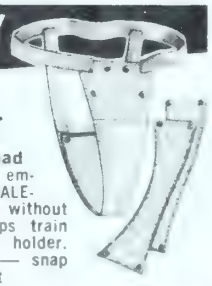
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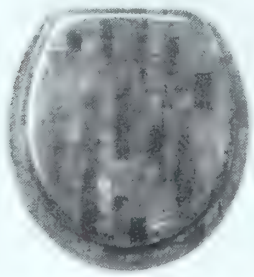
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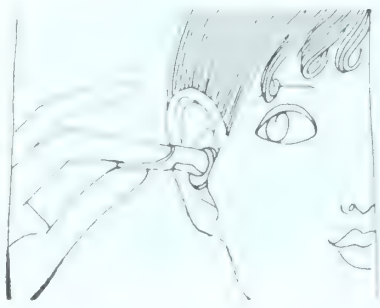
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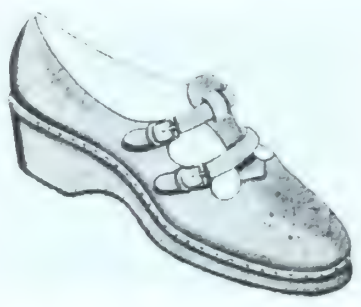
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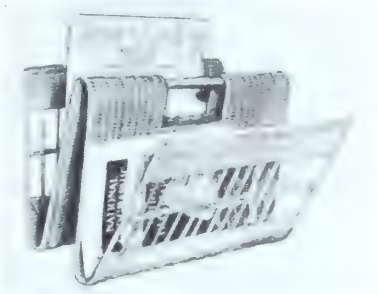
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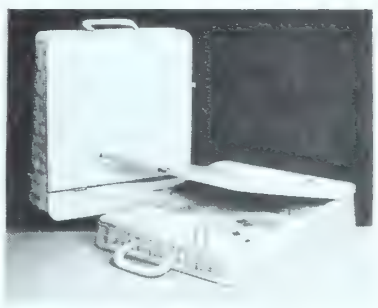
Professional-style, it's end-grain maple, laminated and dovetailed. 34″ h. 18″ x 18″ x 12″, $133; 18″ x 24″ x 12″, $160; 24 ″ sq. x 12″, $185; 24″ sq. x 16″, $205; 30″ sq. x 16″, $285. Exp. coll. Catalogue $1. J & D Brauner, Inc., HG3, 1331 So. Michigan Ave., Chicago, IL 60605.

LIGHT AND AIRY



Magazine rack of natural rattan can hold your periodicals and newspapers wherever you happen to want them. It's 10″ h. by 10″ w. by 15″ l. $8.95; painted white $2 extra. Add $1.50 post. Catalogue 25c. Fran's Basket House, Dept. HG3, Route 10, Succasunna, NJ 07876.

TAKE ME ALONG



Natural rattan lap desk made to go where you go. Great for vacations, business trips, or writing at home. Balances on chair or bed. Use as a handbag, so you can work in train, plane or taxi! 12″ by 14″, $15 plus $1.50 post. The Patio, HG3, 550 Powell, San Francisco, CA 94108.

BATHROOM PLANTER

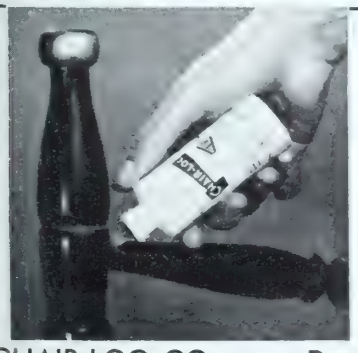


Fits top of toilet tank, waters your plants by capillary action from tank. Plants absorb odors and give off freshening oxygen. High-impact plastic in glossy white. With watering wicks, soil and instructions. $9.99 plus $1 post. Holiday Gifts, Inc., Dept. 303-G, Wheat Ridge, CO 80033.

BLOW-UP



An inflatable hanger is a help for drip-dry laundering. Blow it up to plumpness so it holds garment loosely with air space inside. Floral print vinyl with swivel top. Fold flat to store. $1 plus 20c post. Anthony Enterprises, HG3, 556 Mission St., San Francisco, CA 94105.



FIX LOOSE CHAIRS

Chair-Loc "Swells" Joints Tight

Sure-acting liquid synthetic penetrates wood fibres, makes them S-W-E-L-L. Fixes loose chairs, locks rungs, legs forever tight. Also use Chair-Loc for dowels, tool and broom handles, mortised joints. Plastic squeeze bottle with applicator nozzle makes it quick, clean, easy. Over 2 million sold. Satisfaction guaranteed. **3 oz. bottle $2.00 ppd. Send cash, check or M.O. N.J. residents add 10¢ tax.**

CHAIR-LOC CO. Dept. HG276 Lakehurst, N.J. 08733

NOW...with PRE-CUT PARTS

ANYONE CAN BUILD THESE BEAUTIFUL

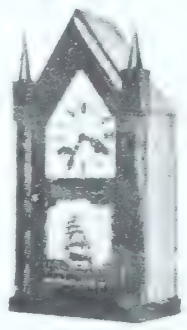
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No experience, workshop or fancy power tools needed! A screwdriver and simple finishing materials are all that's required for you to assemble and finish these handsome, authentic reproductions of Early American clocks. Finished clocks of equal quality retail in fine stores for three to four times your cost. School clock: 21¾″ x 15″ x 4½″; Steeple clock: 19¼″ x 10″ x 5½″.



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Recapture all the warmth of Old Colonial America at **EVERY** window with these lavishly fringed Old-New-England-inspired beauties —so great with Antiques, Maple Furniture, Heirloom Spreads.

Made of White or Natural (eggshell) poly/cotton **MUSLIN**, they're trimmed with deep 4″ **DOUBLE KNOTTED** bedspread fringe and feature the versatile 38″ long **CUT AWAY SWAG** top-curtain (pictured with tier curtain).

Hang as: Swag-on-Tier (as shown), Tier-on-Tier or Tier and Valance. Swag is split in center for adding one or more valances on extra wide windows. Tiers are 72″ to the pair. Swags 90″ wide.

To order, specify style BETSY.

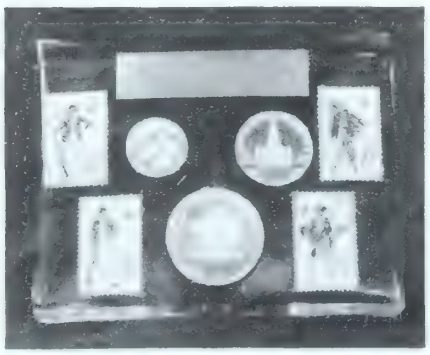
24″ Tiers	$5.50 pr.
30″ Tiers	6.00 pr.
36″ Tiers	6.50 pr.
45″ Tiers	7.25 pr.
Swag Top	7.25 pr.
Matching Valance 11″ x 72″	$3.75

Add $1.75 for PSTG. & HDLG.

OLD COLONY CURTAINS, G633, Box 759, Westfield, N.J. 07090

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MIDLAND MOOR Dept. HG-36
Box 4086, Kirtland, Ohio 44094

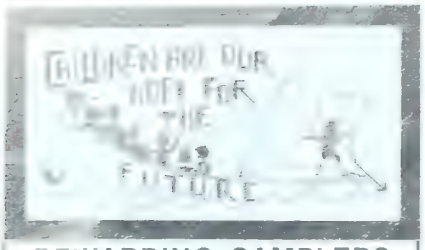


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HAMMOND BARNS
DEPT. HG-7
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'76 A Republican Year

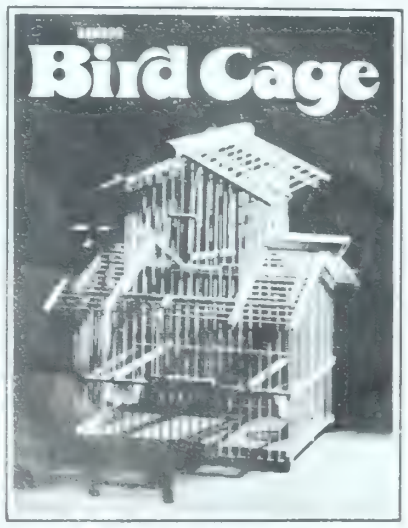
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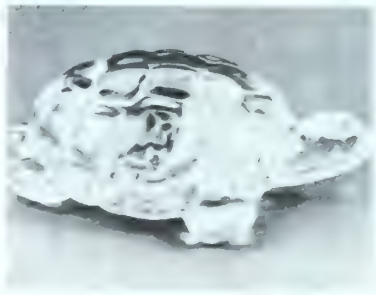
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It's almost magical what the collar-extender can do to ease any tight collars on his good shirts. Tiny hook-on gadget gives extra half-size comfort for a just right feeling! $1.29 for set of two, add 15c post. Anthony Enterprises, HG3, 556 Mission St., San Francisco, CA 94105.



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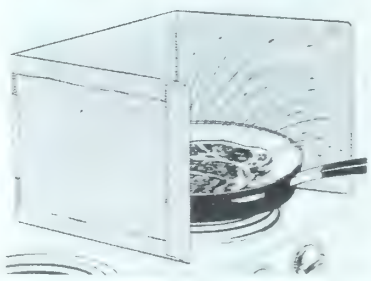
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Exquisite carving of turtle in solid crystal brings out every shell marking. Signed by Tyko, its Swedish artist-designer. A lovely addition to your coffee table or curio cabinet. Length 3¾" head to tail. $11.98 plus 95c post. Ferry House, HG3, Briarcliff Manor, NY 10510.



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Burpee's 1976 catalogue of 184 pages is planting and growing guide. Over 1400 flowers, vegetables, fruits, trees, shrubs, garden aids. Expert hints and ideas. Illustrations in full color. Free. W. Atlee Burpee Company, HG3, 9316 Burpee Bldg., Warminster, PA 18974.

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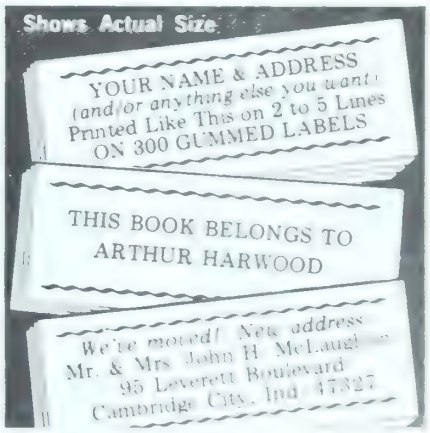
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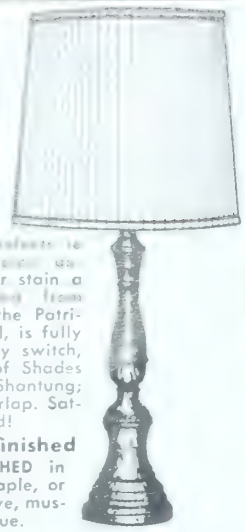
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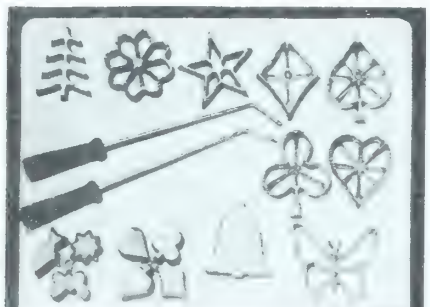
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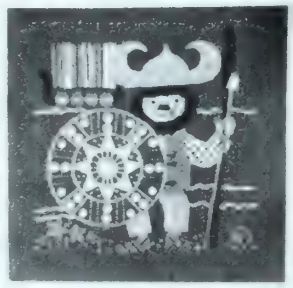
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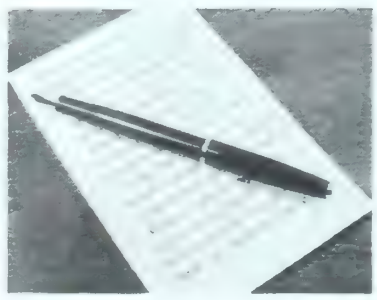
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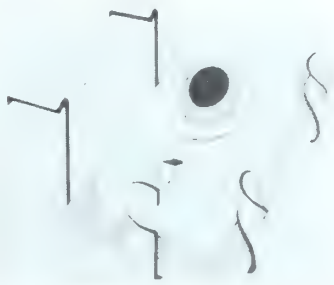
WATCH ON HIGH

Old-fashioned pocket watch becomes wall clock. A Howard Miller creation, 9¾" dia., 12¼" h., 2¼" d. Brown Milwood case, antique white dial, solid brass ring. European movement. One flashlight battery (incl.). $32.50 ppd. Silver Associates, HG3, Box 81, Oakland Gardens, NY 11364.



BLANKET CONTROL

Electric blanket control guard of metal clips to bed where most convenient to reach when reclining. Clips bend easily by hand to adjust to bed rail. Excess cord can be wound around holder. $1.98 plus 35c post. Anthony Enterprises, HG3, 556 Mission St., San Francisco, CA 94105.



NO MORE SNACKING!

Ready to work in needlepoint and hang wherever the urge to nibble is tempting. 7½" by 9" design on canvas. Persian wools, needle, backing, magnets, instructions. $5.95 plus 60c post. 8" by 10" oak frame, $2.25. Classic Corner, 12H Water St., Bryn Mawr, PA 19010.



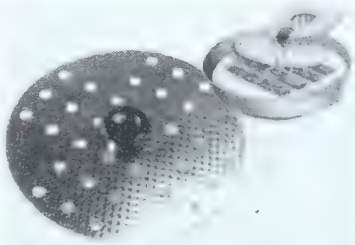
THE CAVALIER

Pant boot in genuine glove leather has no-seam vamp, adjustable strap, ribbed sole, 1" heel, brown, navy, white, black, bone, red, tan; black or brown suede. 6-10½ in AAA, AA; 5-10½ in A, B, C. $19 plus $1 post. Old Pueblo Traders, H3P, 600 So. Country Club, Tucson, AZ 85716.



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Now you can have crunchy bacon—minus the curls. Bacon press keeps bacon flat while conducting heat for evenly-cooked crispy meat. Fits any round pan 9" or larger. For draining grease, too. $1.29 plus 30c post. Anthony Enterprises, HG3, 556 Mission St., San Francisco, CA 94105.



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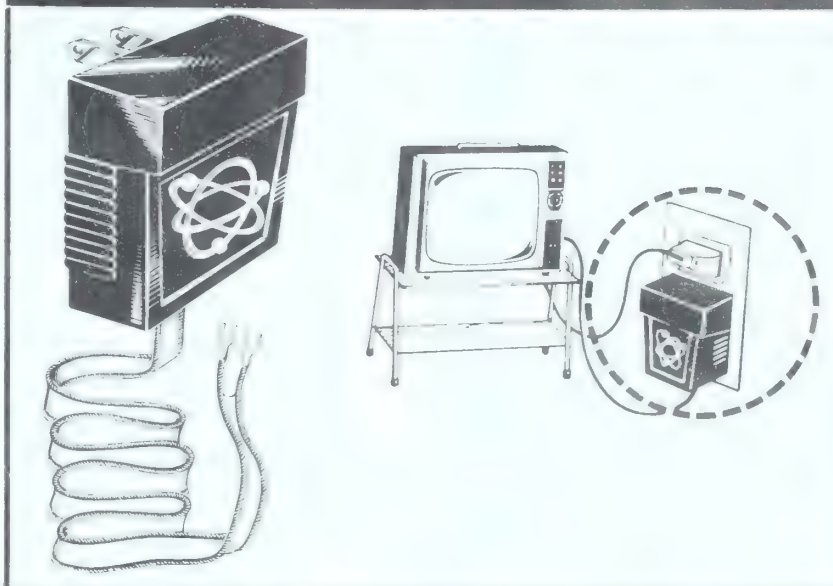
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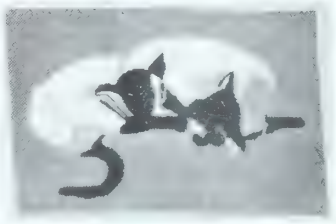
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SLEEPING SIAMESE

13" x 19" on 12 mono canvas

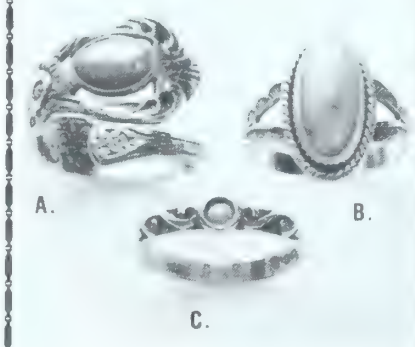
Here's a pair of Siamese you will allow on the furniture! Sleeping curled together the kittens are handpainted in natural coloring on your choice of peacock blue, light emerald green or coral background. A large piece suitable for a floor cushion or little hearth-side rug. $42.00

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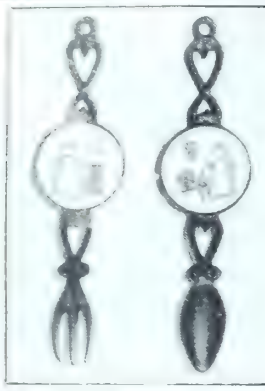
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SHOPPING AROUND



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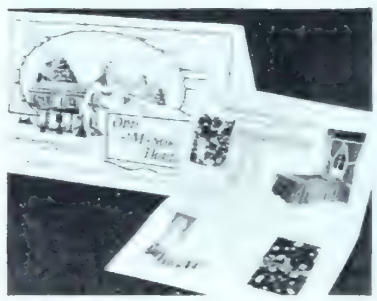
MILEAGE CHECK

Keep track of the tracks you make with a precision-made pedometer that registers up to 100 miles. Set it for length of stride and hang it from belt. Great for hikers! $9.98 plus 50c post. Anthony Enterprises, HG3, 556 Mission St., San Francisco, CA 94105.



FOR COIN BUFFS

Antique brown vinyl album with rings holding eight clear vinyl pages for over 130 coins 1½" to 3" dia.; also bars, ingots. 10" by 10½". Brass initials (print). $10.98; 3 add-on pages $3.98; set $13.98. Add 80c post. Lillian Vernon, G3E, 510 So. Fulton Ave., Mt. Vernon, NY 10550.



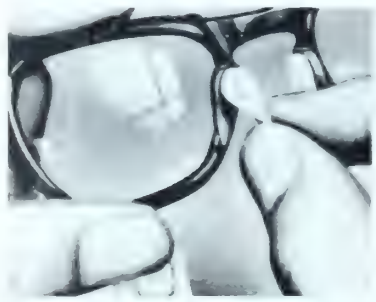
EARLY DESIGNS

Curtains, bedspreads inspired by ones in early Maryland, Virginia, Pennsylvania homes. 24 styles, matching bedspreads, canopies, table accessories. Calico, cotton, kodel, muslin, dacron, ninon. Catalogue, with 45 swatches, 50c. Mather's, HG3, 31 E. Main St., Westminster, MD 21157.



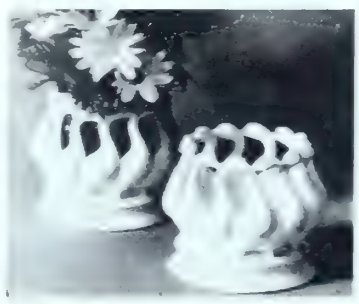
HISTORIC HANGER

From the gaslight days, a Victorian-style cast iron coat rack handy for trench coats, umbrellas, scarves, hats. Five large swing arms each has three hooks. 7½" from wall; 14" w. $3.98 plus 75c post. Holiday Gifts, Inc., Dept. 303J, Wheat Ridge, CO 80033.



NON-SKID PROTECTION

Foam rubber pads adhere to glass frames. Savvy solution to glasses that slide down on the nose. Pads also relieve pressure of frames on sensitive skin. $1.98 for 24 pads plus 15c post. Anthony Enterprises, HG3, 556 Mission St., San Francisco, CA 94105.



CIRCLE OF GEESE

A graceful creature captured in a graceful form. Twelve geese run in harmony around a cache pot of white porcelain. Use this charmer to arrange fresh flowers, or for potted plants. 5" h. x 6" w. $12.95 plus $1.45 post. The Patio, HG3, 550 Powell, San Francisco, CA 94108.

SHOPPING AROUND

KEYS IN STITCHES



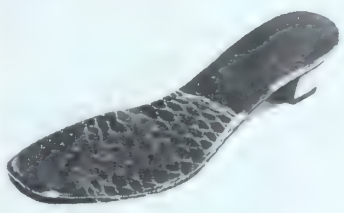
Lollipop flowers, daisies or golf, tennis, bowling, sailing, skiing designs on 2" by 3½" key tags. Stitch initials on the back. Includes canvas, Paterna Persian wool, design chart, needle, chain. $2.25 each, six, $11.95. Add 50c post. Classic Corner, 12H Water St., Bryn Mawr, PA 19010.

MINI STOOL



Attached-cushion seat, native hardwood frame 18" x 18" x 18". Upholstered in print, as shown $59; your fabric (2 yds., 54") $49. Casters add $10. Exp. coll. Furniture catalogue with a request form for fabric swatches $2. Hunt Galleries, HG763, Box 2324, Hickory, NC 28601.

CLEARLY CHIC



Nylon mesh encases the foot in a bare and beautiful sandal. Choice of gold or silver with a comfortable mini heel. Sizes 5 through 10. At home fashion with pants or long skirts. $5.95 each plus 75c post.; two pr., $12.95 ppd. Elizabeth McCaffrey, HG3, Northport, NY 11768.

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Rocker pads are printed with traditional crewel designs of 18th century in 12 soft colors. Scotchguarded cotton with side zippers and plump foam filling. 17½" by 16½" seat 2" thick; back, 17½" by 20". $16.95 a set plus $1.95 post. Yield House, Dept. G63W, N. Conway, NH 03860.

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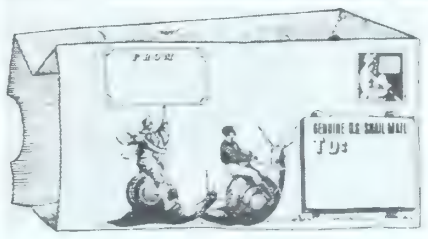
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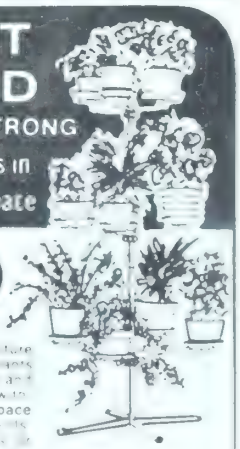
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DRIP-DRY ROD

Perfect solution for drip-dry garments, sheer curtains, hosiery. Adjustable 25" to 31" chrome-finished bar, hooks over shower rod, locks in place. No screws or adhesive; garments drip in tub. $4.98 plus 75c post. Anthony Enterprises, HG3, 556 Mission St., San Francisco, CA 94105.



LITERARY HANGUP

Space-saving magazine rack is pretty and very practical for den, family room or bathroom. It attaches easily to wall, is 17" h. by 12" w. by 6½" d. In Koch brass plate or contemporary nickel plate. $13.45 ppd. St. Nicholas Boutiques, GWMR-2, Santa Claus, IN 47579.



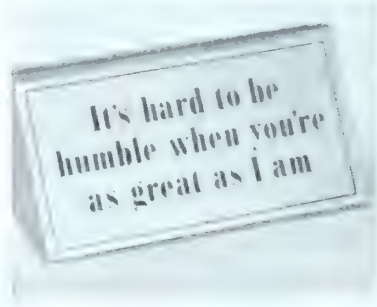
BUMPER MESSAGE MAGIC

Go forth with your special message in black ink on day-glo yellow bumper sticker. Up to 25 small letters on top line, 14 large letters on bottom. Self adhesive, 3½" by 15". $2.95 original; duplicates, 75c each. The Writewell Co., 888 Transit Bldg., Boston, MA 02115.



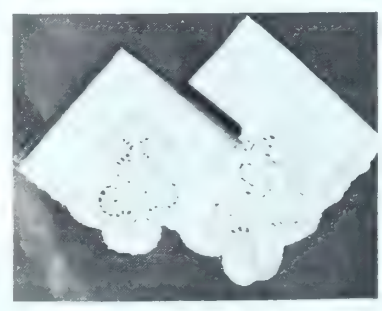
CAFTAN COVER-UP

Permanent press pleated topper. Washable, no-iron acrylic. Adjustable neck. Predominate colors, green, pink, blue, purple. Also polyester textured crepe, solid peacock blue, hot pink, black, white. $22 plus $1 post. Old Pueblo Traders, 600 S. Country Club Rd., H3A, Tucson, AZ 85716.



LOUD AND CLEAR

Gold-colored metal desk plaque proclaims in black lettering: It's hard to be humble when you're as great as I am. No false modesty or is it ego-assuaging? 4" x 4" solid walnut stand. $2.98 plus 25c post. Anthony Enterprises, HG3, 556 Mission St., San Francisco, CA 94105.



PAPER PRETENDERS

English Devon lace inserts at each corner of napkins that are actually white paper with a linen-like finish. Elegant for entertaining. Set of 60 in 13½" sq. size $4.25; 90 in cocktail size $4.25; any two $8. Add 50c post. Ferry House, Dept. HG3, Briarcliff Manor, NY 10510.

SHOPPING AROUND

SHOULDER CHIC



Printed fabric and leather-like material combine to create a high-fashion shoulder bag 11" by 10" by 4". Two outside pockets plus roomy interior. Natural and brown for every wardrobe. $7.75 plus 80c post. Decor & Gifts Galore, Dept. G36, 140 Monument, Barrington, IL 60010.

RECORD BROWSER



House the records in the flip box so that you may browse through to view every album cover. Rubber liner protects records from slip hazard. Reinforced fiberboard, suede base. Holds 75 LP's; 13¼" by 15" by 6½". $9.95 ppd. Art Guild, HG3, Box 23201, Minneapolis, MN 55423.

ROMAN ROYALTY



Authentic reproduction of an ancient eagle sundial. Raised Roman numerals, in lettering (I count none but sunny hours), goldtone. 9" dia. Aluminum, antique green weather-resistant finish. $6.98 plus 50c post. Holiday Gifts, Inc., Dept. 303-H, Wheat Ridge, CO 80033.

NET EFFECT



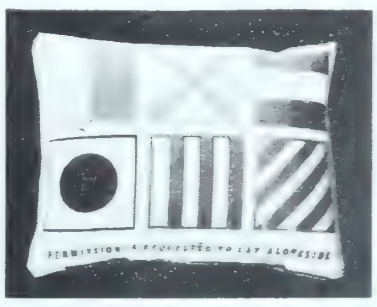
Sweaters dry in a breeze on a fabulous frame that lets air circulate through fine net. 24" x 24"; reinforced corners fit over metal frame that's hinged to fold flat. Ideal for stockings. $4.98 plus 60c post. Anthony Enterprises, HG3, 556 Mission St., San Francisco, CA 94105.

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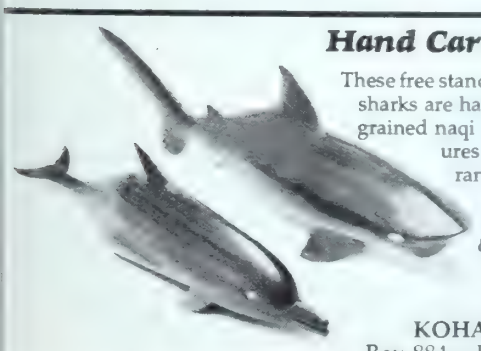


Cotton/polyester natural or white. Dust ruffle, twin or double bed ruffle 15", 20", 25" l., $17 each; Queen, 15" or 20" l., $19; King, 15" or 20" l., $21. Twin or double canopy, $18; Queen, $20. 20" by 26" sham, $4.75. Add $1.75 post. Country Curtains, HG32, Stockbridge, MA 01262.

SEND THE SIGNAL



Code flag pillows send a colorful message. "Request permission to lay alongside", shown. "Permission granted" in matching one. Washable, colorfast duck. 14" sq., $5.95 each plus 80c post. Send 50c for catalogue. Ship's Wheel, Inc., HG3, Nottingham Square Rd., Epping, NH 03042.



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These free standing exact replicas of Pacific dolphins & sharks are hand carved & finished from beautifully grained naqi wood by Solomon Islanders. The figures have inlaid mother of pearl eyes and range from six to eight inches in length. **$9.95** each. Add 40c each for surface or $1.30 each for air mail. Buy two & we pay postage. In Hawaii add 4% tax. Send 15c for brochure of Hawaii & Pacific products; free with order.

KOHALA TRADING COMPANY
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A. Price of Design & Yarn / B. Price of Furniture & Mounting / Shipping Additional



A DRIP SAUCER
THAT HANGS ON TO
HANGING PLANTS

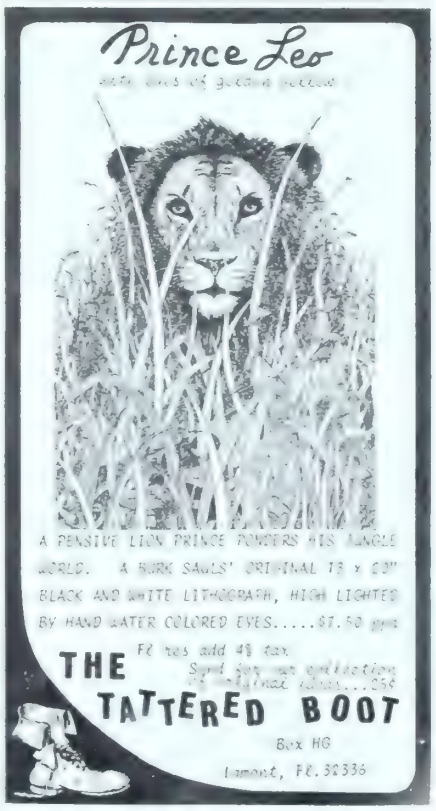
Here's a brand new idea which completely solves the age-old problem of dripping hanging plants. The new **SUPER SAUCER™*** attaches *firmly and invisibly* to any kind of pot...clay, plastic or ceramic. Can't fall off! Specify color: white, green, or "clay"; and size: (A) for pot *bottoms* 3" to 5"; (B) for pot *bottoms* 5¼" to 7". Only $1.98 each. Minimum order 3. Add $1.25 per order for postage and handling. Order NOW with a *full money-back guarantee*...from The Sos Company, Dept.H, 2418 Laurel Pass, Los Angeles, Ca. 90046. *(Patent Pending)



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GROWING GLORY [illegible]
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Five beautifully crafted filigree tulips in a gold tone finish. Adjustable petals hold lipstick or eyeliner . . . for your vanity or as a decorative ornament adding artistry to any area of your home. Stylishly useful with any decor . . . antique or contemporary. From Laurel Creations, naturally. Size: 7"x4½". Item #103

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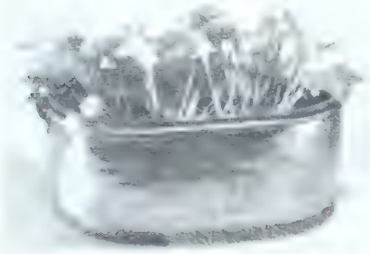
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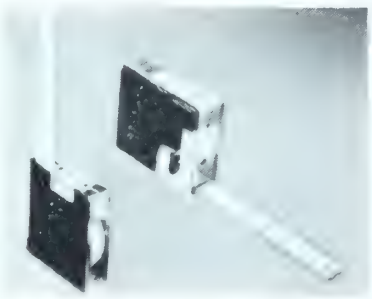
PRIVATE SCREENINGS

Start a movie library with one of the comic classics: Laurel and Hardy in "Sugar Daddies". Special half-price offer ends May 31, 1976. Super-8 $7.99; standard 8mm $6.99. Ppd. Free catalogue with order. Blackhawk Films, 1965 Eastin-Phelan Bldg., Davenport, IA 52808.



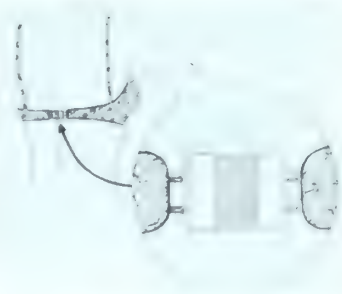
PANTS DEMI-BOOT

Of stretchy polyurethane lined with Treco foam. Has cushioned insoles, rubber-like sole, 2 3/16" non-skid heel. 8¾" high. Bone, brown, black, red, white, navy. ½ sizes 5-8½; 9, 10. $15 plus $1 post. Old Pueblo Traders, 610 So. Country Club Rd., Dept. H3D, Tucson, AZ 85716.



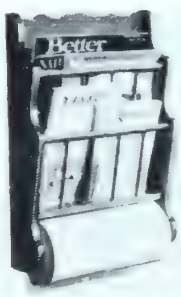
ON THE SQUARE

Four-way ruler gives feet and meters, shows inside dimensions, acts as a square and level. Steel tape is in chrome, red or black cowhide (specify); 10′ spring-loaded ruler. $14 plus 65c post. Catalogue 25c. Suburbia, Inc., Dept. 308, 366 Wacouta, St. Paul, MN 55101.



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Bra extender enlarges the too small bra or makes an in-between size fit properly. No sewing. Hook to both ends of bra, it's easier to work or play with a good-fitting bra. Specify two or three hooks. $1 ea. plus 15c post. Anthony Enterprises, HG3, 585 Market St., San Francisco, CA 94105.



BATHROOM LIBRARY

Solid pine rack organizes reading matter in two smaller racks and holds two rolls of tissue as well. 11¾" w., 18" h., 4½" d.; antique pine finish. Dedicated bathroom readers find it invaluable. $10.95 plus $2 post. Yield House, Inc., G63R, North Conway, NH 03860.



REEL-Y HANDY

This very practical key holder does away with fumbling and groping. Reel clips inside purse: unreels keys, automatically rewinds into case. Clip to your bag, pocket or belt. $2.98 plus 20c post. Order from Anthony Enterprises, HG3, 556 Mission St., San Francisco, CA 94105.



RECYCLING ALERT

What a splendid idea—a soap mold that uses all those ends of soap that accumulate in bathrooms and kitchen! One can add colors or scent (instructions incl.). Soap mold, $2.39 each plus 30c post. Stratford House, HG3, Box 591, Stratford, CT 06497.

SHOPPING AROUND

OUR PRESIDENTS



New U.S. coin spoons for collectors. Silverplated. Die sunk, bas relief, replicas of obverse side of Lincoln 1c, Jefferson 5c, Roosevelt 10c, Washington 25c, JFK 50c, Eisenhower $1. 4¾" l. $3.95 ea.; 6 in set $16.95. Ppd. Art Guild, HG3, Box 23201, Minneapolis, MN 55423.

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Armed plant hanger and lighting fixture in matte black or white or polished chrome. 12" hanging arms swivel and swing. 12' wire extension, on-line switch, plug. B or W, $24.95; chrome, $27; add $1.50 post. Home Plant Displayers, Inc., Dept. C202, 51 E. 42nd St., New York, NY 10017.

TOOTH POLISH



Cover-up tooth enamel cosmetic is as easy to use as nail polish. Tasteless and safe for natural teeth, gives gleaming white lustre. Can be used on gold teeth, too. ¼ oz. bottle. $2.98 plus 25c post. Anthony Enterprises, HG3, 556 Mission St., San Francisco, CA 94105.

BICENTENNIAL BELT



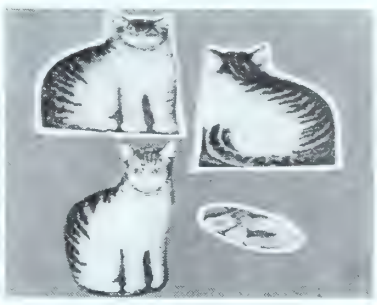
Belt features a pewter buckle with 1777 Bennington flag commemorating a colonial victory at Bennington, Vt. Buckle only, $4.98; his belt in tan, 34-40, $7.98; hers, in tan, red, black, 22-32, $6.98. Add 50c post. Lillian Vernon, G3E, 510 So. Fulton Ave., Mt. Vernon, NY 10550.

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Exercise with simple rubber arm muscle builder, firms arm and hand muscles, relieves aches and stiffness. Fits in a pocket when not in use. Athletes use it; exercise enthusiasts advocate it. $2.98 plus 25c postage. Anthony Enterprises, HG3, 556 Mission St., San Francisco, CA 94105.

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Delightful antique cat adapted from early printwork patterns. Color-printed muslin is pre-cut, ready to sew into a life-size 14" cat. Stuff it for a pillow or fill with sand for doorstop. Fun and easy! $3.95, 90c post. Artisan Galleries, HG3, 2100 No. Haskell Ave., Dallas, TX 75204.

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Wall hangings of unfinished weavings, in authentic Mayan designs. Colorful conversation-pieces to brighten any room, they show Mayan weaving technique. 4 basic background colors (all with rich accent colors). Specify: Red, Yellow, Orange or Black. $15.75 ppd. ($29.75 for 2). Californians add 6% tax.

MAYAN IMPORTS
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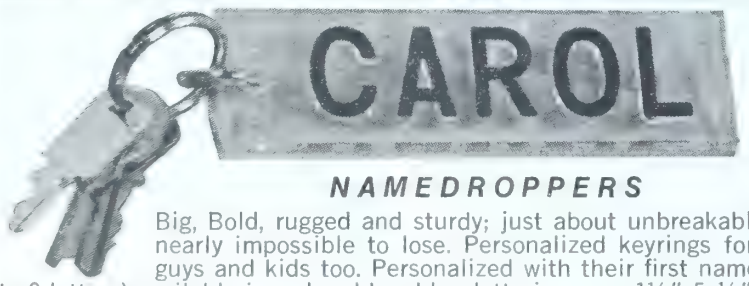
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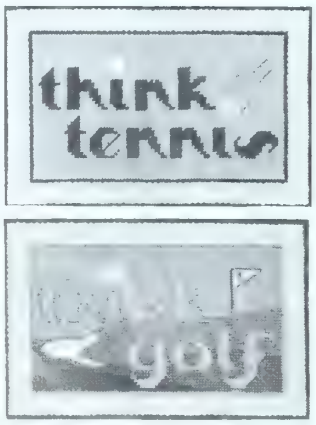


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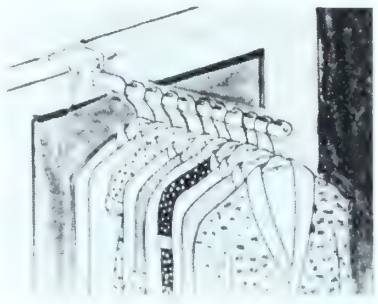
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p.o. box 423—HG3—white plains, n.y. 10602

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Women's good-looking moccasins are deftly fashioned of tanned glove leather, hand-beaded and hand-laced. Sand, brown, white or natural color. 4-10 (state exact shoe size). Soft sole, cushioned insole, $9; hard sole, $10.25. Add 50c post. Downs, 1403-Y, Evanston, IL 60204.



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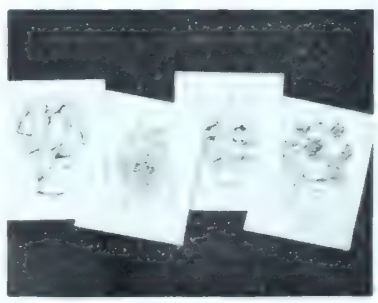
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Plant-watering indicator tells exactly when to water by color changes, no more guesswork or soggy plants. Plastic markers 4" long. Set of six indicators, $1.99; 12, $3.79. Add 20c post. Write to S & S Enterprises, HG-3, 9531 Zion Circle, Huntington Beach, CA 92646.



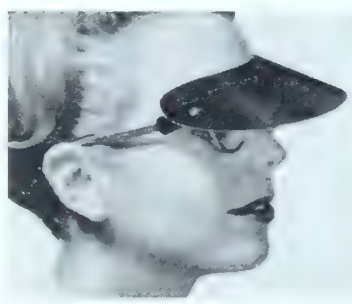
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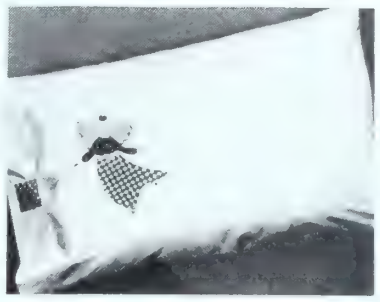
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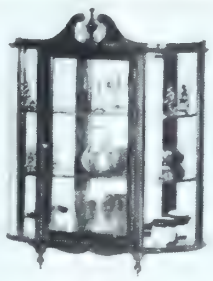
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Permanent-press pillowcase has tooth-fairy decoration in pink or blue on white. Pocket holds lost tooth and 25c. Charming rhyme offers sweet dreams and good-fairy surprise. 32⅜" by 20". $3.95 ppd. Artisan Galleries, HG3, 2100 No. Haskell Ave., Dallas, TX 75204.



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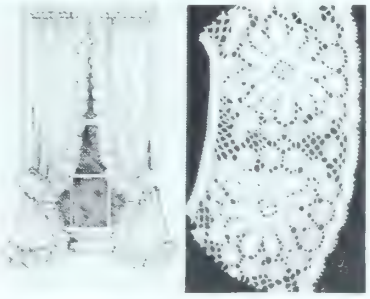
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Brush-on cleaner for aluminum, chrome, porcelain cookware, ovens, rotisserie and grills. 7 oz. can with brush. Dissolves carbonized grease, encrusted build-up. Does not darken or pit. $3.98 plus 55c post. Anthony Enterprises, HG3, 556 Mission St., San Francisco, CA 94105.



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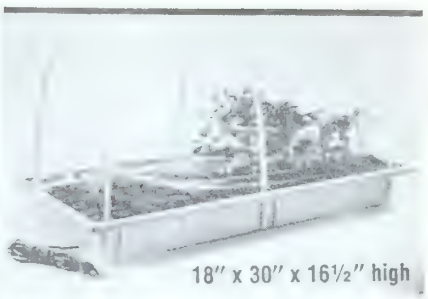


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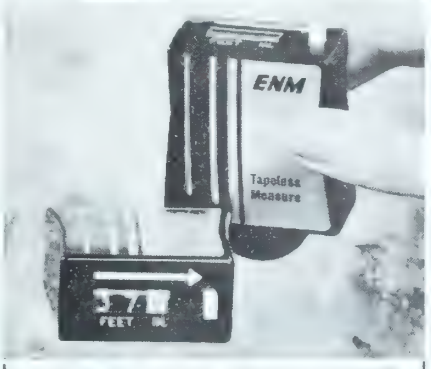
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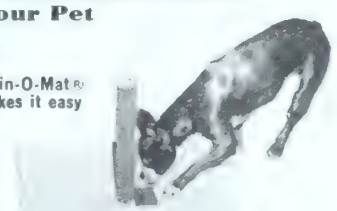
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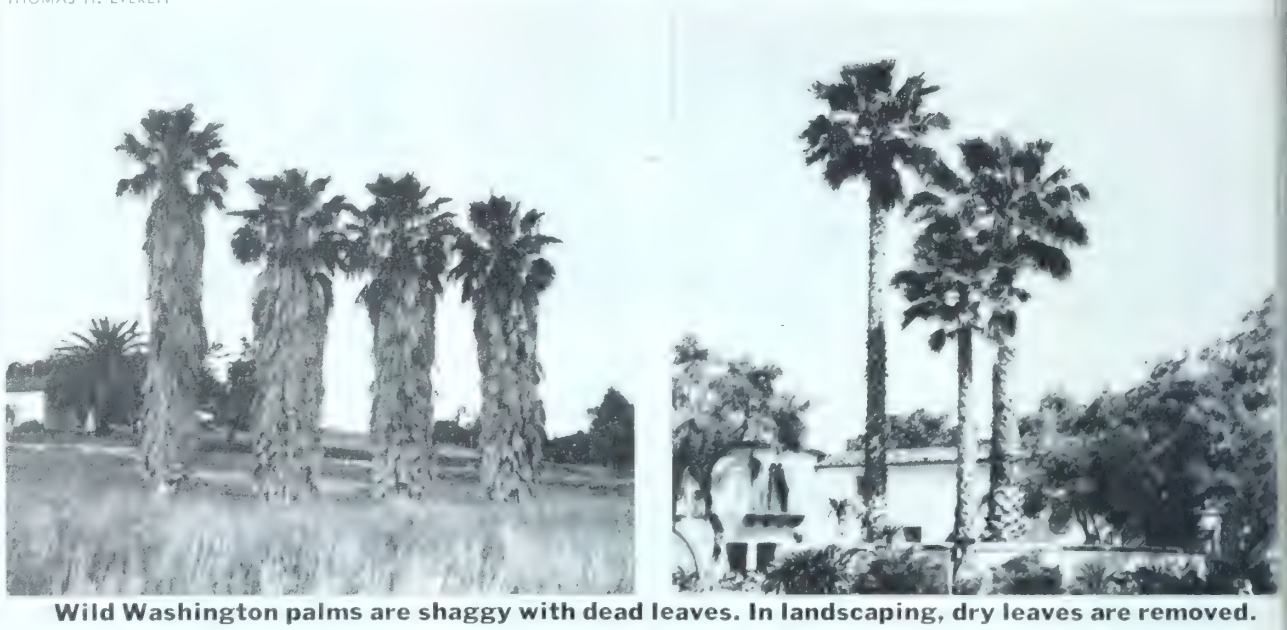
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GARDENER'S NOTES

Washington's palm, upside-down plants, and other glimpses of spring

By James Fannin

THOMAS H. EVERETT



Wild Washington palms are shaggy with dead leaves. In landscaping, dry leaves are removed.

A PALM FOR GEORGE WASHINGTON

At the end of the American Revolution, people fell all over themselves to honor the leaders who had brought the enterprise to its successful conclusion. Heading the list, of course, was the name of Washington. Every village and town had its Washington Street, and generations of boys were named for our Number 1 hero. Botanists, however, had a real problem. Only one plant could be named for the great man, and that one could hardly be a roadside weed or delicate flower. So it was not until the mid-1800s that the name Washingtonia *was finally assigned to a newly discovered palm from the semitropical southwest. Since then, this noble tree has been used in landscaping wherever climate is mild enough. In the wild, Washingtonia trunks are cloaked in a shaggy mane of dead leaves, which hang on the tree for years on end. In street or dooryard plantings, these dry leaves constitute a fire hazard, so are usually removed. Too big for indoor use, Washingtonia deserves its popularity in large-scale landscaping. Most nurseries in California and other Southwestern states grow it in a variety of sizes.*

Care saves trees

Trees need very much the same care as people and other warm-blooded creatures. Their skin (bark) is easily damaged, and their digestive systems (roots and leaves) are as easily upset as an infant's stomach. People who plant trees seldom realize this and expect them to thrive under treatment that would quickly send an ordinary human to the hospital. Recognizing this, the Forest Service of the U.S. Department of Agriculture has published a concise bulletin titled *Your Tree's Trouble May Be You!* This explains, with the aid of clearly drawn illustrations, all of the ways in which trees may be unwittingly damaged by improper planting or pruning. It also shows how roots may suffer invisible damage underground and how this may be avoided or remedied. The pages on how to versus how *not* to plant a tree, are, by themselves, worth the price of the bulletin, a mere 70 cents. This is Agriculture Information Bulletin No. 372, for sale by the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402.

HOUSEPLANTS KNOW WINTER IS ENDING

With days getting longer, houseplants are beginning a whole new growing cycle. Even when daylight is supplemented by artificial light, indoor plants respond to the longer days by perking up. New leaves, shoots, and flowers begin to appear and down in the soil new roots are beginning to grow. So now it's time to start fertilizing again. An ideal way of doing this is with 3M's time-release fertilizer *Precise*, which is clean, easy to use, lasts for months, and comes in a variety of formulations. Precise is sold at garden and hardware shops everywhere.

Green roots, white leaves

It's very interesting to watch plant roots growing inside transparent glass or plastic flowerpots. Plants themselves may not be so happy about this, though. Exposed to light, the roots develop chlorophyll, which normally belongs in the leaves, and begin to take over the leaves' function of manufacturing food. This is, in effect, an attempt by the plant to turn itself upside down, with roots acting as leaves instead of performing their normal function of absorbing water and soil nutrients. The leaves, consequently, turn pale and the whole plant becomes weak and debilitated. So, if you have a plant in a transparent pot and the roots begin to turn green, wrap the pot in black paper or place it in an opaque container until such time as the roots bleach out again. This will keep the plant functioning normally, with all of its parts in their proper places—green leaves above the earth and white roots below.

Grand Rapids *continued from page 105*

built as a sequel to his excursions with Frank Lloyd Wright. "Our motto in this town," he explains, "is we try. As Mayor I tried principally to create moral persuasion to influence conservatives to get things done. I've talked about involvement, in city life and community affairs." The Foundation praises Mr. Parks as a "tremendously good communicator."

At all events, the interest in revival and the growing civic pride that emerged in his administration seem to have triggered all kinds of community action. Grand Rapids downtown renewal is almost complete, with some handsome buildings, outdoor murals and art, including a roof design by Alexander Calder. Calder donated the design, the public raised $7,000 to have it painted on the Kent County Municipal Building roof. The new Vandenberg Plaza, with the largest Calder stabile "La Grande Vitesse," a spacious pedestrian hub downtown, throbs with life every summer when an arts festival runs for three days and draws upward of 125,000 people. A river development scheme is going forward, a sports arena seating 70,000 plus a new civic theatre is in the works. ($1 million was pledged from private means for that.) The planning office hopes to synchronize many of these developments in 1976.

Walking along the tree-lined avenues in Heritage Hill today, you can stop and see the very modest house where President Ford lived when he was in High School, and the Italian style villa not many blocks away, in which he and Betty Ford had an apartment when they were first married. They are small beginnings for a journey that ended up in the White House. The message from this personal story, and the neighborhood, is of hidden potential. If Grand Rapids can make it, surely, so can others. ■

Architectural search *continued from page 90*

plumbing pipes, wiring and all the rest of the mechanical details that make the house work. "The wall appears simple and clear as a statement and it is actually quite complex, like Proust. I've always been intrigued by examples in literature where writing is sparse but philosophically very dense."

It matters little to John Hejduk, now forty-six, if all these ideas remain on paper, now, or forever. There is acceptance enough, in the architectural world. His closest friend, architect Stanley Tigerman points out: "He is an inspiration for all architects. He shows us his conceptual stuff, talks about it openly and suddenly we're all working in color. There are various levels of reality in architecture. Concepts are one, building another. In any case, remember when Mies van der Rohe came to this country he was fifty-four and had only built five buildings."

The heart of John Hejduk's work, most architects feel is joyfulness. Joy is elusive. A hard quality to capture in building. "You can't put your finger on it," says Stanley Tigerman. Certainly it's not just a matter of painting colored surfaces. In Hejduk's opinion if any work of art provokes feeling, it is transmitted by thought transference. "When I went to see the retrospective of Slutzky's paintings, it was like a trumpet blast. There was an ambiance, an atmosphere, a tactility in the room. I felt the same thing when I first saw Le Corbusier's Maison La Roche in Paris, and Mondrian's painting 'Victory Boogie-Woogie.' I am concerned with this tactility in my work, I have a suspicion that this comes through. Basically what I do is for my own pleasure. It's an extravagant pleasure but if an idea or a building transfers some of that joy and pleasure to someone else, if I can touch the spirit, if I can teach this through education, then I make no excuse for my pleasures. I enjoy drawing, I enjoy color, I enjoy architecture." ■

Color headquarters *continued from page 62*

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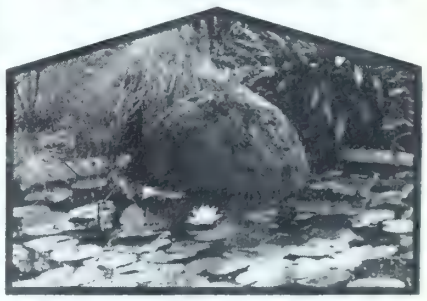


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Antique quilt: a variation of "Delectable Mountains" with "Flying Geese" border, c. 1885, 75″ x 97″. $625. From a collection of antique quilts from Phyllis Haders.

Watering can: also in red. $6. Seabon Scandinavian Imports.

Earthenware rabbit bank: 5½″ x 8″ x 6″ high. $25. At Tiffany.

Rattan chair and ottoman: chair, 32″ x 29″ x 29½″ high, $164; ottoman, 30″ x 18″ x 20″ high, $90; floral chintz covered seat and back cushions. By Bradston Rattan.

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"Flamestitch" rug/wall hanging: [illegible] 4′ x 6′, $265. From the Pacifica collection by Cado Royal System. At Abraham & Straus.

Handmade ceramic bowl: 6½″ diam., $12.50. At The Greek Island Shop.

"Pisces" wool rug: to order in any size or colors. By Edward Fields.*

Monogrammed sheets: no-iron percale, available in all standard sizes. Twin top sheet, $26; queen top sheet, $35; standard pillowcase, $12.50 each; continental pillowcase, $32.50 each. At Léron.

"Tranquebar" faïence dinnerware: $37.50 per 5-piece setting. By Royal Copenhagen.

"Regatta" sectional seating: corner, 38″ x 33½″ x 31″ high, square armless, 32″ x 33½″ x 31″ high, wedge, 36″ x 33½″ x 31″ high, designed in collaboration with Robert Tillberg, easy to assemble, canvas upholstery. $139 per piece. Write Overman Intl., 200 Lexington Ave., New York, N.Y. 10016.

Portable 12″ black and white TV: 17¼″ x 12½″ high, solid-state, private earphone, plastic case with denim-like finish. By Magnavox.

"Seagull" porcelain: 6¼-pint tureen, $145; 8″ vase, $43.50; 10″ dinner plate, $20; tureen tray, $60. Designed by Fanny Garde for Bing & Grondahl. At Halls Center.

"Chair and ½" lounge chair: 35″ x 42″ x 23″ high, 5 loose back cushions, covered in tulip time orange sherbet. $300. By Charlton.

Handwoven wool pillow: 20″ sq., $120. By Astro Strobel. At LCS.*

Appliquéd sheets: pure cotton, also in pink, yellow or green. Twin top sheet, $275; continental pillowcase, $56.50. At Léron.

"Crownlite 2" lamp: lights a 36″ radius, baked enamel finish. $22.50. By Luxo Lamp.

"Baronial" porcelain: gold leaf border. $70.50 per 5-piece setting. By Gorham.

Chinese hat basket: handpainted and découpaged. $30. From The White Monkey at Dolly Kay Designs.

"Sherbrooke" bone china: $47.50 per 5-piece setting. By Royal Doulton. At Altman's.

"Great Iris" cotton and polyester sheets: in all standard sizes. By Martex. At Saks Fifth Avenue.

Nesting mixing bowls: 2-qt., $6.50; 3-qt., $8.50; 5-qt., $11. Also in white, brown, red, yellow. By Hall China for Denby Ltd.

Floral polyester covered pillow: 12″ x 8″ with 3″ ruffle. $22. By Marina. At Henri Bendel.

Page 111:

"Country Check" acrylic blanket: twin size, $8.99; cotton covered polyester filled comforter, twin, $15.99. To order from the Sears Catalogue.

"Shalimar" bone china: $36.95 per 5-piece setting. By Minton. At Altman's.

Cotton pillow: $45. At LCS.*

Serving tray: $50. By The White Monkey. At Dolly Kay Designs.

Covered casserole: 6-pint capacity, 5-pint also available. $17. By Hall China for Denby Ltd.

Wicker love seat: 53″ x 29″ x 33″ high, blue and white cotton cushions, rounded back braided trim. $633. By DIA—Design Institute America.

"Contura" lavatory: 19″, self-rimming Duramel resists chipping and stains. By American Standard.

"Cornflower" ovenware: 11″ dinner plate, $5.50; 9″ dinner plate, $4.50; cup and saucer, $5. By Carbone. At Hubert des Forges.

"Festival" stoneware: $20 per 5-piece setting. By Royal Doulton. At Altman's.

"Colore" enamel faucet set: by Zazzeri of Florence, adaptable to American plumbing systems. $137 per wash basin set. From Fearless Faucets.

Upholstered love seat: 60″ x 35″ x 30″ high, "Wickertree" fabric. $400. By Selig. At W & J Sloane.

Blue jacquard rayon fabric: 54″ wide, 5¾″ repeat. By Hexter.*

"Seabrook Plantation" cotton/rayon bedspread: polyester filled, double puff quilted, pattern available in curtains, shams, throw and floor pillows. Twin size, $100. By Nettle Creek. At Lord & Taylor.

"Today" iron: uses about half the wattage of standard irons, doubles as hand steamer. Under $22. By Sunbeam.

"Toursade" cotton sheets: solid with colored trim, also made to order. Twin top sheet and 1 pillowcase, $330; **"Daisy" polyester and cotton sheets:** also available in pink or navy with white, queen top sheet and 2 pillowcases, $410. By Porthault.

China mold: imported from Portugal. $6. At Hubert des Forges.

"Decade" bookshelf speakers: 13½″ x 24″ x 13⅝″ deep, natural oak finish, orange and brown grille covers available. $198 each. By JBL.

Teapot: brass handle, handmade. $95. At Bergdorf Goodman "Port of Call."

"Jennifer" vinyl wallcovering: 28″ wide, 28″ repeat. $21.95 a roll. At Thibaut.

Handpainted porcelain vases: from 3″ to 12″ high. From $5 to $40. At Robert Webb.

"Bicentennial" plate: 9″ diam., 24 karat gold banding. $50. By Bing & Grondahl. At Halls Center.

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Humidifier: gallon yields 8 hrs. of vapor, weighs 3½ lbs., uses no heat. $16.95. By Oster.

Armchair: 23″ x 20″ x 43¼″ high, maple lacquered blue, seat upholstered with Hexter fabric. $440 COM. From The Far East collection by Baker Furniture.

Bud vases: $12 each. At Bergdorf Goodman "Port of Call."

"Super" 8-track Player-FM/AM radio: 8″ x 7¾″ x 3⅜″, 3-way power, electric, battery, car/boat adapter optional, shoulder strap, FM telescopic antenna. $49.95. By Emerson.

"Rees Phoenix" cotton fabric: 57″ wide, 25¼″ repeat. $9.50 a yd. By Schumacher.*

FOUR NEW KITCHENS

Page 120:

Lighting: modular 2-ft. squares in stainless steel mounted in conjunction with each other in a design by Michael DeSantis. By Lightolier.

"Side-by-Side" refrigerator: chilled water and ice cube dispenser. By General Elecrtic.

"Superba" dishwasher: by KitchenAid.

Hot-water dispenser: 190° water on tap. By KitchenAid.

Built-in can opener: by Thermador.

Mirrors on soffits: and all other mirror work by John Depp.

Built-in toaster: by Modern Maid.

Cups, saucers, plates: by Nikko Ceramics.

Ceramic tile: by Agency.

Page 121:

Floors: handmade French terra-cotta tiles with Spanish inserts.

Walls and backsplash: handmade Portuguese ceramic tiles.

Countertops: butcherblock and handmade Portuguese tiles. All from Country Floors, Westport, Conn.

Custom Pine cabinets: with stained glass doors. By Fred Varney.

Drop-in 4-burner cooktop; self-cleaning oven. By Thermador.

Ventilating hood: hammered sheet steel, 3-speed ventilator. Wilton Forge.

"Coldspot" refrigerator/freezer: by Sears Roebuck.

Dishwasher: with front panel to match walls. By Waste King Universal.

NEW KITCHEN EQUIPMENT

Pages 122-123:

1. **"Limited Edition" cookware:** copper bonded to stainless steel, brass handles, 3-qt. covered buffet casserole, $49.50; 12″ oval au gratin, $42.50; 8½″ skillet, $29. By Revere Copper and Brass.

2. **Microwave oven:** 22¾″ x 17¼″ x 15⅛″ high, three cook cycles, 35-minute timer, woodgrain vinyl clad steel exterior. $539.95. By Frigidaire.

3. **Electric food dehydrator:** 15″ sq. x 18″ high, 14 sq. ft. drying space, fruit, meat, vegetables dried automatically by air at a constantly maintained temperature 100°, see-through plastic door. $159.50. At Hammacher Schlemmer.

4. **"Dual-Action" large capacity washer:** 19″ x 25½″ x 43″ high, new 2-section agitator which pushes clothes from top through to bottom during washing cycle for cleaner washes. $360. By Sears Roebuck.

5. **"Hot Dogger":** cooks from 1 to 5 frankfurters in 60 seconds, immersible. $13.75. By Presto.

6. **No-Frost refrigerator/freezer:** 30⅛″ x 29¼″ x 66½″ high, 13.1 cu. ft. refrigerator, 4.7 cu. ft. freezer, designer's options: "Easy Cube Ice Service," $5.95; color-coordinated meat keeper, $8.95; 12 can carousel, $6.95; 2-position freezer shelf, $7.95; casters, $4.95. $449.95 for refrigerator/freezer. By Admiral.

7. **Compact laundry pair:** washer, 21″ sq. x 36″ high, top loading, automatic timer control, 2 rinses; dryer, 21″ x 18¾″ x 28½″ high, 3 cycles for permanent press, fluff, or normal. Units come with a rack for stacking. $438. By General Electric.

8. **Combination microwave oven:** 25⅜″ x 24¼″ x 55⅞″ high, double ovens with top oven containing both microwave and conventional heating elements, microwave cooking and conventional cooking are simultaneous or separate, black glass doors, both self-cleaning. $1995. By Thermador.

9. **"No-Frost" refrigerator/freezer:** 32¾″ x 28⅞″ x 65⅞″ high, 12.3 cu. ft. refrigeator, 4.75 cu. ft. freezer, pow[illegible] saving heater control switch redu[illegible] electricity during periods of low h[illegible] midity. $449.95 by Whirlpool.

10. **Peanut butter machine:** 4″ [illegible] 6⅝″ x 10½″ high, smooth to chun[illegible] consistency, removable hopper, noz[illegible] and grinding mechanism for easy cle[illegible] ing, makes ½ lb. peanut butter at [illegible] time. $29.95. By Salton. At Bloomi[illegible] dale's.

11. **Glass bakeware:** designed [illegible] Massimo and Lella Vignelli, 1-qt. c[illegible] ered casserole, $7.95; 2-qt. cover[illegible] casserole, $9.95. By Heller Designs. [illegible] Bloomingdale's.

12. **Smooth-top doubledecker el[illegible] tric range:** 30″ x 25¼″ x 71¾″ hig[illegible] black glass doors, right front "Therm[illegible] Set" burner regulates heat to a p[illegible] selected temperature, optional ho[illegible] and exhaust system, optional rotisser[illegible] $769.95. By Caloric.

13. **Vita Mix Super 3600:** 12″ x 6″ [illegible] 20″ high, ½ gallon capacity, puré[illegible] chops, grinds meats, grains, vegetable[illegible] fruits, stainless steel hammer blad[illegible] revolve and reverse for extra powe[illegible] $175. At Hammacher Schlemmer.

14. **Combination Micromatic Micr[illegible] wave range:** 29⅞″ x 28¾″ x 47 [illegible] high, 22¾″ x 18″ x 15½″ oven [illegible] terior, both microwave and conventio[illegible] al heat may be used simultaneously [illegible] separately, "Step-Saver" timer contro[illegible] concurrent functions, smokeless bro[illegible] ing, self-cleaning oven, "Mini-Foo[illegible] shelf for special small food quantitie[illegible] $959. By Litton Industries.

15. **Automatic electric juicer:** [illegible] piece reamer/strainer cup lifts out f[illegible] cleaning, 10 oz. juice container, aut[illegible] matic pressure switch operates wh[illegible] fruit is pushed against it. $15.95. Fro[illegible] Dominion by Hamilton Beach at Ec[illegible] erd Drug stores throughout the Sout[illegible]

16. **Beechwood butter tub:** 8″ dian[illegible] 2¼″ deep, handcrafted, imported fro[illegible] Sweden. $75 plus postage to order fro[illegible] Harriet Amanda Chapman.

17. **Freestanding grill-range** [illegible] 29 15/16″ x 25¾″ x 36″ high, 2 gla[illegible] ceramic cooktop cartridges lift out [illegible] convert range into a single or twin ele[illegible] tric grill, no-hood ventilation duc[illegible] fumes out of doors, unit has both rad[illegible] ant and convection heat can reduc[illegible] cooking time. $909. By The Jenn-A[illegible] Corporation.

18. **Stainless steel double boiler** [illegible] 1½-qt. capacity, compressed wood han[illegible] dles ovenproof to 375°, dishwashe[illegible] safe, 1½-qt. saucepan with lid an[illegible] insert, $46.50; 1½-qt. insert only, $1[illegible] By Cuisinarts. At Bloomingdale's.

19. **Dough mixer:** 11½″ sq. x 10¼ [illegible] high, from 4 to 8 1 lb. loaves, 4 alum[illegible] num baking pans included, instructio[illegible] and recipe booklet included. $19.9[illegible] By Mirro Aluminum.

Building Facts

Materials and equipment in the house on pages 96-99

ARCHITECT: Paul Gray of Warner an[illegible] Gray, Inc.

INTERIOR DESIGNERS: Paul Gray, Jac[illegible] Lionel Warner, Gwen Warner

LANDSCAPE ARCHITECTS: Paul Gray[illegible] Dick Harrington, Dick Gilbert

CONTRACTOR: A. O. Peiper

SIZE OF HOUSE: 4,200 square feet

SIZE OF LOT: 3 acres

STRUCTURE

Foundation: Continuous 12-inch re[illegible] inforced concrete foundation with 4 [illegible] inch concrete slab.

Framing: Standard wood frame con[illegible]

tion of walls, floors, and roofs with steel column and beam members.

ERIOR OF HOUSE

rior walls: Resawn, 1-by-4-inch od tongue and groove vertical , with butt joints, by Simpson er Co.

rior Finish: Semitransparent stain by Olympic Stain Div., rco, Inc.

s: On sloping roofs, "Titanaloy" sheets by Matthiessen & Hegeinc Co. On flat roofs, built up g—layers of tar-coated building topped with gravel.

lation: In all walls and roofs, insulation by Johns-Manville

dows: Aluminum frame and sash, g and awning type windows by wood Aluminum Products, Inc. er blinds by Levolor Lorentzen.

rs: Bronze anodized, aluminum e sliding doors by Fleetwood Alum Products, Inc.; wood doors, nch solid core. Louver blinds by lor Lorentzen, Inc.

ge doors: Resawn, 1-by-4-inch ood vertical siding on custom door frame.

ERIOR OF HOUSE

ls and ceilings: Lath and plaster.

rior finishes: White paint by ritone Corp.

rs: In major rooms, 1-inch-square ino wood parquet; in master bed-, wall-to-wall carpeting; in baths, vinyl flooring by Amtico Div., rican Biltrite, Inc.

ting fixtures: Track lighting fixtures, recessed cylindrical ceilixtures by Lightolier, Inc. and Kim ting, Inc.

place: Concrete black with white er finish.

dware: Door handles, locksets, es by General Lock Div., Schlage Co. Cabinet hardware by Hyer ware Co.

ic system: Stereo with speakers brary and family-room ceilings.

hen and pantry cabinets: St. les Mfg. Co.

room cabinets: Wood, custom .

hen and bathroom counter-: In kitchen and pantry, 1-inch-sq. ino wood parquet and Formica. In rooms, marble and granite.

mbing fixtures: In kitchen, sink Elkay Mfg. Co.; in bathrooms, fixs by American-Standard, Inc.

CHANICAL EQUIPMENT

O APPLIANCES

liances: Built-in wall oven by rmador Div., Norris Industries; ter cooktop and exhaust fan by -Air Corp.; refrigerator and freezy Sub-Zero Freezer Co., Inc.; dishher by KitchenAid Div., Hobart . Co.; food waste disposer by te King Universal, Division of Nor- Industries. Laundry washer and r by Maytag Co.

ter heater: 70-gallon tank by Day ght Co.

ting system: Forced air perimeeating and cooling system with fan ulation to zoned areas. Furnaces by nox Industries, Inc.

What goes with what?



Answers to the quiz on page 72

Whether you answered (a) (b) or (c) for each question, you scored *100 percent*. There are no wrong answers! The multiple choice offered serves to demonstrate that there are no absolute rules about what goes with what. Many things can be right in a given situation. The person who knows what goes with what is open to all possibilities and wants to bring all kinds of experiences into her life, accepting the challenge of imbalance. If you found it difficult to make a specific selection in the questionnaire, the better your ability to put things together. You have an appreciation for arranging and designing. You know that clashes can work to create a happy synthesis of patterns and shapes. You're aware that all the experiences you've had contribute to your growth. You pick up ideas every day and use them in free associations.

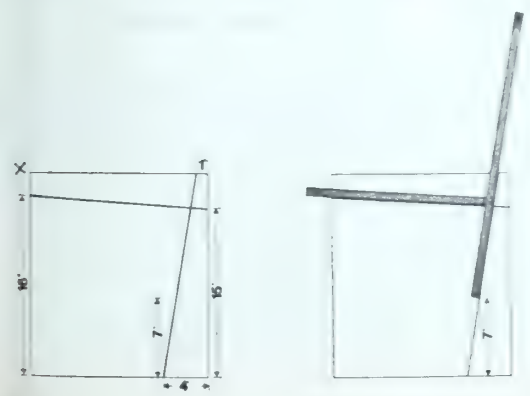
If you were easily able to narrow your selection doing the questionnaire, check yourself. Are you perhaps a little hesitant about trying something different? The more you open up, the more you allow experience to seep through. This is the way to develop your talent for making choices and associations. Stretch yourself in your awareness of what goes on in the world, open up to people, events, ideas, and you may find that more goes together in harmony than you imagined.

China *continued from page 112*

school in the morning without making his own bed. Children have their own chores to do. They're not forced into it but they are constantly given the opportunity to help. I think this isn't such a bad idea, to encourage children in this attitude from the very beginning. At least they feel they're important too, as kids, that they can make a contribution. It will be part of their school routine to go out in the country and spend a day helping the farmer feed his pigs and pick the rice. Practical experience like this is part of the curriculum, to make children feel an essential part of society.

Of course older people never go into old people's homes unless they have no children. Here's another thing. They live with their children and the parent generation considers it lucky if they do. They help a tremendous amount in the household, with housework and taking care of children.

There are very few inhibited Chinese. They are outgoing extroverts with a sense of worth, and reason to be. We talk about freedom of the individual. Many of the comments I get about the Chinese are, "Look at what they're giving up"; "Look at the freedom they're losing." But in many ways you have to remember they have more now than they did under the emperors. And to some extent they are not imprisoned by the attitudes of an affluent society. They live the way they do without all the social pressure we have. Here we always have to keep proving ourselves to everybody around us: They don't have this fight. They feel they know where they're going, because since they were two years old they were told you are a great person and you can help.



Correction

The measurements given for the back of the glue-together chair shown on page 57 of the January 1976 House & Garden were incorrect. The back should be 25½ inches long by 15⅞ inches wide, extending 8½ inches beneath the seat (see illustrations at left). For instructions on finishing and more furniture designs to make with cut-to-order plywood and glue, see Clement Meadmore's book, *How to Make Furniture Without Tools* published by Pantheon, $4.95.

travelog

BARBADOS

ST. JAMES BEACH

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4. **"THE VIEW FROM THE TUB AND HOW TO CHANGE IT,"** is a new step-by-step instruction booklet on how to decorate your bathroom with sheets, towels, and color! Plus, how to make an exercise mat, sink skirt, shower curtain, and other bathroom accessories. Martex. $1

5. **HANDMADE CARILLO TILE IN MEXICO** for commercial and residential use is shown in this beautifully illustrated, 16-page, 4-color catalogue. These handmade tiles allow the designer to specify a functional material with an extravagant custom look. A wide variety of glazed and unglazed tiles are shown—size, color, thickness, and weight given on many. Elon Tile. $1

6. **RATTAN WITH RAWHIDE.** The McGuire Company's beautifully illustrated new booklet shows how this furniture fits easily and naturally into any surroundings: traditional, Oriental, or very modern. Booklet also discusses the strength, flexibility, craftsmanship, and patented technique of this collection. 50c

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8. **"INDOOR WORLD"**—The colorful new decorating idea magazine from Armstrong. Sixty-four pages of inspiring room scenes and how-to-do-it information, plus tips from the experts who create the beautiful Armstrong rooms you've seen in national magazines. $1.50

9. **FOR BEAUTIFUL DECORATING IDEAS,** a 160-page catalogue illustrates a full range of traditional furniture in both solid cherry and upholstered styles. Includes living room, dining room, and bedroom pieces. Harden Furniture Co. $3

10. **COMFORT AND BEAUTY COMBINE** in reclining chairs and sofas by La-Z-Boy. Choose from the many styles available in beautiful decorator colors, fabrics, or vinyls, in reclining chair and new Sofette, the reclining sofa.

11. **"CARPET & COLOR:** The Decorative Difference." Booklet includes a collection of contemporary decorating ideas highlighting easy-to-live-with carpet from Gulistan, created in cooperation with House & Garden.

12. **FURNISHING IDEAS FOR EVERYONE** who likes the simplicity, the stimulation, the ease of contemporary styling, and appreciates comfort and quality. The Roche-Bobois catalogue will enable you to furnish a house from sofas to picture frames. Price book included. $3

Gardening

13. **ENDLESS SUMMER** in Everlite Aluminum Greenhouses. Twenty-seven page booklet gives information on eight models, both lean-to and free-standing. They come in sections to meet any space need, along with accessories, like temperature controls and shelving.

14. **1976 PLANTING GUIDE** from Earl Ferris Nursery features 48 pages

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18. "BEGINNER'S AQUARIUM DIGEST." A 36-page, full-color booklet with complete information on how to be a successful aquarium owner. How to choose the right equipment. Hints for setting up your aquarium and how to buy the right fish. It tells about the care and feeding requirements of 62 species of fresh-water fish. Tetra Sales.

19. "WATER: WHAT'S IN IT FOR YOU?" written by Allen McDaniels, M.D. is an informative booklet that discusses the vital role of water in your health. Dr. McDaniels poses the problem of apathy and confusion about water and the threat of a diminishing supply of healthful water. He presents his recommendation for the best source of healthful water. Terraqua, Inc. $1.50

20. GRAND OPENING! "There's a new gift shop in your neighborhood" —a line of spring-summer merchandise featuring a tasteful assortment of vacation and outdoor items. beachwear, toys, games, and gifts that you don't often see in stores. Full-color catalogue. Doubleday & Co., Inc. 50c

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APRIL 57

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Center: The church is the inspiration for this aristocratic British triform candlestick. The golden English old brass finish highlights the strong, noble lines. 32″ tall. About $145.

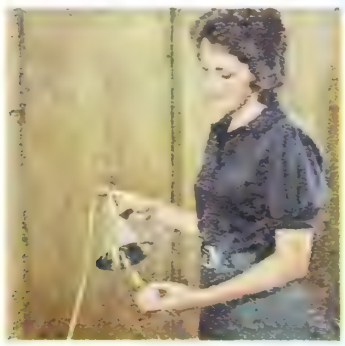
Right: This candlestick, modeled on 18th century Tibeto-Chinese creations, exhibits the "simplicity" that made the Orient famous. Golden distressed old brass finish. 39″ high. About $150.

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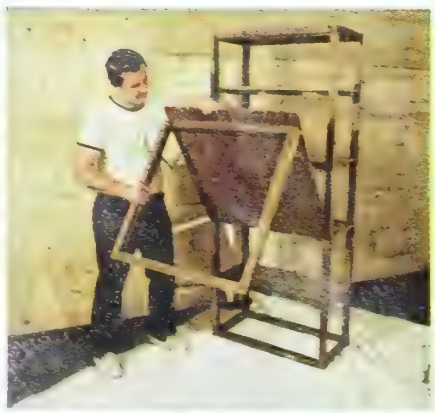
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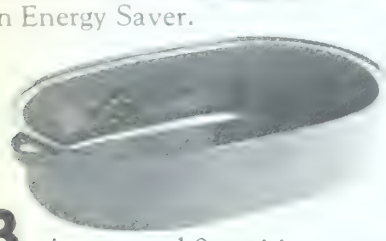
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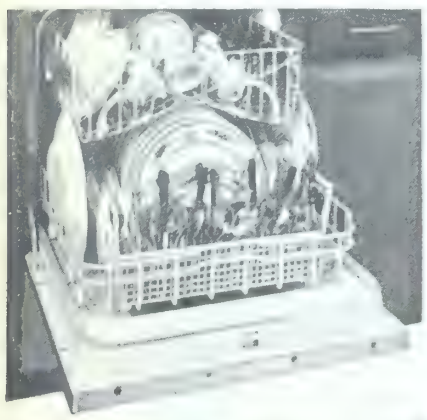


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HOUSE & GARDEN

INCORPORATING **LIVING** FOR YOUNG HOMEMAKERS)

Vol. 148 No. 4



NORMAN M[illegible]RATH

ON THE COVER: It's all Baldwin, and all new: Billy Baldwin's easy-living, great-looking new furniture (upholstered and not) plus fabric and wallcoverings from a whole line of exuberant patterns and colors that can be used together or separately, mixed or matched, all through the house. Here, in a living room at The Galleria, Park Avenue at 57th Street, New York, furniture cushions plus a Roman shade, all of a cotton called *Tessulatus*, whose name and pattern were taken from a seashell, but in a color no *Tessulatus* ever dreamed of. Furniture designed for LCS; Woodson fabrics and wallpapers. You'll find another view of the room, close looks at furniture, fabrics, and papers, plus decorating wisdom from the dean of American decorators himself, beginning on page 112.

APRIL, 1976

DECORATING, ARCHITECTURE, BUILDING

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HOUSE & GARDEN IS PUBLISHED BY THE CONDÉ NAST PUBLICATIONS INC.
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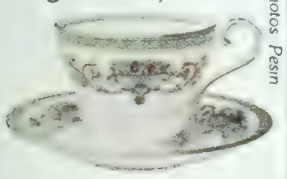
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Photos Pesn

Donald Dawkins rejects pulleys 1/1000th-inch out of round. After all, who wants a grandfather clock that gains two minutes every month?



Dawkins, master machinist, supervises the production of every one of the 166 metal parts made on this machine for a Herschede grandfather clock.

He knows the peculiar ways of machining brass and steel, as a chef knows the limits of butter and flour.

In an age of mass-produced mediocrity, Dawkins is something of a rarity. He insists upon, and gets, perfection from the machinists who tend lathes under his demanding eye.

The two words he hates most are "good enough". Clockmaking is no profession for the slovenly.

Herschede is the only American clockmaker manufacturing movements for grandfather clocks. Others import cheap movements from abroad. We trust Don Dawkins because we know how meticulous his standards are.



You can see all of the meticulously crafted Herschede clocks, from $4400 on down, by sending 50 cents for a color catalog to the Herschede Hall Clock Company, Starkville, Mississippi 39759. A division of Arnold Industries.

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Wamsutta

LIVING

APRIL

New section of news • design • energy • plants people • books • travel • beauty and health • ideas • surprises

The flower and the glory

"There is something rewarding about having orchid plants from faraway lands at your windows," writes horticulturist Jack Kramer in his great new book, *Orchids, Flowers of Romance and Mystery* (Abrams, $35). "Like an armchair traveler, the orchid hobbyist travels great distances without leaving home." Orchids are not as impractical as indoor houseplants as they may seem. Most can be left at least a week without water. Nature provides a water "tank" in the bulb. They can manage on their own, even better than philodendron and ficus, adds Mr. Kramer, to tempt indoor gardeners.



Laelia tenebrosa—very tempting

RUSSELL MACMASTERS



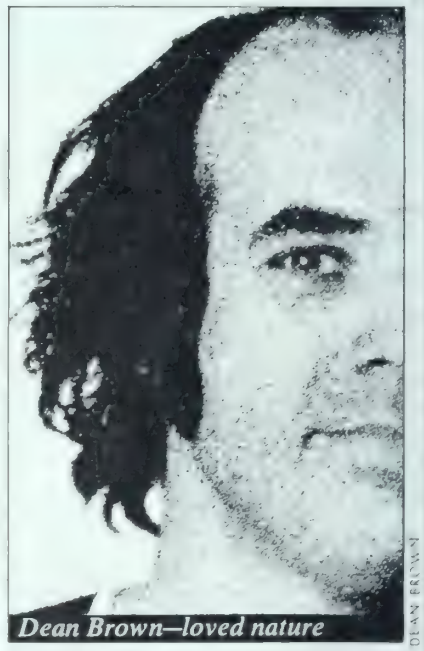
Timber! Mimi and restaurant

You can't see the restaurant for the trees

Mimi London, the clever designer who has been using natural cedar timbers from the rain forests in the Pacific Northwest for everything from fourposter beds to coffee tables, is branching out. The first restaurant design with her "natural look" furniture has just opened in the Omni International complex, Atlanta, Ga., and there are more to come, she says. Mimi's restaurant is causing a sensation—not for its interior design alone. "It's a total experience," says Mimi. "People find it a refuge and become addicted." Along with an intriguing menu of food ("Almost everything from fried mushrooms on through chicken tandoori has an exciting taste," says Mimi's partner Dixie Marquis), there are eight backgammon tables—everybody is welcome to stay and play "in an atmosphere more like a club." All the furniture, including mushroom-shaped bar stools capped with suede and great burl sofas, may be ordered through LCS, New York City. "The reaction is exactly what I hoped for but didn't think possible," adds Mimi, who plans to open the next restaurant in Boston.

O, Wilderness!

Dean Brown, the photographer who loved to record nature and lost his life in a tragic accident while shooting pictures on a New Hampshire mountain, is being given a major retrospective show at the Akron Art Institute next month. It will include about 60 landscapes, many taken in remote areas of the U.S. wilderness—Alaska, Arizona, Utah, Texas, New Hampshire—"his most personal work" says his wife Carol Brown, the painter. The show will travel across the country including stops at Richmond, Fort Worth and San Antonio, Tex.



Dean Brown—loved nature

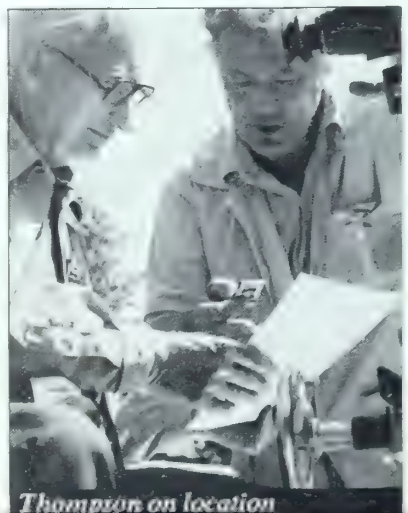
DEAN BROWN



Barking up the right tree

If you want to track down your ancestors, there is no better time to start than the week of April 4, National Library Week, when you will find librarians eager to help. And if you are anywhere near Fort Wayne, Ind., the public library there is the best place to go in the country. With over 100,000 genealogical volumes and 20,000 reels of microfilm, this collection is outstanding. Head librarian Frederick Reynolds has been adding to the genealogical book bank for 15 years and has British records going back to the 12th century. Dorothy Lower, the head of the genealogy department, goes out to talk to local groups who are interested, at no charge. In Chicago, the Newberry Library is another helpful source of family tree information. The experts answer written or phone inquiries from across the country. Both libraries offer a good guide called the *Genealogy Beginner's Manual*. $1.50 sent in advance includes postage. Newberry Library, 60 West Walton Street, Chicago, Ill. 60610.

Wait till you see King Kong in this one



Thompson on location

American Years, a documentary by filmmaker Francis Thompson whose film *To be Alive* won an Oscar, is to be premiered in Philadelphia's Living History Center this month. It promises to be a notable cinematic event, because the movie is almost the first to be seen in this country in Imax. This new "maxi" film is shown on a screen 100 feet wide and 70 feet high, "three times the size of Cinerama," says Mr. Thompson. "You're right in the scene with the actors. We had to learn a whole new technique with this camera, you can't use closeups too much." The film unit went all over the country even to Hawaii to film. "We've tried *not* to make just another glossy travelogue," adds Mr. Thompson.



October 14, 1975. The Sausalito Handicap.
How did Lincoln Continental's ride hold up after 30,000 miles?

68 out of 100 Cadillac owners agree. A 1976 Lincoln Continental with 30,000 miles has a better ride than a new 1976 Cadillac.

There's only one way to find out how the riding quality of an automobile will hold up over 30,000 miles: drive it 30,000 miles and see for yourself.

We drove this 1976 Lincoln Continental 30,000 highway miles. Then an independent testing company set out to measure its ride against a very tough competitor—a brand-new Cadillac with just 3,000 break-in miles.

We called this unusual test the Sausalito Handicap.

One hundred Cadillac owners from the San Francisco area test-drove and test-rode both cars over the identical route.

And after 42 miles of highway driving and riding, 68 Cadillac owners out of 100 said the 1976 Lincoln Continental—the car with 30,000 miles—had a better ride than the brand-new Cadillac!

Maybe the way this Continental's ride held up tells you why a separate survey projects that over the last four years more than 40,000 Cadillac drivers have switched to Lincoln Continental or Continental Mark IV. Experience is after all the best teacher.

Experience Continental for yourself by talking to your dealer about buying or leasing a 1976 Continental.

LINCOLN CONTINENTAL

LINCOLN-MERCURY DIVISION Ford

Living

Maxi taxi

Barbra Walz, a fashion photographer never has any trouble getting a cab—she's got one of her own. It's a silver-gray Checker Marathon. She and her husband, graphic designer Kevin Walz find it more convenient than an ordinary car. "We love the way it looks. It's solid, durable, roomy." Checkers are marvelous for families because a carriage, playpen,



The Walzes with personal Checker

or other equipment can be transported easily. There are 4 models for private use, 2 limousines seating nine. Disc brakes, extra-heavy-duty batteries are standard. From $5274 to $6735, they are guaranteed for 150,000 miles. It's not a gas saver (11 miles per gallon) but light on repairs. In 90 colors, from 75 Checker dealers across the U.S.

VERONICA MCNIFF

Invention investigator

You've had a bright idea, an invention that meets a need and isn't on the market—what do you do? You might send it to Lawrence Peska, 500 Fifth Avenue, New York, who investigates inventions, develops those with potential, and tries to market them. But don't get too optimistic. "Out of the 1,000 or so we develop in a year, only 30 actually make it to the market place," he cautions. Mr. Peska has an organization with 25 lawyers who check into patents. If your invention seems feasible, you pay $165 for a patent search, and $1000 for the product to be developed. Then, should it be taken up by a manufacturer, you retain 80 percent of the rights, Mr. Peska the other 20 percent. He has launched some interesting items in the three years



Inventive dog seat belt

he has been in business. A brand-new one is the garden weeder, which lets you weed standing up. Soon in stores for $9.95.



Mazonowicz with bison, 20,000 years old

SUSAN BRISCOE

Off the wall

About 15 years ago, Douglas Mazonowicz decided to give up teaching in an art college in England and devote his life to researching the cave art of prehistoric man. Traveling in Spain, France, and Northern Africa, he took tracings from all the famous caves and has written about his experiences in *Voices from the Stone Age* (Crowell, $12.95). From his tracings he has made a complete collection of silkscreens of cave art—some paintings date back 20,000 years—which are now on show by appointment at the Gallery for Prehistoric Art, 50 West Eleventh Street, New York. This is a particularly valuable record of ancient man, as the art that was preserved for centuries in vacuum in the caves is slowly deteriorating through exposure to light and air in the last fifty years. Limited editions of the silkscreens (all authentic in color and size) are priced under $100 for a painting 24-by-36 inches to $3,000 for a large one. Mr. Mazonowicz never tires of cave explorations and takes people on tours, through the Smithsonian and other institutions.

People

Sarina Tang, Betty Levin, Lisa Starrett, *and* **Jane O'Keefe** *who run Art Options, a special art advisory service, have opened a larger gallery at 49 East Fifty-third Street, New York City. They have*



Duchess of Argyll

just bought all the paintings, lithographs, and other art for Loews' exciting new Monte Carlo hotel.

Madeleine Kamman, *author of* The Making of a Cook *and* Dinner Against the Clock, *has stuck another feather in her toque blanche. Her new restaurant Modern Gourmet, next-door to her Boston cooking school is soon to open all through the week.*

Margaret, Duchess of Argyll *invites visitors on guided tours of her London house, Tuesdays, Thursdays, and Sundays, from 6 to 8 P.M. It is a good chance to see the work of the legendary Syrie Maugham, who decorated it in 1935. Things have been renewed once or twice but they are all identical to the originals, says the Duchess, who offers a glass of champagne along with the tour. More information from her manager,* **Mr. Vincent Shaw** *in London. Phone 603-6111.*

Artist Ralph Fasanella *has done a painting to be sold as a poster, profits donated to New York City. "I've always loved this place and I wanted to do my bit to help out."* **Felicie Schumsky** *will put it on sale for $2.*

Jack Lenor Larsen *and* **Leslie Tillett** *are running craft workshops all day at the Plaza Hotel, March 30.*

Sure about insurance?

A recent survey showed that more than 55 percent of all houses are under-insured. And people owning houses less than 10 years are most likely to have overlooked the inflation factor, which has been adding 6 percent annually to the value of houses. Some insurance companies like State Farm are protecting owners with inflation-proof policies. When your annual premium is due you pay slightly more, based on latest information from the U.S. Department of Commerce Construction Cost Index. Many insurance companies have replacement cost calculators (pocket slide rules) to help you figure out current values.

Getting the ghost for your money

If you're beginning to think that London is just like any other big city, try spreading your wings on your next English vacation. York—a beautifully preserved medieval



York street, The Shambles

city—has been running three-day "Ghost-Hunting Weekends." The whole of this ancient inner-walled city, where Roman, Saxon, and Elizabethan buildings nudge modern ones, is thick with legends and ghostly sightings.

There's no guarantee you'll see any of these psychic phenomena. What you will get from the tour is a thoughtful, historical account from author-ghost investigator John Mitchell and a chance to hear and talk with local people.

The weekend—about $100, but check prices—includes rail travel from London, comfortable accommodations, visits to a half-dozen haunted buildings, lunches in haunted restaurants, side trips to Bolton Priory and Fountain Hall, drinks in a haunted pub. Contact Boswell and Johnson, 11 Lady Peckett's Yard, York Y01 2NF (York 52232). Book ahead if you can.

ELSPETH FLYNN



The artisan's concept of fashion and the influence of his rural life created much of the charm in French country furniture. For those who appreciate this style, reproductions are available through Baker Furniture retailers.

You are invited to send two dollars to Baker Furniture, 401 Merchandise Mart, Chicago, Ill. 60654 for our Country French catalogue.

Baker Furniture
CABINET MAKERS

LIVING

Getting to the point

Walter Channing has been a part-time sculptor and full-time management consultant. But it could



Channing—pencils a new career

reverse. His latest creative work are 6-foot pencils, carved from cedar pickets used in fencing, or pieces of timber he finds on dumps, strung together to make indoor or outdoor "walls." Painted in lacquer, they shade like a rainbow from red to yellow or yellow to blue. He's at 216 East Twenty-sixth Street, New York 10010.



FOR THE BIRDS

As most veterinarians only handle domestic animals, people who want to help birds and other wildlife are much needed. Mrs. Janet Coyle is a wildlife worker in Gaithersburg, Md., who encourages volunteers in this field. About 400 go through her birdcages behind her house every year. Injured, sick, or orphaned, all are treated, then released to the wild. "This sort of wildlife rehabilitation is very rewarding," she says. People interested in helping should contact their local bird society (Audubon usually) or humane organization, such as the SPCA to ask if there is anyone who will teach bird "doctoring." You need a state and federal permit to do it.

GOOD NEWS

A NEW FILM FOR BREAST CANCER DETECTION

A new Kodak film has just been made available that will help in the earlier detection of breast cancer while cutting down the danger of radiation in x-rays. This film, says Dr. Joseph Chang, Professor of Radiology, University of Kansas Medical Center, who has been testing its efficiency, shows "substantially better images for the smallest detectable speck." Not only this, but it requires 57 percent less radiation exposure than other low-dose systems. Public demand for mammograms, which reveal cancer before it can be felt by a doctor or self-examination, has increased dramatically. To cope with the situation, the National Cancer Institute and the Department of Health, Education and Welfare have set up seven units across the country to train technicians in the latest diagnostic techniques. If you want to know more, see your doctor. Early warning saves life. Some 88,000 cases of breast cancer will be detected this year. In New York, Guttman Institute gives mammograms free.



Dr. Philip Strax, Medical Director, Guttman Institute, N.Y.

Travel is broadening

Two great cooking teachers are taking students on food and wine trips to Europe this summer. Marcella Hazan, a great Italian cook, teacher, and author of *The Classic Italian Cookbook*, plans three 1-week courses starting in June in Bologna—a wonderful opportunity to cook, talk, eat, and live Italian food. Mrs. Hazan will take students to restaurants, to Parma to taste and compare vintage Parmesan cheese, to visit fishermen, to a farm. "We'll be learning," she says, "why Italian food is not fattening." Write Marcella Hazan, 155 East Seventy-sixth Street, New York, N.Y. 10021 (212-861-2825).

Richard Olney, author of *Simple French Food*, who lives in France but has taught in New York, is shepherding a gourmet tour of France from May 12 to 28. He has planned visits to vineyards, in Alsace, Bordeaux, Burgundy, and Champagne with special dinners at L'Auberge de L'Ill, Paul Bocuse, Chez La Mère Blanc, La Chaumière, Dubern, Taillevent. Contact Mr. Hyman Charniak, Canterbury Travel, Kent Green, Kent, Conn. 06757 (203-927-3574).



Bell's barn, meadow walkway

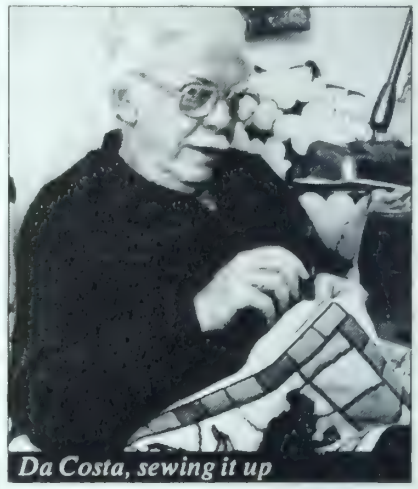
BYRON BELL

Barnstorming

Why would a young modern architect want to live in an old barn? The answer in the case of Byron Bell is not simply to preserve a vanishing architectural landmark (though many young architects do feel strongly on this point), but to have the luxury of space. Mr. Bell and his wife, Susan, doing all the remodeling themselves (except plumbing and electricity), have created a giant playhouse for weekends in counterpoint to their 11-foot-wide confined town house in New York City. When they bought the barn with 15 acres of land, there was just a load of hay in the loft. They knocked down the cattle stalls the first day they moved in, and went on from there to build platforms on various levels (linked by ladders) and to fill the space with all kinds of "found" objects. The barn is furnished now with billiards and Ping-Pong tables, a small organ, a grand piano, and a pottery kiln. A swing, banners, and kites hang from the rafters. The Bells' "bedroom" is a tent on one of the top platforms; the "library," a roll-around wooden, sit-in cube, painted red and lined with cushions. In summer they relax on hammocks on the handmade deck, built around trees near the barn door, or cross over to a meadow along a wooden walkway jutting from a second-level window. The barn is an on-going project, which they hope will never be finished. $12,000 spent so far includes bathroom, kitchen, septic tank, rewiring, wood, and all materials.

Broadway director in stitches

"I can sit down to work at my needlepoint and in no time I can get down to the source of my problem," says Morton Da Costa, who has directed some of Broadway's greatest hits—*Plain and Fancy, No Time for Sergeants, Auntie Mame, Music Man,* and recently *A Musical Jubilee.* Since he joined the ranks of men needlepointers "on



Da Costa, sewing it up

MARINA CHENG

my doctor's advice to calm my nerves," Mr. Da Costa has designed and finished over 160 projects. Now, twenty of these original ideas are in a book *Morton Da Costa's Book of Needlepoint* (Simon and Schuster, $15.95) complete with a separate kit of full-scale patterns to transfer to canvas. Projects include a circular table cover, four shell "tiles" 7½ inches square to decorate a box, use individually, or in a pillow.

Til Lykke America!



The Bicentennial Plate by Bing & Grøndahl

Bing & Grøndahl congratulates America on its 200th birthday! And in honor of the occasion, this oldest producer of Christmas plates created this one-time only edition.

The focal point of this striking collectors' item is a magnificent reproduction of the American Bald Eagle. Circling this 9" plate are the names of the original 13 colonies—in rich 24kt. gold as are the stars, the Latin inscription and the two outer circles. And the entire motif is sculptured in relief and shaded with the famous underglaze blue that is the hallmark of Bing & Grøndahl.

Beautifully gift-packaged at $50.00, this American commemorative is a treasure. In more ways than one! Happy birthday, America! For the name of the store nearest you please write us. 225 Fifth Avenue, New York, N.Y. 10010.

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HANDS

How to keep yours in top shape. The latest advice from doctors and handcare specialists. **By Paula Rice Jackson**



TED HAR

SURGEON'S Rx FOR HANDS

Dr. Richard G. Eaton of the world famous Hand Service, Department of Surgery at Roosevelt Hospital in New York City, talks about the structure of the hand, gives first aid tips.

"The hand is our connection with our environment. We may look at and hear things but there's no contact involved in the literal sense of the word. When it comes to manipulating and doing things the hand and the sense of touch are the final common pathways. The hands are miniaturized machines capable of an almost infinite number of combinations of positions that apply power with precision.

— Each hand contains 27 bones in all; 8 wrist bones, 5 in the palm, and 14 in all five fingers. Two hands equal 54 bones, which is a quarter of all the bones in the skeleton.

— The hand contains the most densely packed system of nerve endings in the body.

— The thumb alone does 45 percent of the hand's work.

— A strong man can develop his grip to equal 120 pounds; a strong woman can build her grip to about half this.

— The two largest areas of the cerebral cortex are reserved for right and left hand motor action.

— Nature has equipped the hand by giving it two of almost everything it uses to insure its functioning... two nerves in each finger, as well as two tendons and two veins. If any one of these is cut, function, though inhibited, is still maintained.

— Modern surgical techniques can fashion a thumb from an index finger. The tendons in the hand are flexible and can be shifted to permit this kind of borrowing.

"Electric tools present the most common danger to the hand. By concentrating on what you're doing when you use them you're less likely to have accidents of this type.

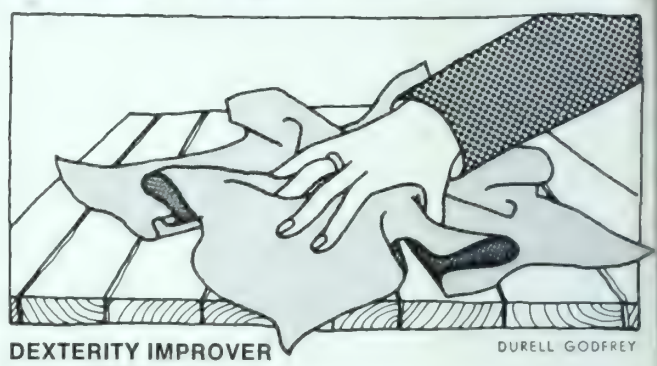
"A blister should be left intact. The "shell" over the blister is usually sufficient covering to protect the hand from infection. If the blister ruptures *(Continued on page 18)*

MAMORU TANAKA



THE POSITION OF THE HAND AT RIGHT COMES FROM AN ANCIENT JAPANESE ART CALLED SHIATSU, A FORM OF PRESSURE POINT MASSAGE APPLIED WITH THE FINGERTIPS. THOUGH THE THUMB IS MAINLY USED, HERE THE MIDDLE FINGER PRESSES THE INDEX FINGER TO ADD STRENGTH TO BOTH.

Let your fingers do the working



DURELL GODFREY

DEXTERITY IMPROVER

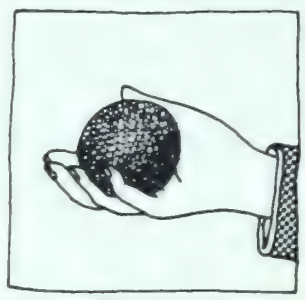
Lay a flat sheet of newspaper on a table and with one hand only reach, stretch, grasp, and crumple it into a ball. The weightless paper allows for full flexing and stretching of the fingers and wrist muscles.

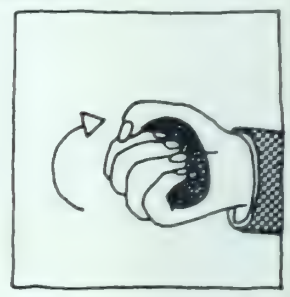
DR. JAMES PARKES, ORTHOPEDIC SURGEON FOR THE NEW YORK METS

TENSION RELIEVER

Stop whatever you're doing. Simply stand up and bend forward from the waist. Shake your arms and hands as if they were rags. Blood will pour down the length of the arms and into the hands bringing warmth, oxygen, and energy.

MARJORIE CRAIG, DIRECTOR OF EXERCISE AT ELIZABETH ARDEN, WAS TRAINED IN PHYSIOTHERAPY AT THE NEUROLOGICAL INSTITUTE AT COLUMBIA PRESBYTERIAN MEDICAL CENTER IN NEW YORK CITY.





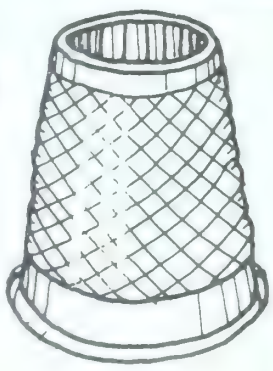
STRENGTH BUILDERS

A 2½-inch rubber ball will help develop your grip. Squeeze and release over and over again until the wrist and fingers feel slightly tired. Stop. Once in the morning and again at night will strengthen muscles in the wrist and those extending from the top and bottom of the elbow.

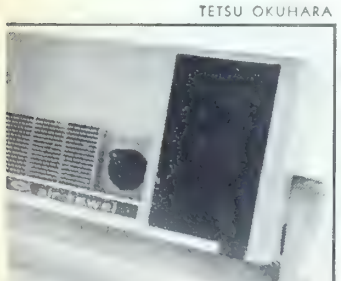
MARJORIE CRAIG

Thimble

for a tailor—needleworker's open-ended finger protector



TETSU OKUHARA



The Air Towel dries hands with a soft, dry, rush of warm air. Dial has three heat temperatures and the wall-mounted unit turns and swivels to any direction. $30. At Hammacher Schlemmer.

Handcare secrets from craftsmen

Mara Cary, basketweaver: "I sometimes get tiny bramble prickers in my fingertips. A needle or tweezers usually gets them out. Otherwise I just rub A & D Ointment on before and after I work. Something about the weaving itself seems to be keeping my hands soft and smooth. Maybe the rough reeds and grasses help to remove that dead surface layer of skin."

Eleanor Weller, furniture refinisher: "I always keep a garden hose running whenever I'm working with abrasive chemicals outdoors. That way an accidental spill can be immediately rinsed off. There are about six thicknesses of rubber gloves that I use also, each a size larger than my hand. It's for the same reason. If a chemical were to leak through, the glove can be whisked off instantly."

Hannah Wister, gardener: "I just dig my nails into a dry cake of soap before I go out to work in the soil. The dirt couldn't be easier to wash away after."

Gigs Stevens, bargello embroiderer: "A tailor's open-ended thimble goes over my middle finger and helps prevent calluses from the needle. And when working with a brand new canvas it helps to roll it back and forth a few times to help get the 'starch' out. The canvas won't warp and it will be somewhat softer on your hands."

Richard Neas, crewel embroiderer: "My index finger which holds the embroidery material underneath my needle sometimes feels like a sieve from all the pricking it gets. I need that finger bare to use as a guide for the placement of the needle and to push it back up through the fabric. My solution is simply use hand cream that sinks right into the skin and helps soothe that part of my finger."

Sol Kent, needlepoint embroiderer: "I leave my hands completely up to nature. There's a thick callus on my finger and I just let it alone. No creams or special lotions. I don't mind."

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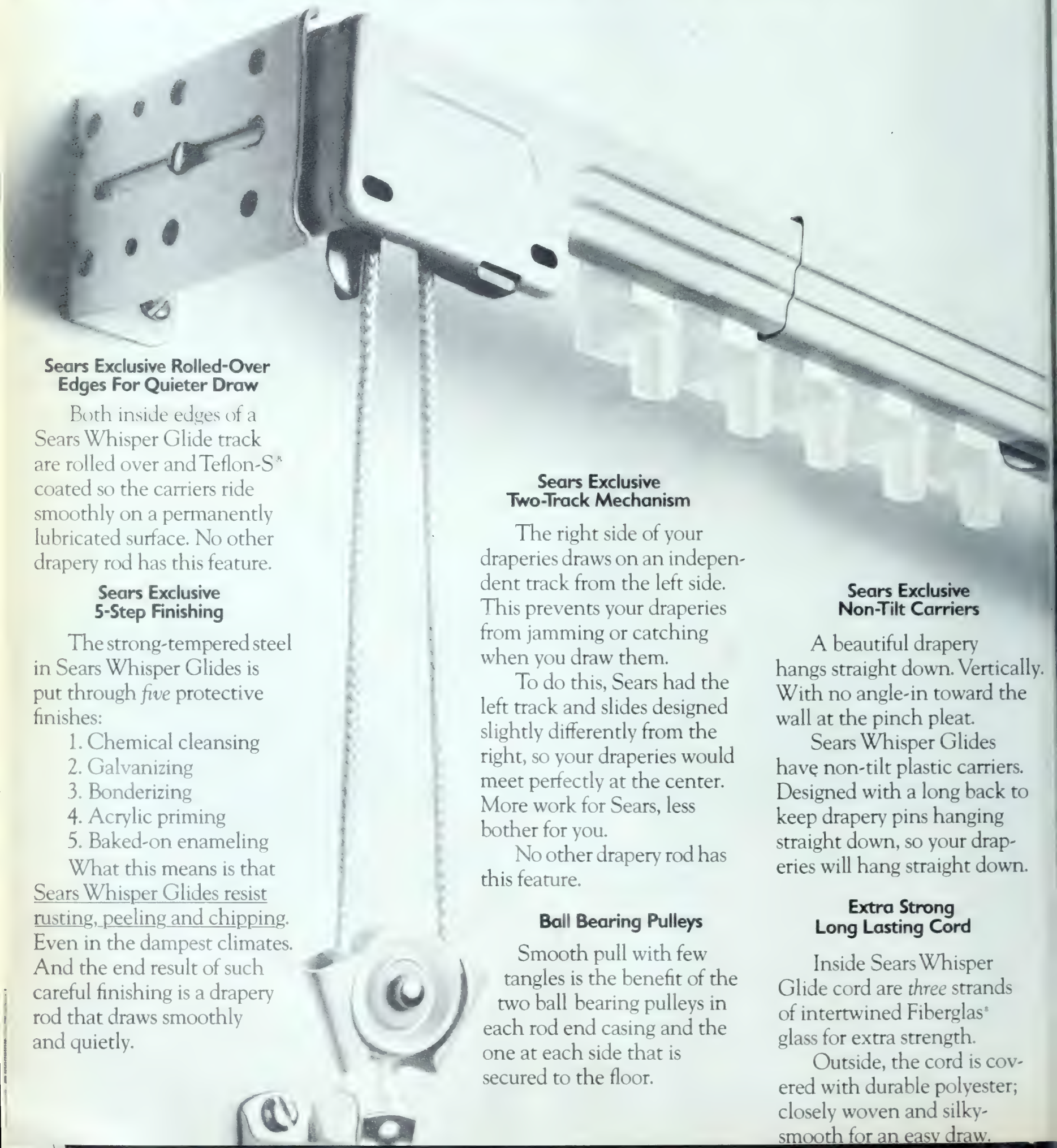
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Sears Whisper Glides

No other line of drapery rods offers you more exclusive features.



Sears Exclusive Rolled-Over Edges For Quieter Draw

Both inside edges of a Sears Whisper Glide track are rolled over and Teflon-S® coated so the carriers ride smoothly on a permanently lubricated surface. No other drapery rod has this feature.

Sears Exclusive 5-Step Finishing

The strong-tempered steel in Sears Whisper Glides is put through *five* protective finishes:

1. Chemical cleansing
2. Galvanizing
3. Bonderizing
4. Acrylic priming
5. Baked-on enameling

What this means is that Sears Whisper Glides resist rusting, peeling and chipping. Even in the dampest climates. And the end result of such careful finishing is a drapery rod that draws smoothly and quietly.

Sears Exclusive Two-Track Mechanism

The right side of your draperies draws on an independent track from the left side. This prevents your draperies from jamming or catching when you draw them.

To do this, Sears had the left track and slides designed slightly differently from the right, so your draperies would meet perfectly at the center. More work for Sears, less bother for you.

No other drapery rod has this feature.

Ball Bearing Pulleys

Smooth pull with few tangles is the benefit of the two ball bearing pulleys in each rod end casing and the one at each side that is secured to the floor.

Sears Exclusive Non-Tilt Carriers

A beautiful drapery hangs straight down. Vertically. With no angle-in toward the wall at the pinch pleat.

Sears Whisper Glides have non-tilt plastic carriers. Designed with a long back to keep drapery pins hanging straight down, so your draperies will hang straight down.

Extra Strong Long Lasting Cord

Inside Sears Whisper Glide cord are *three* strands of intertwined Fiberglas® glass for extra strength.

Outside, the cord is covered with durable polyester; closely woven and silky-smooth for an easy draw.

Sears Exclusive "Draw From Both Ends" Feature

No other drapery rod you can buy has it. You can open or close your draperies from the end nearest you. It's a joy!

Or, if your particular drapery treatment demands a single draw rod, Sears Whisper Glide drapery rods come that way, too.

More Steel Makes Them Much Stronger

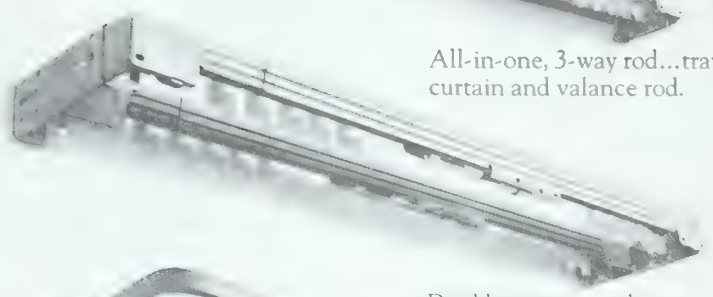
Size for size, Sears Whisper Glides are built with more steel than competitively priced rods. What's more, the steel is strong-tempered and formed in girder beam shape.

Even the heaviest triple treatment (drapery, sheer, valance) is designed not to sag when held up by a Sears Whisper Glide.

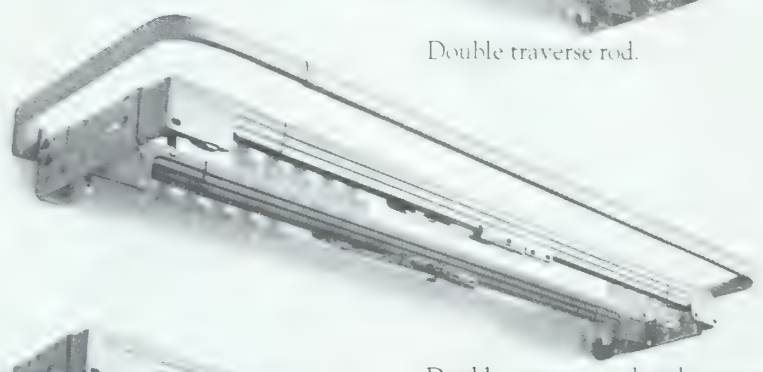
You can mount most styles on your wall, casement or ceiling. They're built for easy, all-purpose installation.



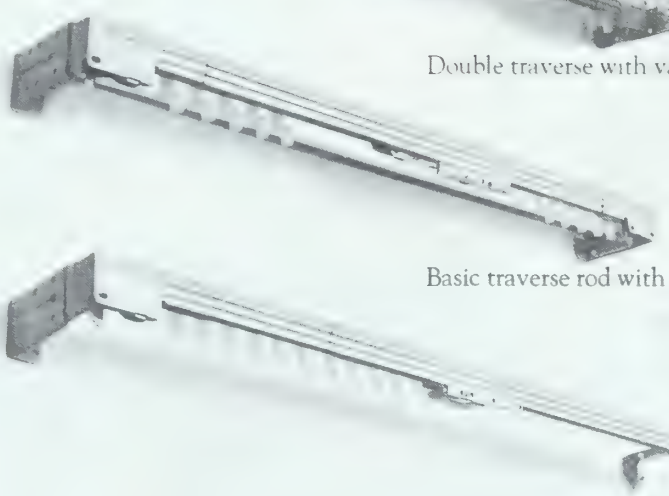
All-in-one, 3-way rod...traverse drapery, stationary curtain and valance rod.



Double traverse rod.



Double traverse with valance rod.



Basic traverse rod with stationary curtain rod.



One-way draw traverse rod.



Basic traverse rod. Curtain rod socket at rear.

Big Selection of Styles and Sizes

No matter how simple or complex your drapery treatment, Sears Whisper Glides have the right type rod for you. Lengths up to 26 feet. All adjustable to fit any window. And most styles come with built-in sockets for stationary sheers—optional equipment on many other drapery rods.

Exceptional Quality Reasonable Price

No other line of drapery rods offers you as many features as "Sears Best" Whisper Glides. Yet Sears prices will surprise you! At most larger Sears, Roebuck and Co. stores now and in the catalog.

Sears * Best

Whisper Glide Drapery Rods
Only at

Sears

 continued from page 14

simply wash with water and apply a soothing dressing so that the new skin can grow.

"Try to remove splinters if you can. The old saying that a splinter will be absorbed into the bloodstream is incorrect. Splinters don't migrate. It may be carried out of the hand on a drop of serum if the splinter is accompanied by infection. Otherwise it stays put and will probably become infected. Soften the skin around it with water and remove it with tweezers. If the splinter is "buried" take it to a doctor as some splinters can contribute to blood poisoning.

"When a puncture occurs try to make it bleed and wash with water. If you can't, try to get to a doctor for a tetanus booster."

"Should you drop a heavy object on a fingertip, first apply ice for about four to eight hours to reduce any internal bleeding. Then apply heat to dilate the blood vessels and carry off stagnated blood tissues and promote the free flow of blood. A painful swelling of a joint may indicate a sprained finger. Again cold water or ice will reduce the swelling. Until you can get to a doctor, tie the finger to an adjacent finger to help keep it straight."

A dermatologist's ounce of prevention

NORMAN ORENTREICH, M.D., CLINICAL ASSOCIATE PROFESSOR OF DERMATOLOGY AT NEW YORK UNIVERSITY MEDICAL SCHOOL, DISCUSSES PROPER NAIL AND SKIN CARE.

"Manicuring has to be done carefully. Excessive paring of the tissues around the cuticle can allow infections to start and pressure against the skin at the base of the nail can effect the "matrix" or growing portion.

"The hand's nails grow about a millimeter a week. Nails involved in activity, such as typing, grow faster than nails that aren't. They'll grow faster on the side on which you are "handed," in warmer climates, and during pregnancy. You can expect, on the average though, about three months for a completely new set of nails.

"Some of the things you can do to protect your nails are simple: Use a pushbutton telephone or do your dialing with a pencil; don't insert the nail into anything; use the pads of your fingers to pick things up; use protective scouring pads for pots and pans; and wear gloves when you're doing really coarse work; and find the best length for your nails—consider what they have to do as well as how they look.

"Hand creams are invaluable for good hand care. And when you work outdoors get hand creams that contain sunscreens. If you've been recently exposed to a great deal of sunlight and you find that a blemish on the back of the hand is becoming annoying take it to a dermatologist.

"Pass up gloves unless you're working with chemicals or sharp objects. I feel that gloves diminish the sensitivity of the hands and fingers and the perspiration that accumlates in the linings of gloves provides needless irritations that can be difficult to contend with."

The finishing touch—manicure tips

From Saks Fifth Avenue's manicurist Corrine Caduff

- Use nail polish removers that contain added "oils."
- Cover the tip of your orange stick with a bit of cotton.
- If you push your cuticle back with a finger instead of an orange stick cover the index finger with the tip of a terry towel.
- Use a basecoat when you apply polish. It's designed to protect the nails from chemicals in the polish.
- Wait 6 or 7 hours before wetting freshly polished nails.
- Snip away dead skin or hangnails. Avoid cutting the cuticle.

"We're all very lucky that the market for good hand and nail care products is so rich."
Dr. Norman Orentreich

Continued on page 2



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 continued from page 18

METS' DOCTOR ON THE BASEBALL HAND

Dr. James C. Parkes II, orthopedic surgeon for the New York Mets, tells how his players' hands can help you keep yours at their best.

"Baseball is a game of fine timing, split-second timing in fact, and it can't be played well unless the hands are in excellent health. The tiniest, most insignificant cut that you and I wouldn't bother much about is a matter of crucial concern to a baseball player and especially a pitcher.

"Ordinary friction causes calluses. When the callus goes too deep, layers of skin may begin to move over on top of each other with a painful fluid build-up in between. We file calluses dry with a sandpaper file that looks very much like a woman's emery board only bigger. Otherwise rest is the best remedy, but try to recommend rest to active people.

"We keep the players' nails short to avoid breaking and tearing. Other than that, they're pretty much on their own.

"Some players feel that their hands and wrist are stronger when they wear a wrist-strap. As long as there is no fracture a wrist-strap is fine. The benefit may be more of a psychological crutch than some players care to admit, but if a stable, rigid wrist makes a sportsman or athlete more comfortable then let him or her wear a strap."

Dr. Parkes suggests that everyone keep the following in *a first-aid kit for hands:* shaped, sterile dressings that fit over the fingers and into the palms; betadine ointment or solution for blisters, small cuts, scrapes, abrasions; manicuring scissors; surgical tape; tongue depressors to make a temporary splint for a bruised finger; and emery boards for broken nails and thickening calluses.

You probably already have your favorite hand creams and soaps. Here's an additional list of products you can get to help you keep your hands strong and healthy.

For preventive care

Gloves: Thin plastic, come-on-a-roll, disposable gloves can be a wonderful help for hands that need sensitivity and dexterity in a job. Tru-Touch disposable gloves come 25 pairs to a box. $2.75. Knitted cotton string gloves with a plastic net palm eases gripping slippery objects. 99¢ a pair by Cardinal. Cardinal also has classic white canvas gardener's gloves with a generous wristband that helps keep soil from getting inside to the skin. The Parks Seed Catalogue has a pair of wonderfully flexible leather gloves for gardeners who work with roses and want to avoid thorn prickers. $3.95 to order from the catalogue. For an overnight beauty treatment hands can be covered with castor oil and covered with light cotton gloves.

Oven mitts that cover your hand and forearms are part of a 5-piec "hot plate" removing set by Cas serole Paws. They come in a won derful variety of patterns.

Two before you start

A lotion called **Stop** by Devco and a cream in a jar called **Pro-Te** by DuPont are both applied befor the dirty, messy job begins. Bot prevent oils and dirt from getting start into your skin and make re moving them an easier, less irritat ing process. These are especiall good for hands working with paint and other oil-based stains such a those used in refinishing floors an furniture.

Soaps and hand creams for everyday

Hands that are constantly in an out of water all day long, day afte

Continued on page 6



The Essence of 18th Century Design.

This elegant breakfront china from Henredon's 18th Century Portfolio features a dentil cornice and cross-reeded moulding typical of Sheraton's finer period designs.

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Henredon



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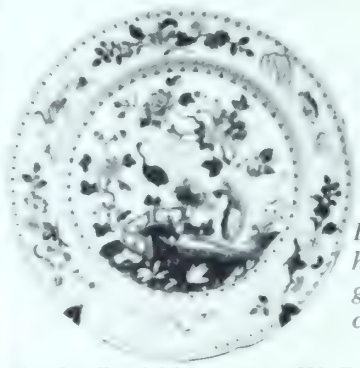
By Louise Ade Boger

AMERICAN ORGAN

What can you tell me about the background of my Estey American organ? Is it the same thing as a harmonium? M.J.R.—Olney, Md.

No, the American organ is a later development of the harmonium. Both are known as free-reed instruments, their tones being produced by thin metal tongues or reeds set in vibration by wind from bellows operated by the player's feet. In the American organ the wind is drawn inward by evacuation of air in the bellows. The principle of the American organ originated in Paris and was developed by Estey, Brattleboro, 1856, and Mason and Hamlin, 1861, the latter exhibiting it in Paris in 1867. Your Estey organ is probably a relatively early model.





STONE-CHINA

Do you know how old my plate may be? I have sketched the mark for you. Can you give me some idea of what this kind of china is called and how it came into being? W.M.B.—Seattle, Wash.

The Staffordshire potters W. Davenport & Co. (c. 1793-1887) used your mark on stone-china about 1805-1820. Stone-china—having china stone (feldspar) as an ingredient in its composition—was introduced by Josiah Spode II in 1805. He hoped his ware would supplant the coarse Chinese Export porcelain. The decoration was generally composed of Oriental motifs. The ironstone china patented in 1813 by Charles James Mason is supposed to contain pulverized slag of iron, however it's essentially very similar to Spode's stone-china.



LIGHTING DEVICE

I recently acquired this brown lighting vessel. Is it rare? Can you tell me, from the photograph, whether it is Continental or American in origin? Is it old enough to be considered an antique?

J.L.H.—Cleveland, Ohio

Your lighting device has a very common form. Actually ones like it were made just about everywhere. Your device is probably of European rather than American provenance, as the American ones tended to be cruder and were ordinarily either gray or green. Presumably your lighting device is at least 100 years old.



WILLIAM TELL BANK

Are you able to date my mechanical bank for me and tell me something about it? I know it's American but don't have any other facts. L.R.—New York, N.Y.

Your bank was patented on June 21, 1896 and manufactured by the J & E Stevens Co. of Cromwell, Conn., who still listed it in its 1924 catalogue. All shooting banks were provided with a cap-firing device in their gun or cannon. On the William Tell bank, the paper cap explodes when the lever is pressed and shoots the coin into the castle after having knocked the apple off the little boy's head, and then the bell rings.

Continued on page 24

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by the acclaimed fashion
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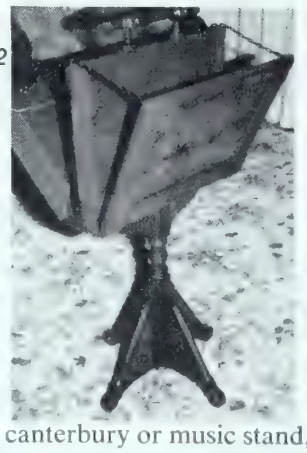
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Antiques

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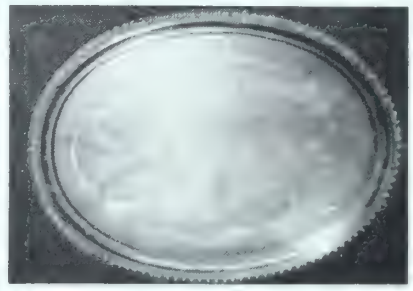




VICTORIAN CANTERBURY

Can you give me any idea what this wooden stand was used for? How old it is? Where it was made?
L.P.A.
—Westboro, Mass.

You have a Victorian canterbury or music stand, which is in the classical tradition. Your stand was probably made in America and dates from about the 1880s. It is an unusual form of Victoriana.



AMERICAN TRAY

Can you tell me about when my tray was made? I shall appreciate any information about its maker.
B. E.—Fayetteville, N.Y.

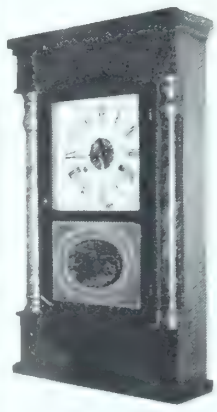
John O. Mead, working about 1840-1859, was reputedly the first successful American electro-silver plater. Originally a Britannia ware manufacturer of Philadelphia, he went to England to learn the new technique of electro-plating silver in Birmingham. In 1846 he reestablished in Philadelphia as a manufacturer of plated silver ware.



POTTERY MARK

I've copied this mark on my pitcher. Who were Cook & Hancock? What is meant by semi-granite? J.B.N.—Gulf Breeze, Fla.

Your pottery mark—a lion's head within a circular garter—belongs to the Crescent Pottery Company of Trenton, N.J., organized in 1881 by Charles H. Cook and W. S. Hancock. Granite is a heavy grade ware similar to ironstone, which was a staple product of American potteries from about 1860 to 1900. Semi-granite is about "half" the quality.



CONNECTICUT SHELF CLOCK

From this photo, can you tell us the age of our Seth Thomas clock? It was manufactured in Plymouth Hollow, Conn., but further information is obliterated.
L.E.F.—Chatham, Mass.

The town of Plymouth Hollow in Connecticut was changed to Thomaston in 1866, which is about the time your pillar shelf clock with gilt pillars was made. Normally these clocks have a 30-hour movement run by iron weights.

ANNUAL PHILADELPHIA ANTIQUES SHOW

Included among more than 100 articles in the loan exhibit, entitled "A Palette of Pennsylvania Folk Art," at the fifteenth annual University of Pennsylvania Hospital Antiques Show in Philadelphia, will be this 42-inch-high Indian figure, from a private collection. The Antiques Show will be held April 6 through 10 at the 103rd Engineers Armory, Lancaster Avenue at Thirty-third Street, Philadelphia, Pa.





Williamsburg® fabrics



Under the close supervision of the Craft Advisory Committee of Colonial Williamsburg additional fabric reproductions are being introduced by Schumacher. The collection is presented in a bright color palette that will allow a great variety of decorative uses either in 18th century period rooms or contemporary interiors.

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available with DUPONT ZEPEL STAIN REPELLER

The glories of the bath

Why and how bathing can work wonders for you, from water therapy expert, Dr. Anna Kara **PLUS** Exercises you do with a towel, from Larry Lorence, Director, Gala Fitness

By Caroline Seebohm



"Water is best."

Inscription over the Pump Room, Bath, England

Plunging into the bath is one of today's most treasured activities—one of the few pleasures left that are free! One reason why we do it, as Desmond Morris points out in *The Naked Ape*, is for grooming purposes. We like to keep our fur clean. "This is rare, in other primates," he adds, "although certain species bathe occasionally, but for us it now plays the major role in body cleansing in most communities."

But people today are understanding more and more the therapeutic effects of bathing. "Millions of water treatments are administered yearly," says Dr. Anna Kara, Director of the Physical Medicine and Rehabilitation Department, Saint Clare's Hospital, Denville, N.J., and Assistant Clinical Professor in Medicine, (Physical), Cornell University Medical College, addressing the Sixth International Water Quality Symposium. "It must be doing something right."

There are three ways in which water works as a healer, according to Dr. Kara.

1. Heat. "Water is an excellent medium to apply heat to the body. Raising the temperature has the physiologic effect of increasing the metabolic rate. This increases blood flow, which in turn increases the supply of oxygen, various nutrients, antibodies, hormones, and so forth. Heat also has analgesic and sedative effects."

2. Buoyancy. "Archimedes found that a body immersed in fluid is acted upon by a buoyant or lift force equal to the weight of the displaced fluid. This static lift force acts through the center of buoyancy, which is the center of gravity of the displaced volume. In other words, a person immersed up to the neck in water experiences an apparent loss of nine-tenths of his weight. Thus if you have painful weight-bearing joints, you will usually find it very comfortable to stand and move in water. Those with poor leg muscles will be able to support such a small weight. If you have weak muscles, exercising in water becomes much easier than exercising in air." (For bathroom, see below.)

3. Massage. "A whirlpool bath [or shower with nozzle heads that project water strongly enough] can act as a massage on tired or painful muscles and joints."

Dr. Kara believes that exercises in water are of great value for the increase and maintenance of mobility of joints as well as strengthening the muscles. "If you practice moving and flexing every joint in your body *in* the water, it will maintain the range of motions in your joints so you won't stiffen up. This is particularly recommended for arthritic patients." The feeling of weightlessness is also relaxing.

"The temperature of the wat will help diminish pain," says D Kara. "But do not make the wat too hot—just above body tempera ture is preferable if you are totall immersing your body. If, howeve you are concentrating on only or part of the body, say your neck shoulders—you can do this in shower—then hotter water woul be more beneficial."

There are, of course, chemic additives to water that are als held to have therapeutic valu Many spas use this form of trea ment. "The restful atmosphere an relaxation of warm baths seem t favor release of tension and counteract the stresses of daily li ing," she concludes. So into th bath, everyone!

Continued on page 3





Considering all I'd heard, I decided to either quit or smoke True.

I smoke True.



The low tar, low nicotine cigarette. Think about it.

King Regular: 11 mg. "tar", 0.6 mg. nicotine; 100's Menthol: 13 mg. "tar", 0.7 mg. nicotine av. per cigarette, FTC Report Nov '75.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

©Lorillard 1976

Kowloon remembrance of things past

LIVES FOR TODAY AND PROMISES TOMORROW

Seeped in the heritage of the fabled export china of the Ch'ing dynasty which endured from the mid-17th century to the early 20th century, "Kowloon," this Crown Staffordshire inspiration on the purest of English bone china, was executed by master craftsmen trained for generations in their art.

Evoking all the glories of China's traditions and its gift of design to the Western World, "Kowloon" is totally unique in its palette of nature's green and golden hues in flora and in the profile of the traditional ginger jars of the Orient. There is no other bone china pattern in this mating of colors. In diversity of shape, of use, of sizes, these accessory pieces have the grace to live for today and have meaning for tomorrow.

Available at the finest giftware galleries, or write

Hummelwerk

Division of Goebel Art (GmbH), Inc.
250 Clearbrook Rd • Elmsford, New York 10523

Goebel

Auvergne in the province of your life style

"Auvergne," the wondrous province of volcanic mountains, unspoiled linear beauty, and the muted colors that lava and ash lend to the land, is the inspiration of the newest "Country" form in the O.M. collection.

Vulcan, the Roman mythological god of fire and craftsmanship whose name is the root of the word volcano, could not be a more apt spirit behind this glazed porcelain dinnerware fired with the craftsmanship associated with the artists of W. Goebel for over one hundred years.

For the present, for our life styles, it can go from the fire of the modern oven, directly to the table. It is freezer-proof and tolerates the tidal waves of any dishwasher.*

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O.M.

Oeslauer Manufaktur



*W. GOEBEL-PORZELLANFABRIK
Sole manufacturer of the world-famous "M. I. Hummel" figurines and plates

exercises

1 Waistline

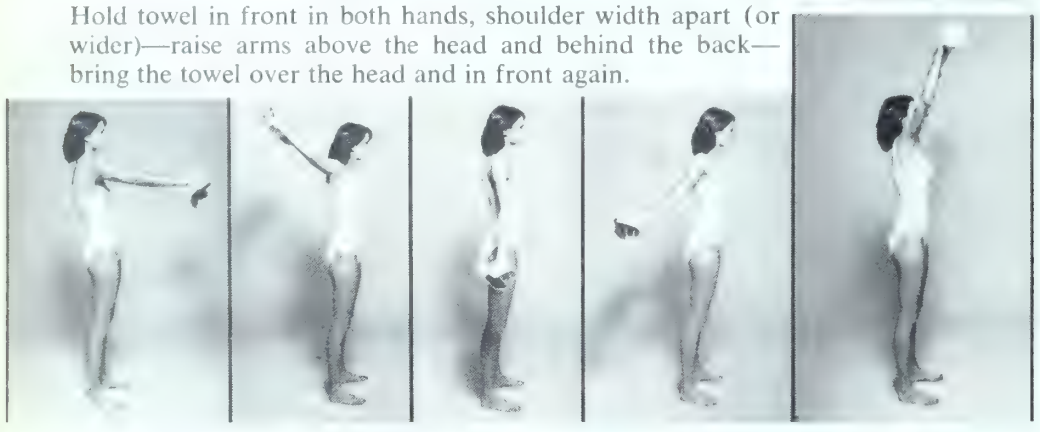
Stand legs apart, hold the towel by outstretched arms above head—bend from side to side.



2 Suppleness of shoulders and stretching

Hold towel in front in both hands, shoulder width apart (or wider)—raise arms above the head and behind the back—bring the towel over the head and in front again.

CHRISTIAN REINHARDT



3 General suppleness



Stand with legs apart, hold towel in one hand. Now turn to the left and put down towel behind heels. Next, straighten up, turn to the right, and then pick up towel. Do this exercise three times, then change direction and do it three times the other way.



4 Back



Lying on stomach on floor towel behind the back held by both hands with arms outstretched backward slowly raise legs, arms. Hold 3 seconds—lower.



Continued on page 3

children of paradise

The sun always shines on these golden creatures from another time and a pleasanter place. We gaze upon them with nostalgia and yearning for the uncomplicated and pastoral life they led, close to nature and her creatures. Sculpted by the W. Goebel fine artist, Bochmann, in the great tradition of Dresden porcelain, there are twelve museum quality figurines in the "Country Life" collection, each with the sweetness of the eternal sense of youth.

Available at the finest giftware galleries, or write: Hummelwerk Division of Goebel Art (GmbH), Inc. 250 Clearbrook Rd. • Elmsford, New York 10523

W. GOEBEL PORZELLANFABRIK, ROEDENTAL, W. GERMANY
...ers of the world-famous "M. I. Hummel" figurines and plates



The Potion of Love.

And how it began in Saronno 450 years ago.



We know that she was young. Blonde. Beautiful. And that she was widowed. But did she create the original Amaretto di Saronno as a thank you for her portrait? Or was it offered as a gift to express affection for Bernardino Luini, the now famous artist whose painting immortalized her in 1525?

History has lost most of the answers—even her name—leaving us nothing but Luini's stunning fresco in the Sanctuary of Santa Maria delle Grazie in Saronno, Italy. And...her romantic liqueur. We still like to think Amaretto di Saronno is a liqueur that inspired a great love.



It's something for you to wonder about tonight as you discover its intriguing flavor and enjoy its provocative bouquet. This is Amaretto di Saronno. The original Amaretto. Brought here from Saronno, the village of love.

Only the Cognac region of France can produce the finest Cognac brandy. And only the vineyards of Bordeaux can ever produce a true Bordeaux wine.

So also, the finest Amaretto liqueur comes only from Saronno—where it all began 450 years ago.



Amaretto di Saronno. We've left a rose alongside our name as a reminder of how it all began.



Discover the many other ways to use Italy's rare liqueur of love. Write for our free drink recipe booklet and food recipe booklet, "Gourmet Secrets." Address: Foreign Vintages, Inc., 98 Cutter Mill Road, Great Neck, New York 11021, Dept. 004.

Amaretto di Saronno.®

The Original Amaretto. From the Village of Love.

56 Proof. Imported by Foreign Vintages, Inc. Great Neck, N.Y. © 1975.

5 Legs



Sitting, hold the towel in both hands, put your feet on the towel (with knees bent)—then straighten legs—bend—repeat this exercise 10 times.

BEAUTY AND HEALTH PRODUCTS NEW THIS MONTH IN THE STORES

New fragrance from France in the air this spring, **Parure** the perfume, like *parure,* a set of jewelry, is designed to enhance. This fresh fragrance, laced with lilacs and cypress, vetiver and amber, was created by *Guerlain,* who has given us so many memorable perfumes over the years. Parure perfume comes in a flattened flacon with a molded crystal stopper shaped like a spring breeze. $22 a half-ounce; refillable perfume spray, ¼ ounce, $12; refills, $9.50; eau de cologne spray, 2½ ounces, $8.50 . . . There's something new in the air for men, too: from *Germaine Monteil,* **Realm,** a masculine fragrance full of herbs and spices—hyssop, marjoram, camomile, sandalwood, ginger, and cloves. It smells good enough to eat. Cologne, 4 ounces, $14. Realm also comes in a group of fragrance-matched grooming products, including a gel-type Head and Body Shampoo with protein plus an "amide" that prevents the shampoo from stripping natural oils from hair and skin. 6½ ounces, $6.50.

New for the face

To go with your new fragrance, how about a new face? *Elizabeth Arden* has **Great Color Silky Shadow for Eyes,** all subtly colored. Think about colors like Artichoke, Copenhagen Blue, Deep Tortoise, Grapewood—they look exactly the way they sound. Each in a mirrored compact with sponge applicator, $3.50 at Bloomingdale's, I. Magnin, and Carson Pirie Scott . . . New for the lips, **The Racing Silks** by *Coty* in a special "Silkstick" formula with hydrolized protein to soften and condition. There are five new colors, including Derby Pink, Ascot Coral, Palomino Tan. Place your bets. $1.90 . . . For cheeks, the next best thing to an apple: a **Blusher-on-a-Stick** by *Max Factor.* A round scoop of "Pure Magic" cheek color sits in its container, topped by a straight little handle. Pull, and out it comes, ready to be swished on. In three creamy and four gleamy shades like Caramel Peach or Raspberry Frost to make you look delicious.

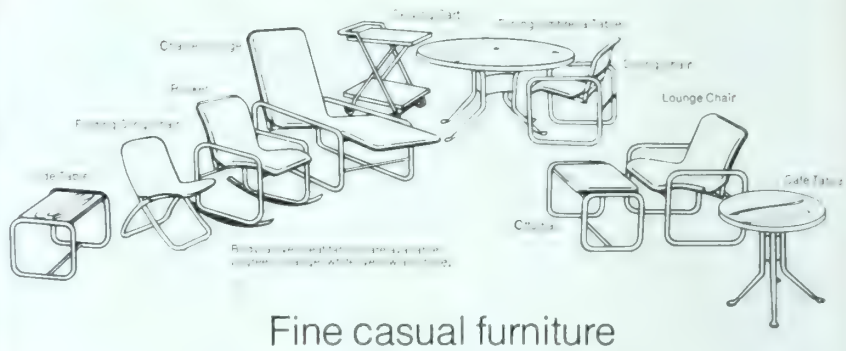
To keep your new face fresh, an irresistible **Purse Size Accessory Set** by *Madeleine Mono,* with a lip brush, eyeliner brush, combination eyeshadow applicator and brow comb, and lash brush, all in a little see-through plastic case. $4 at Bloomingdale's and Macy's, New York; Joseph Magnin, San Francisco.

A treat for the hair

Before you get that spring haircut, give the old head a new treat: **VO5 Hot Oil Treatment** by *Alberto-Culver.* It's intended to counterattack the winter cold, steam heat, and blow-drying that has made dryheads of us all. In half-ounce tubes to squeeze into hot tap water and massage into your scalp before shampooing. Two treatments, $1.75; four, $3, at drugstores and supermarkets . . . To get rid of winter flakiness all over, try **Formula 405 Bath Oil** from *Doak Pharmacal Company.* It's a special blend of emulsifiers that disperse in bath water, turning the whole tub into a delicious emollient soak. 8 ounces, $5. . . . Our friends at *Jean Naté* have a new addition, just in time for warm weather: a neat little **Roll-on Antiperspirant,** non-sticky, fast-drying, lightly scented with the familiar fresh lemony fragrance. $2 at drug and department stores. ■

The Love Seat

Body Gloves® Collection by Samsonite®



Fine casual furniture
at these exclusive stores.

ARIZONA
Phoenix . . . Arizona Town & Country Furniture
Phoenix . . . The Broadway
Phoenix . . . Paul Navarre Casual Furniture
Scottsdale . . . The Broadway
Scottsdale . . . Sun Valley Pool & Patio Stores
Tucson . . . The Broadway
Tucson . . . Funiture Store
CALIFORNIA
Anaheim . . . Anaheim Patio
Arcadia . . . The Broadway
Bakersfield . . . The Broadway
Bakersfield . . . Dan Morgan's Patio
Canoga Park . . . The Broadway
Carmichael . . . Aquarius Pool and Patio
Carmichael . . . Peri Bilt Pools
Carson . . . The Broadway
Castro Valley . . . Cascade Pool Center
Cerritos . . . The Broadway
Chico . . . Collier Hardware
Chula Vista . . . The Broadway
City of Industry . . . The Broadway
Corona . . . Phil's Pool and Patio
Costa Mesa . . . Town & Country Patio
Covina . . . Johnny's Patio
Culver City . . . The Broadway
Downey . . . The Broadway
Dublin . . . Acme Casual Furniture
El Toro . . . Saddle Back Patio
Encinitas . . . Flair
Escondido . . . Flair
Escondido . . . H. Johnson Furniture
Fresno . . . Gottschalk's
Fullerton . . . Orange City Awning
Gilroy . . . T. G. & Y. Store
Glendale . . . Kaufman's
Granada Hills . . . Korth's Patio & Fireside
Huntington Beach . . . Anaheim Patio
Huntington Beach . . . The Broadway
La Canada . . . Gazebo
Lafayette . . . Orchard Nursery
Laguna Beach . . . Laguna Patio
Laguna Hills . . . The Broadway
La Habra . . . Leisure Living
La Mesa . . . The Broadway
Long Beach . . . Aaron Schultz
Long Beach . . . The Broadway
Long Beach . . . Fireside Home Spec
Los Angeles . . . The Broadway
Los Angeles . . . Cottage Shop
Los Angeles . . . Victory Furniture
Marin County . . . The Emporium
Merced . . . Gottschalk's
Mission Viejo . . . Town & Country Patio
Modesto . . . Crystal Pool Service
Montclair . . . The Broadway
Mountain View . . . The Emporium
Napa . . . Allen & Benedict
Newport Beach . . . The Broadway
Northridge . . . The Broadway
North Hollywood . . . Victory Furniture
Ontario . . . Hottels Upland Furniture
Orange . . . The Broadway
Orange . . . Town & Country Patio
Orange . . . Village Patio
Palm Springs . . . A & M Patio
Palm Springs . . . Plaza Patio
Pasadena . . . The Broadway
Rancho Mirage . . . Furniture Center
Red Bluff . . . Harmon & Hubbard
Redding . . . Guiton's Pool Service
Riverside . . . The Broadway
Riverside . . . Patio 'N Pool
Sacramento . . . Emigh Hardware
Sacramento . . . Fred Carnie & Son
San Anselmo . . . Braverman's
San Bernardino . . . The Broadway
San Diego . . . The Broadway
San Diego . . . Dolphin Pools
San Diego . . . House of Rattan
San Diego . . . Lansing's Patio Shoppe
San Jose . . . Los Patio Furniture
Santa Ana . . . Santa Ana Tent and Awning
Santa Ana . . . Town & Country Patio
Santa Barbara . . . Fritz Patio
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Santa Clara . . . Sun Fun Patio
Santa Cruz . . . Furniture Showcase
Santa Monica . . . Berk's
Santa Rosa . . . The Emporium
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Studio City . . . Universal Furniture
Thousand Oaks . . . Cottage Shop
Torrance . . . The Broadway
Turlock . . . Youngdale's
Upland . . . Hottels Upland Furniture
Valencia . . . Anderson's Patio & Fireside
Van Nuys . . . The Broadway
Ventura . . . The Broadway
Visalia . . . Girard Pools
Visalia . . . Gottschalk's
West Covina . . . The Broadway
Whittier . . . The Broadway
Woodland Hills . . . Patio & Fireside Accent
Woodland Hills . . . Woodland Casual
COLORADO
Boulder . . . Montgomery Ward
Colorado Springs . . . Montgomery Ward
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Las Vegas . . . The Broadway
Las Vegas . . . Nevada Blind
Reno . . . Baker's Furniture
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Fargo . . . Dayton's
Fargo . . . O. J. de Lendrecia Department Store
OREGON
Eugene . . . Reed and Cross
Portland . . . Fishels
Portland . . . Holman's
SOUTH DAKOTA
Aberdeen . . . Malchow Company
Groton . . . Paetznick Garness Furniture
Mitchell . . . Johnsons, Inc
UTAH
Murray . . . The Broadway
Salt Lake City . . . South East Furniture
WASHINGTON
Bellingham . . . The Bon Marche
Chelan . . . Rite-On Home Furnishings
Everett . . . The Bon Marche
Federal Way . . . People's
Moses Lake . . . Moses Lake Furniture
Olympia . . . People's
Port Angeles . . . People's
Puyallup . . . Linden Fireplace & Patio
Seattle . . . The Bon Marche
Seattle . . . Leisure Northwest
Spokane . . . The Bon Marche
Tacoma . . . The Bon Marche
Tacoma . . . People's
Tri-Cities . . . The Bon Marche
Tukwila . . . The Bon Marche
Wenatchee . . . People's
Yakima . . . The Bon Marche
Yakima . . . People's
Yakima . . . Raynels
WYOMING
Cheyenne . . . Grier Furniture Company

Samsonite®

The Love Seat

Body Glove® by Samsonite



Experienced femmes fatales know how to pamper the man they love. Give him a big hug, whisper in his ear . . . and sit him down on Samsonite's cool and comfortable "Body Glove" outdoor furniture! Pampering people is what these feature-packed furnishings are all about — with specially-coated steel frames, soft airy fabric, and our exclusive NoHands™ chaise lounge that lets you change position without lifting a finger. Rain or shine, this beautiful furniture is made to last through just about all of nature's whims. So pamper your loved ones *and* yourself with carefree furnishings that are comfortable as a hug. The "Body Glove" collection . . . one of many fine indoor and outdoor furniture creations by Samsonite!

Samsonite

Fine casual furniture — at better stores everywhere

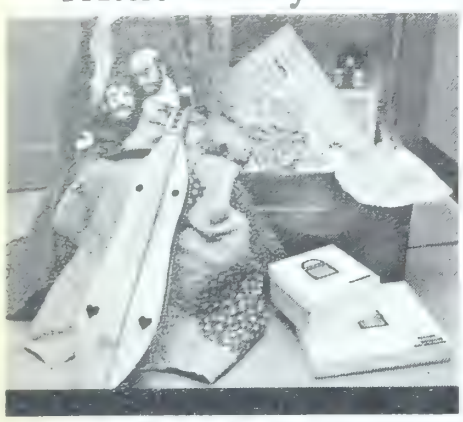
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Today's Child



games • health • education • psychology • the arts • books • TV
sports • the great outdoors • fashions and fads • environments

Attic history



The West Virginia Heritage trunk, with puppets, costumes, a dulcimer

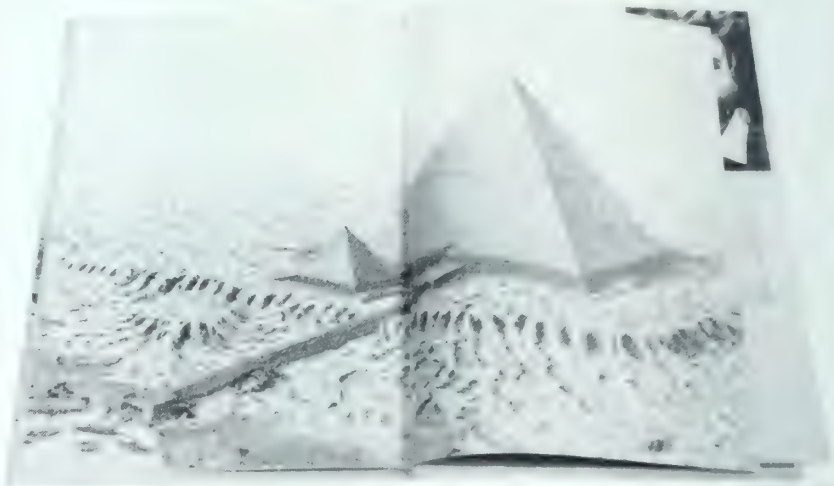
Clustered round the contents of an antique camelback trunk, eighth-grade students in West Virginia are experiencing all the pleasures of an attic rummage while learning that the state's heritage is also their own. The trunk (code-named "Kate") is crammed with props from the past, all directly related to six "real" families, whose lives, personalities, and interests are described in an accompanying handbook. They present a vivid picture of post-Civil War life in West Virginia. Kate is one of ten such Heritage Trunks circulating within the state school system, and in a sense they are all theatrical trunks. Each student becomes a member of one of the families, living out period life by reenacting it in the schoolroom. To further the reality of the past, the trunks' contents can be handled and used. Colorful period clothes, made of modern materials, can be tried on. Toys, primers, cooking utensils, and historical documents (maps, prints, licenses, and letters) of the 1870s are all intended as starting points for historical plays and student projects such as soapmaking, sampler embroidery, simple cooking. There's a mountain dulcimer for the musical, and handmade puppets for staging skits. Tapes and filmstrips dramatize other aspects of West Virginia's past and present. A centenarian black woman describes growing up in the late 19th century. There are tapes of folk tales, and music played on local instruments; patchwork quilting glows on a film with a soundtrack of mountain banjo music.

"Heroes have toppled, and we're turning to the heritage of plain everyday people to make history real for our children," says Dolly Sherwood, who developed the West Virginia Heritage Trunk concept at the behest of Janet Glaser, then director of the Children's Museum of Sunrise, Charleston. The museum helped fund the program with a grant from the West Virginia Arts and Humanities Council and other matching funds. As a heritage program consultant, Mrs. Sherwood (who has five children of her own) helps other communities develop Heritage Trunks. You can write to her at 1526 Dogwood Road, Charleston, W.Va. 25314.

VERONICA MCNIFF

Tut, tut

Pyramid *(Houghton Mifflin, $7.95), by David Macaulay, should please any young builder and everyone who likes to hang around construction sites. Intelligently written, filled with pen and ink sketches and precise plans, this book details the building of a pyramid from conception to completion some 29 years and 2 million blocks of stone later. In his two previous books, the author similarly chronicled a Gothic cathedral and a Roman city. This latest picture biography of a monument is equally fascinating and handsome.*



Beating around the bush



The Kenya group of Interalp students at their Lake Nakuru campsite

Counting flamingos and studying Swahili instead of the three R's. Picking olives and reciting Greek poetry. Cataloguing butterflies in the Great Cloud Forest of Costa Rica. High school students who take a semester with Interalp will have such adventures.

Designed to provide "a significant alternative to classroom learning," Interalp (Intercultural Action Learning Program) is a nonprofit educational program begun in 1973. It is *not* a travel program, founder Mimi Summerskill stresses; rather, it "immerses" students in a different culture by sending them in small groups to one of three countries: Kenya, Greece, and (new this spring) Costa Rica. Science–particularly wildlife study, ecology, and conservation–is emphasized in Kenya and Costa Rica, history and culture in Greece.

Afternoon classes are held in subjects relating to the area and its language; mornings are devoted to projects. Everyone keeps a personal journal. Two teacher/counselors live with every group of eleven students, often in fairly primitive conditions.

In Kenya, students live in tents in the national park on Lake Nakuru and within easy reach of the Baharini Wildlife Center. Among their activities: counting flamingos, climbing Mt. Kenya, studying marine biology at the great coral reef on the Indian Ocean, studying Swahili and the politics of modern Kenya, helping Kenyans construct a locally needed building.

In Greece, on the island of Kalymnos, mending fishing nets, packing sponges, or helping in the bakery alternate with studies (most classes are outdoors) in archaeology, Greek poetry, folk dancing, history, and language. A fruit-picking or tree-planting group project ends the semester.

The Costa Rican program, supported by the World Wildlife Fund, will teach basics of conservation including reforestation and census-taking of turtles, near one of the last great tropical rain forests. Spanish is studied intensively.

A 15-week semester costs $1,850 per student; they must apply through their schools (which give academic credit for the program) to: Interalp, 126 Alexander Street, Princeton, N.J. 08540.

Work, don't shirk

As few parents need to be told, children often have little understanding of the world of work and fail to see how their education is related to their future lives. Since former Assistant Secretary of Education Sidney Marland expressed concern over rapidly changing attitudes toward work in our society and pledged funds for developing related school programs in the early 1970s, educators have tried to do just that. The feeling seems to be that you can't start too young.

So it's not surprising to find today's classrooms inviting adults for breakfast to tell about their work, as a fourth and fifth grade in Na-

Continued on page 156

Look ma, no fingerprints.



When we talk to people about their refrigerators, one point that almost always comes up is fingerprints on the doors. So, we decided to do something about them.

Now you can buy a Whirlpool refrigerator-freezer that has textured steel doors. They're strong. They're attractive. And best of all, they're designed to minimize fingerprints.

Of course that's just the beginning of the benefits you'll enjoy with a new Whirlpool refrigerator-freezer.

Nifty things like water and ice through the door. Our Activated Charcoal Filter. Crispers with special humidity seals. And, on most models, the Whirlpool easy-to-clean, long-lasting, porcelain enameled interior.

Put them all together and you're talking about one of the best refrigerators ever made.

Whirlpool
Home Appliances

We believe quality can be beautiful.



South Carolina offers you the vacation with all the extras. At no extra cost.

We'd like to help you spend less money for your vacation this year. By getting more vacation for your money.

So we've put together the South Carolina Trip Kit. It's full of facts about all the things South Carolina has to offer. Like beaches, mountains, hunting, fishing, camping, golf, tennis, lakes, boating, gardens and historical cities. And you'll be surprised how many of our attractions are free.

Even the South Carolina Trip Kit is free. Just send us the coupon and find out how you can have all the South Carolina extras. At no extra cost.



Name _____ Address _____

City _____ State _____ Zip _____

Free South Carolina Trip Kit

Mail to South Carolina Division of Tourism Room 133, Box 78, Columbia, South Carolina 29202

YOUR FAMILY'S NUTRITION

Water– the essential element

By Eloise R. Trescher, RI

Only oxygen takes priority over water in maintaining life. Water is vital for all living matter. It is the most essential of all nutrients. This is proved by what it does—its many roles.

Water provides the environment in which the body cells live, and plays an active part in forming the building blocks of cells. It also controls the structure and form of the body. It acts as a solvent for all other nutrients and carries them to all parts of the body. Water transports waste products from the body via urine, lungs, the skin, and the feces. It acts as a lubricant in saliva to prevent dryness of mouth and to moisten food, which permits ease of swallowing. Water also helps control body temperature.

Water accounts for one half to three fourths of your body weight. It is part of every body cell, muscle, adipose and connective tissue, blood and bone. We can exist for long periods on a diet deficient in other nutrients—protein, fat carbohydrate, minerals; and vitamins —but we can survive only a few days if deprived of water. Sensations of thirst usually act as a guide to adequate intake of water, infants and sick persons excepted.

Wide variations in water occu because of certain conditions excessive sweating, extreme hea losses from vomiting and diarrhe high temperatures, retention c excretion due to certain disease changes in food mixture, and i creases or decreases in certai minerals such as sodium and p tassium, in concert with othe minerals.

The mechanisms that contr water balance in healthy bodie are exquisitely sensitive and ther is little variation between wate intake and water output. Th healthy kidneys are complex o gans which help maintain wate balance. They can quickly excret excess water, and in water depriva tion act to conserve it. In the latte capacity the urine becomes mo and more concentrated. There is constant need for water to rid th body of waste products.

When the body is deprived o water, dehydration quickly occur as there is a steady loss of wate through the lungs and skin by ex piration and evaporation and i called "Insensible Water Loss. Body size, the amount of physica activity, the ambient temperatur

Continued on page 152

Percentage of water in a selected list of foods

Food	Percent of Water
Bacon, *broiled or fried*	*8*
Uncooked oatmeal	*8*
Dried beans, *uncooked*	*11*
Wheat flour	*12*
Bread, *toasted*	*20*
Bread, *untoasted*	*30*
Beef, *cooked*	*35-60*
Lima beans	*71*
Avocados	*74*
Potatoes	*80*
Apples	*85*
Oranges	*85*
Cooked oatmeal	*86*
Artichokes	*86*
Milk	*87*
Orange juice	*88*
Carrots	*90*
Watermelon	*93*
Sugar, *white*	*trace*
Sugar, *brown*	*2*
Oils	*0*

Water is lost from the body each day as follows.

1500 ml. *as urine*
500 ml. *through the skin at average temperature and humidity*
350 ml. *through the expired air at average temp. and humidity*
150 ml. *in feces*
2500 ml.

Two of the most important things about buying carpet have nothing to do with the carpet itself.

1. The carpet retailer
2. The carpet underlay

We want you to love your next carpet.

More than that, we want you to keep loving it for as long as you live with it.

So even before you start looking for the right carpet color, style, fiber, texture and price, we suggest that you look for something else first.

The right carpet retailer.

Because we believe that *where* you buy your carpet is every bit as important as what you buy.

Now the question is: Since most carpet stores look like most other carpet stores, how do you know you're in the 'right' one?

You'll know it by the way the right carpet retailer does things. Things other retailers probably won't.

He'll assure you, often in writing, that if anything should go wrong with the carpet he sells you, he'll take care of it.

He keeps only salesmen trained to understand all the pros and cons of the various carpet fibers and textures. They won't try to sell you a carpet for your living room that was made for your bedroom.



He'll give you personalized service. He may even send his own man, for instance, to measure your floor precisely, instead of contracting the job outside. If anything about your installation isn't what it should be, he'll take full responsibility.

He runs honest sales with plausible savings. You won't see those big discount come-ons that are always sold out when you get there.

If there's anything the right retailer won't do, it's lose interest in you after he's made the sale.

Making you as happy as possible with your new carpet for as many years as possible is worth a lot to him, too. In good will and word of mouth advertising.

Which is why he may advise you to consider a way to preserve the life and beauty of your new carpet. A way to give added luxury underfoot as well.

A superior carpet underlay.

If you've thought about carpet underlay at all, you probably think that one is the same as another.

Just something to separate the carpet from the floor.

Not long ago, when the choice was limited to jute, waffle or foam rubber, that was true.

But today there is an underlay that has everything a carpet needs to help keep it looking newer longer. And to make it feel thicker, more luxurious.

It's called Omalon.

Omalon is not just a cushion. Or like anything else that's ever been put under a carpet.

It's a Foundation, created under an exclusive patented* process by Olin. So there's no substitute.

Ordinary carpet cushion can deteriorate and lose its capacity to protect your carpet. The result can be uneven, unsightly wear.

Omalon, as the test above proves, won't deteriorate and resists bottoming out—even under heavy foot or furniture pounding.

Other benefits: Omalon keeps its resilience and bounce for years and years. It's perfect for any room in the house, absorbs noise, has no unpleasant odor, and due to its excellent thermal-insulation properties, it helps to keep a room warmer and conserve fuel.

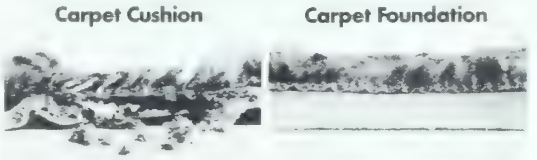
But the most delightful thing about Omalon Carpet Foundation under any carpet is the plush sensation it gives you. Like walking on a cloud.

So with Omalon Carpet Foundation your beautiful new carpet can stay and feel beautiful years longer.

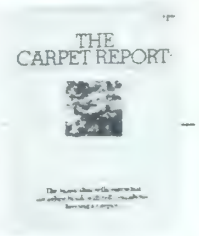
Of course, as important as the retailer and the underlay are in any carpet purchase, knowing how to select the carpet itself is, after all, your main concern.

So we've written a booklet called The Carpet Report. It's filled with nothing but hard facts on just what to look for when shopping for carpet.

It's yours for $1. A small investment to help you make the big one.



Unretouched photos of results of a 100,000 cycle test (the equivalent of several years of moderately heavy traffic) on National Bureau of Standards designed testing machines at Olin Laboratories



Omalon Patented Process Carpet
Foundation Dept HG-4
Olin Corporation
120 Long Ridge Road
Stamford Conn 06904

I want to know all the important things about buying a carpet

Enclosed please find $1.00 for my copy of The Carpet Report

Name _____

Address _____

_____

_____

omalon.

PATENTED* PROCESS CARPET FOUNDATION
BY Olin

Omalon is a registered trademark of Olin Corporation.
*Produced under patented process. Olin U.S. Patent No. 3506600

Good Housekeeping

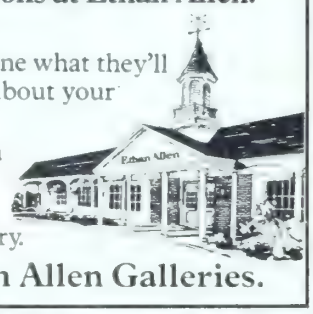
Ethan Allen, Should the rug be red?



You're never in doubt about your decisions at Ethan Allen.

At Ethan Allen, we put rugs on the floor, where they belong, so you don't have to imagine what they'll look like on your floor. You're never in doubt about your decisions at Ethan Allen.

All across America there are Ethan Allen Galleries where you can furnish your home from top to bottom, from New England simplicity to Chippendale luxury.



Come on over to our house. Ethan Allen Galleries.

\$12.95), Barbara L. Snook shows a wide variety of designs in crewel and needlepoint techniques that have been adapted from Mayan, Aztec, and Incan pottery motifs, some depicting fanciful birds and animals, others abstract patterns, all meant to be worked in bold colors for dramatic effect.

Even beginners can follow **Modern Stitchery** (Crown, \$6.95; \$4.95 paperback) by B. Kay Fraser. It's an easy approach to needlecraft enabling you to create wall hangings, decorate linens and clothing, embellish any fabric.

American Quilts and How to Make Them (Scribners, \$14.95) by Carter Houck and Myron Miller illustrates and gives instructions for reproducing 42 patchwork quilts of the 18th and 19th centuries. They are all based on traditional American designs—the Oak Leaf Cluster, the Sunburst, the Whig Rose—and all are shown in settings similar to those from which they might have come.

An unusual book about an unusual craft—**Willow Spokes and Wickerwork** (Stackpole, \$9.95) by Cleo M. Stephens—describes making hand-woven belts, baskets, mats, sandals, many other useful articles from materials, yours for the gathering in woodlands and fields. The techniques are basically braiding and weaving. A chapter on natural dyes tells how to color the finished work, if you so desire.

A New Look at Felt (Crown, \$7.95; \$4.95 paperback) by Elys and Mike Sommer depicts many decorative and whimsical things to create with felt. The authors say that if you can cut, glue, and sew you're ready to turn out a wealth of objects—clothing, plaques, bags, pillows—without difficulty.

In the meticulously researched **Crafts from North American Indian Arts** (Crown \$12.95; \$5.95 paperback) Mary Lou Striblin discusses authentic methods used by the various tribes and shows how an adept craftsperson can adapt them to modern materials and methods. The book examines Indian ornaments and finery made from stone and beads, shells, bones, feathers, wood, gourds, and metals, and tells how to make nets, baskets, textiles, gourd pots, and how to apply Indian motifs to whatever you wish. The projects run the gamut from the most basic basket to the most complex rug mosaic.

Decorated T-shirts are all the rage these days. If you're firmly aboard the bandwagon and want to decorate your shirts yourself you can learn how with **T-Shirting** (Hawthorn, \$4.95) by Charles Platt. It's subtitled "A do-it-yourself guide to getting it on your chest." You can "get it on" by silk

Continued on page 4

The latest on crafts: primers, how-tos, and handbooks

By Jerome H. Denner

For initiate or old pro, here is a selection of recently published crafts books presenting challenging and imaginative projects with crystal-clear instructions and copious how-to illustrations.

For anyone who's mastered the basics and is ready to try more ambitious projects, Ann Roth has produced two intriguing books: **Mosaic Masterpieces in Needlework and Handicraft Based on Motifs from The Holy Land** (Scribners, \$10) offers twelve designs based on mosaics found in synagogues, churches, and other public buildings. Among the designs are a jaunty pelican from the Church of Caesarea, a leopard from a synagogue in Nirim, a zodiac, a fruit tree, several decorative borders. **Needlepoint Designs from the Mosaics of Ravenna** (Scribners, \$10) contains, again, a dozen eye-filling designs, including an Adoration of the Magi from the basilica of Sant' Apollinare Nuovo, several colorful bird motifs, and a real knockout of a decorative border from the baptistry of the Church of San Vitale.

A Needlepoint Gallery of Patterns from the Past (Knopf, \$15) by Phyllis Kluger has over 100 designs ranging from Ancient Egyptian and Classical Greek motifs through the Byzantine Empire, Middle Ages, Renaissance to 19th-century Europe and a selection of American folk art.

Decorating with Crochet (Houghton Mifflin, \$14.95) by Anne Halliday presents 40 projects for tapestries, plant hangers, rugs, afghans, pillows, seat cushions, pictures that can be framed and hung. All pieces are made with readily available materials; washing and dry-cleaning instructions are included. The appendix has a glossary of crochet terms, diagrams of stitches, and an up-to-date list of materials and suppliers.

In **Embroidery Designs from Pre-Columbian Art** (Scribners,

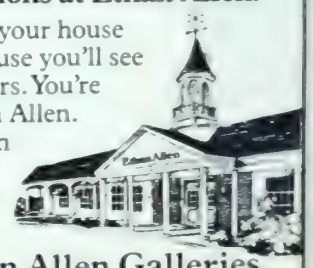
Ethan Allen, Will the draperies match?



You're never in doubt about your decisions at Ethan Allen.

At Ethan Allen, you don't have to bring your house along to see if it matches our draperies. Because you'll see our draperies hanging in real rooms, like yours. You're never in doubt about your decisions at Ethan Allen.

All across America there are Ethan Allen Galleries with Home Planners to solve your trickiest decorating problem, whether you're just browsing or ready to buy.



Come on over to our house. Ethan Allen Galleries.



THE $20 CHOCOLATE BAR.

Baby your baby with one of these all-new chocolate liqueurs from Leroux. Or better still, how about all four? They're about $5.00 each.*

Like the finest home-made ice cream, our exquisite liqueurs come in these all-new double decker flavors:

Chocolate Mint—a subtle blend of luscious chocolate and natural mint: Delicious straight or in coffee.

Chocolate Raspberry—a true fruit raspberry blended with just the right touch of chocolate. Perfect on desserts or on the rocks.

Chocolate Banana—like a banana split that you drink.

Chocolate Cherry—tempting chocolate mixed with true fruit cherries.

But we don't want to kid you. These are full-strength 54 proof liqueurs that will turn your bar into a chocolate bar.

As after-dinner desserts or in before-dinner sours or with just a dash of soda, these ice cream parlor flavors from Leroux create soda fountain memories you'll never want to forget.

For a free copy of the Leroux Cocktail and Cooking Recipe Folder write to: Leroux Recipe Offer, P.O. Box 956, Madison Square Station, N.Y., N.Y. 10010.

Leroux Chocolate Liqueurs, General Wine & Spirits Co., N.Y.C.

*Price may vary according to state and local taxes.



LEROUX

Ice cream parlor flavors for grownups.

This carpet wears two important names.

Horizon Carpets is one of the most exciting names in the carpet world. For it's a name linked with an unrivalled selection of rich textures, vital colors, and outstanding graphic designs.

And now it's a name linked with our name. The Ban-Lon® trademark.

Because this luxurious carpet, the very first to borrow the art of sculpture and bring it one step further, speaks only of love. (Something no one should be without.) Yet at the same time it possesses still more than style and sentiment. It also lives up to America's highest quality standards.

We know.

We have an uncompromising series of tests that rate the performance of a carpet. We check wear and snag resistance. Color and texture retention. Cleanability and flammability.

In short, we determine the quality that goes into this Horizon carpet before the Ban-Lon carpet label goes on it.

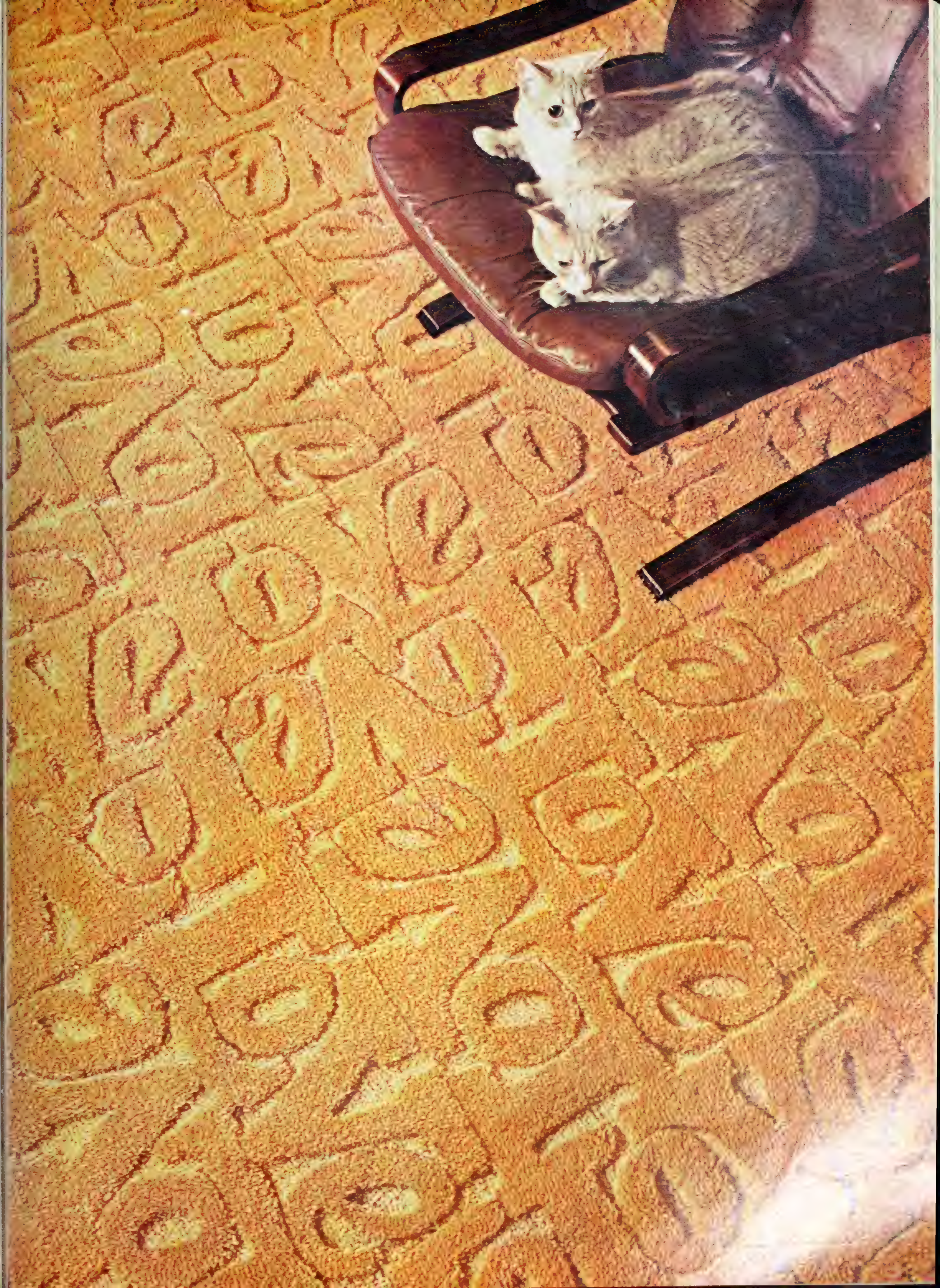
Which is why, quite simply, it makes sense to look for this unsurpassed carpet. What better assurance can you have that your well-earned money will be well spent.



You'll find this sculptured plush nylon pile "Love" motif fashioned in 18 original designer colors. Available in area rugs as well as wall-to-wall carpeting. At Rich's, Atlanta; Emerson Rug, Boston; Pedian Rug Co., Chicago; John M. Smyth, Chicago; Titche's, Dallas; New York Carpet World, Detroit; Banner Carpets, Los Angeles; Miami Rug, Miami; Allen Carpet Shops, New York and Philadelphia; Macy's, San Francisco and Northern California.

Joseph Bancroft & Sons Company, Inc., 1133 Avenue of the Americas, New York, New York 10036, an El Paso Company.

Ban-Lon is a registered trademark of Joseph Bancroft & Sons Company Inc. ™ Joseph Bancroft & Sons Company, Inc.



The Royal Classic Towel.
It's a small price to pay for such a rich soft feeling.

Feel The Difference.™

Made with Cannon's exclusive Combspun® cotton, it's softer and more absorbent than even some of the most expensive towels.

It doesn't get soaking wet while you're drying off.

And Royal Classic doesn't cost a bundle, either. With lots of rich decorative colors, so beautifully priced, you can even redecorate your entire linen closet.



Cannon Royal Family

Cannon Mills, Inc. 1271 Avenue of the Americas, New York, New York 10020

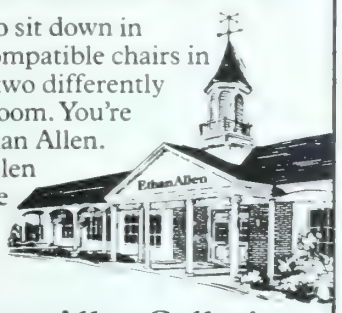
Ethan Allen, Do these chairs go together?



You're never in doubt about your decisions at Ethan Allen.

At Ethan Allen we know people like to sit down in all kinds of different chairs. So we show compatible chairs in co-ordinating fabrics to help you see how two differently styled chairs can live happily in the same room. You're never in doubt about your decisions at Ethan Allen.

All across America there are Ethan Allen Galleries where you can furnish your home piece by beautiful piece, secure in the knowledge that you're making a lasting investment.



Come on over to our house. Ethan Allen Galleries.

\$12.50) by Barbara G. Walker.

Turkish Embroidery (Van Nostrand Reinhold, \$10.95) by Gulseren Ramazanoglu. *May.*

Patchwork Quilt Designs for Needlepoint, Charted for Easy Use (Dover, \$1.50 paperback) by Frank Fontana. *May.*

Charted Designs for Needle-made Rugs (Dover, \$3.50 paperback) by Sibyl I. Mathews.

WEAVING

Creative Handweaving (Dial, \$12.95; \$6.95 paperback) by Xenia Ley Parker. *April.*

Everybody's Weaving Book. (Macmillan, \$14.95) by Alfred Allen Lewis and Julienne Krasnoff. *May.*

Free Weaving (Scribners, \$14.95) by Myriam Gilby. *May.*

Frame Loom Weaving (Van Nostrand Reinhold, \$10.95) by Jane Redman. *May.*

BASKETRY

Basketmaking from the Beginning (Funk & Wagnalls, \$7.95; \$4.95 paperback) by Lura LaBarge. *June.*

Natural Basketry (Watson-Guptill, \$12.95; \$6.95 paperback) by Carol and Dan Hart.

WOODWORK

Amateur Cabinetmaking (Barnes, \$6.95) by Vernon M. Albers. *June.*

Woodcraft: Basic Concepts and Skills (Chilton, \$13.95; \$7.95 paperback) by Thelma R. Newman. *June.*

Veneering Simplified (Scribners, \$6.95) by Harry J. Hobbs. *April.*

LEATHER

Imaginative Leatherwork (Barnes, \$8.95) by Jeanne Argent.

Making Clothes in Leather (Taplinger, \$10.95) by Ben and Elizabeth Morris.

OFFBEAT CRAFTS

Stained Glass: Advanced Techniques and Projects (Chilton, \$13.95; \$7.95 paperback) by Anita and Seymour Isenberg. *May.*

String Art Pattern Book (Crown, \$3.95 paperback) by Lois Kreischer.

Wearable Crafts—Creating Clothing, Body Adornments and Jewelry from Fabrics and Fibers (Crown, \$10.95; \$5.95 paperback) by Elyse and Mike Sommer. *May.*

Scrimshaw. A Traditional Craft Using Modern Materials (Hawthorn, \$9.95) by Leslie Linsley. *April.*

The Art of Decorative Stenciling (Viking, \$15.95) by Adele Bishop and Cile Lord. *May.*

The You and Me Heritage Tree Craft Book for Children (Workman, \$9.95; \$4.95 paperback) by Phyllis and Noel Fiarotta.

Quilling: The Colonial Art of Paper Scrollwork (Larousse, \$8.95; \$5.95 paperback) by Elisabeth Aaron.

Shell Art (Dover, \$2.50 paperback) by Helen Krauss. ■

Latest on crafts *continued from page 38*

creening, appliqué, embroidery, ainting, tie-dying, or with patches, uds, glitter, you name it. The degns range from the pretty to the retty outrageous—they're all fun.

For the experienced craftsperon with patience and perseverince, here are three interesting ooks on making things in miniature: **Make Your Own Dollhouses nd Dollhouse Miniatures** (Hawhorn, \$15) by Marian Maeve O'Brien shows how to build a comlete dollhouse—from a Tudor ansion to a turn-about house of he 1870s or 1920s and how to ecorate it authentically with furnhings you make yourself. There re even instructions for installing lectricity and fireplaces. Mrs. O'Brien guides you step-by-step in ainting, laying clapboard, shinling, building doors and windows, aying stone paths and patios, creting gardens . . . **The Dollhouse dea Book** (Hawthorn, \$3.50 paerback) by Valerie Jackson and Pauline Flick gives instructions for naking the dollhouse furniture nd adding details to its rooms—ccessories, light fixtures, iron niniatures, pictures, toys—many nade from such found items as ottle caps, pill jars, corks, matchboxes, buttons. There are, too, instructions for making dolls to live in the dollhouse . . . **The Complete Book of Making Miniatures** (Crown, \$10.95; \$5.95 paperback) by Thelma R. Newman and Virginia Merrill not only tells how to make many pieces of furniture, but also how to create Lilliputian curtains, fabrics, rugs, wallpaper. Most helpful—a list of tools and materials you will need and where they can be obtained.

MORE NEW CRAFTS BOOKS WORTH INVESTIGATING

During the spring months many more new crafts books will be in your local bookshops and worth looking into to find new projects, new patterns, even new crafts you might want to try. Among them:

NEEDLEWORK

Your House in Needlepoint (Bobbs-Merrill, \$12.95) by Barbara L. Farlie and Constance C. Sloan. *Available May.**

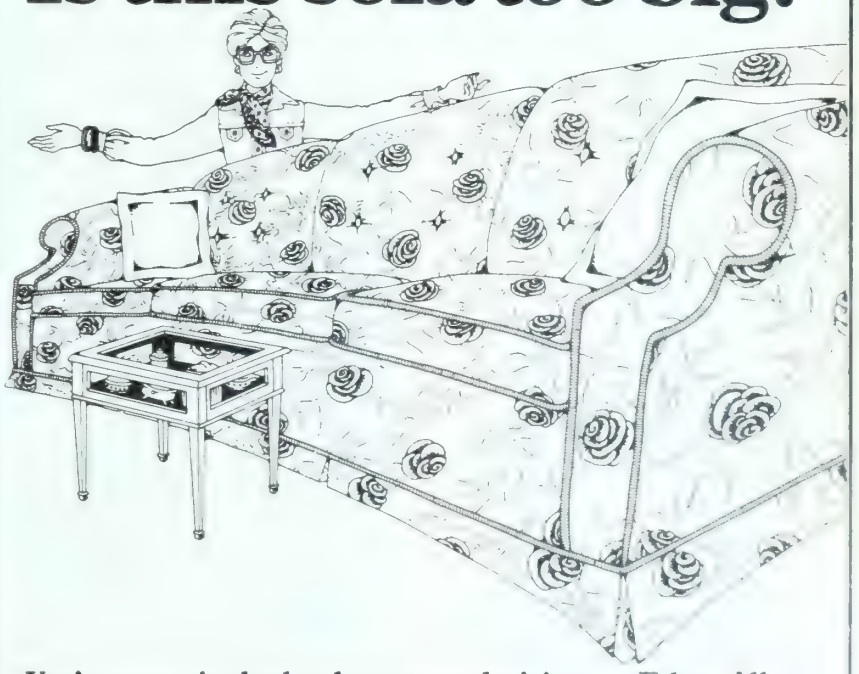
New Ideas for Needlepointers (Crown, \$7.95; \$5.95 paperback) by Marion Broome Pakula. *April.*

Patterns for Needlepoint (Scribners, \$14.95) by Hope Hanley.

Mosaic Knitting (Scribners,

WHERE NO DATE OF PUBLICATION IS GIVEN, THE BOOK IS NOW AVAILABLE THROUGH YOUR BOOKELLERS, ALL PRICES ARE APPROXIMATE.

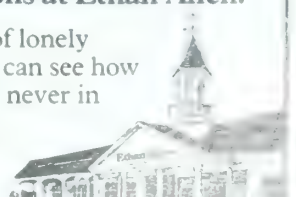
Ethan Allen, Is this sofa too big?



You're never in doubt about your decisions at Ethan Allen.

At Ethan Allen, we don't show you rows of lonely sofas. We show you whole living rooms, so you can see how the sofa would look in your living room. You're never in doubt about your decisions at Ethan Allen.

All across America there are Ethan Allen Galleries where you'll find exactly what you want, because you'll be choosing from one of the widest collections of home furnishings in America.



Come on over to our house. Ethan Allen Galleries.

It pays to shop at the store with the Sentry on the door!



Your neighborhood Sentry Hardware dealer will be glad to help you select the tools and materials you need to repair, maintain and improve your home. As one of over 4,500 Sentry Stores In the U.S., he always offers top quality at competitive prices. You can find him under "Hardware" in your classified phone directory.



Sentry
Double Guard
Drop Cloth $1.66

Sentry
PAINT-UP-TOOLS

3-inch Wall Scraper $1.59

1½-inch Putty Knife $1.29



Paint Scraper 8½-inch handle $1.59

SILVER POLYESTER Paint Brushes 2-inch $1.69



other sizes to meet every need

$17.99

WERNER
5-foot Aluminum Stepladder

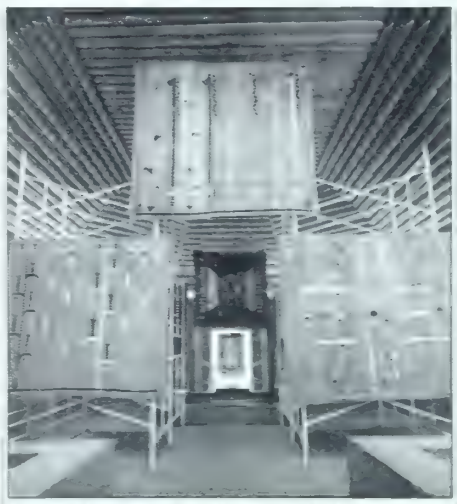
Merchandise shown in this advertisement available from participating Sentry dealers only. Offer expires May 31. Sentry dealers own their stores. They select their merchandise and set their own prices. These are subject to change without notice. There may be variations in products, available quantities and prices in individual stores... Sentry Hardware Corp., [illegible]

A living museum of Navajo arts

A place to buy, to sell, and to learn

By Paula Rice Jackson

You enter through a door to the east in honor of a ritual observance of greeting the sun each morning. Overhead a crib-bed roof of 160 perfectly matched and peeled pine logs spans the main gallery with its single skylight symbolizing the traditional hogan smokehole. You find yourself standing in a room that resembles an ancient Navajo hogan of heroic size. The gallery represents the fourth and present world, the four seasons, and the four cardinal points of the compass. Each is an important part of the cosmology of Navajo religion.



In the main gallery—Klah tapestries under a cribbed roof.



Designed like an ancient hogan—The Museum of Navajo Ceremonial Art.

The place is the Museum of Navajo Ceremonial Art, a part of the greater Camino Lejo museum complex, which includes the International Folk Art Museum and the Laboratory of Anthropology, just off the Old Santa Fe Trail in Santa Fe, N.M. The museum is much more than a repository for the past. Its young, new director, Steven Tremper, is making the museum a force in the lives of the Navajo people, themselves living through a period of profound change. His efforts are directed both toward preserving an old and valued way of life and generating a new center around which to focus the results of this change.

The museum has started exhibiting modern Indian artists. Last fall "The Contemporary Indian Artists Exhibition Series" began with a show of paintings, drawings, and lithographs by Navajo painter R. C. Gorman, who was described by the *New York Times* as "the Picasso of Indian painters." March 14, 1976, opens the first father-son exhibition of the Apache sculptors Allan Houser and Bob Haozous. The father, Allan Houser, works in classic Indian forms in bronze and stone—the solitary, eternally patient Indian wrapped in his blanket is distinctive of his style. His son Bob Haozous, who won the Grand Prize at the 1975 Heard Museum show and the Gold Medal at the Sculpture II show, has been called a revolutionary young sculptor whose works characterize the effects of modern America on his people. In addition to these well-known artists, Mr. Tremper hopes to be able to give exposure to younger, less well-established artists. The works in these special exhibits are for sale. Part of the proceeds from sales are being put toward a building fund for additional gallery space.

The museum also hopes to conduct classes in traditional Navajo weaving and dyeing. Another proposed project involves the preservation of authentic Navajo silversmithing techniques. The museum houses an extraordinary collection of silver jewelry that was an important part of the barter-credit system between Navajo and the settlers who ran the trading posts during the late 1800s. The museum, through its newly recreated trading post museum shop, would like to supply other museums with authentic Indian jewelry and art for their museum shops in hopes of opening additional markets for traditional Navajo arts. The museum also hopes to raise enough money this way to travel their collection of pawn jewelry to other museums. (Traveling exhibits can be prohibitively expensive to travel and insure.)

The museum has projected a wonderful plan for a garden to be started in 1976 as part of its own exhibits in the larger complex. Intended to be situated slightly to the northeast of the main galleries, the circular-shaped, 100-feet-wide area will be planted with some fifty different trees, shrubs, and flowering plants, all of which have contributed to ancient Navajo life as food, medicine, dyes, grooming aids, craft materials, construction, and trade articles. The cost of the garden has been set at $45,000 to be financed by new memberships. It's fascinating to see what some specific plants were used for: hairbrushes and brooms fashioned from mountain grass; lampwicks and fabric from wild cotton; hunting snares from

Continued on page 48



Detail: Navajo spirits stand atop leaves of the great staple—corn.



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HOW TO GET THE ROOM IN YOUR MIND INTO YOUR HOUSE.



Cherry Grove bedroom group.

Inside your head, there's probably a room that makes you feel good, just to think about it.

The trick, of course, is to get that room out of your head. And into your house, where it can start doing you some good.

And there, for most of us, the going gets rough.

HOW TO DECIDE WHAT YOU WANT, IN THE FIRST PLACE.

Your first problem is how to see, in detail, just what's in that room in your mind. Tables, chairs,



Formality vs. informality: Life Style, left, and Tanglewood, right. Which one you like better depends on who you are.

chests, walls, floors, pictures, pillows. Everything.

A good way to see all that is to look at yourself.

If your idea of heaven is a bedroom where George Washington really could have slept, start with a canopy bed and matching pieces in Cherry Grove. Accessorize them with quilts, handcrafts, and flea-market finds.

If you love macrame, plants, and pottery, use them to accent sturdy oak furniture like Tanglewood.

If your treasures are crystal and silver and china, you'll probably feel better with formal furniture like Life Style.



Dining room group from the Kinsman collection.

Or, if you like a little of everything, that's fine, too. As long as you love all of it separately, you'll probably love all of it together.

There's even a name for that. It's called "eclectic."

HOW TO SEE WHAT IT LOOKS LIKE, BEFORE YOU CARRY IT HOME.

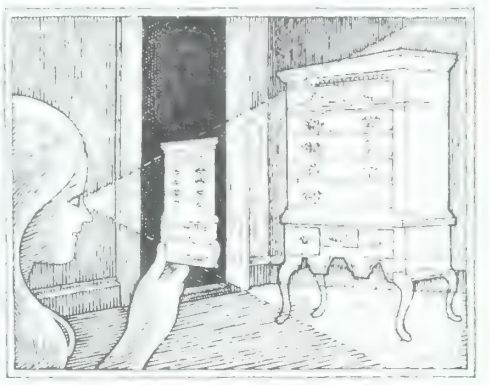
At this stage of things, if you lived in a furniture store, everything would be under control.

But, since you don't, your next problem is how to visualize what that highboy in the showroom is going to look like in your entrance hall.

To give you a little help with that, we've put together the American Drew Furniture Fitter.* A book with 40 of our most popular designs.

You cut out the furniture you like, and follow the instructions, to see how a particular piece will look in a particular place.

If you'd like one, just send us the coupon and $2.00.



Try out 40 different pieces of furniture. All you need are the American Drew Furniture Fitter and a little imagination.

It's a little tricky at first, but it's fun. Sort of a grownup version of paper dolls.

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Check out the cheaper furniture, too. The kind with the plastic "carvings." And you'll probably see why it's cheaper.

The point is, American Drew is what you need today: a good, solid value for your money.

So, if that room has been inside your head for so long that it's starting to grow cobwebs, maybe you should let us help you get it out of there.

And into your house, where it really belongs.

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I'm sending you my check or money order for $2.00. Please send me the American Drew Furniture Fitter.

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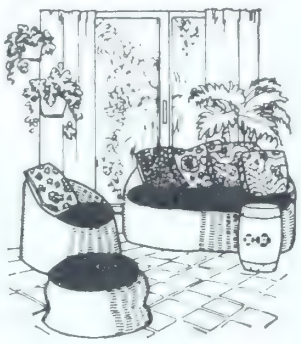
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Tulsa, Okla.
Wilton, Conn.
Winston-Salem, N.C.
Zionsville, Ind.

The museum shop invites browsing among authentic Navajo weaving, basketry, and jewelry

Museum of Navajo arts *continued from page 44*

sunflower stalks; salt in winter for the sheep from saltbush; cradles and dolls from cottonwood roots; tobacco from wild buckwheat. One of the most versatile plants was the Yucca tree whose fruits could be eaten, stored, or dried for shampoo, whose stalk was split and dried for thread, and whose leaves were dried and used for clothing and shoes.



Sketch of garden, *above*; a brief list of the plants and their uses, *below*.

Red Alder Tree Sunflower (dark red) Mirabilis or Four O'Clock	**Mordants** Cedar Ash Charcoal from Juniper Raw Alum
Blue Larkspur Alfalfa	**Green** Iris Sagebrush
Gold Sorrel (Wild Rhubarb)	**Brown** Walnut Tree Mirabilis
Black Piñon Sumac	**Yellow** Rabbitbrush Juniper Berry
Purple Mirabilis Mountain Mahogany	**Medicine** Yucca Leaf Wild Buckwheat Saltbush Sage Tumbleweed Purslane Alumroot Juniper Mormon Tea Mountain Mahogany Peach Tree Lemon Verbena Jimson Weed Indian Paintbrush Sagebrush Pursh (Snakeweed) Woodbine Sumac
Food Yucca Walnut Tree Tumbleweed Guaco (Stinkweed) Alumroot Piñon Nut Mormon Tea Zea Mays—Corn Mariposa Lily Peach Tree Sumac Cactus Indian Paintbrush Squash Pumpkin Sunflower	

Another important group of plants provided dyes for the world-famous Navajo woven blankets—the larkspur, wild iris, wild rhubarb, mountain mahogany, walnut, and alder trees from whose berries and blossoms the dyes were extracted. One remarkable aspect of traditional Navajo dyeing is the complete absence of mineral mordants. All their mordants come from plants whose minerals are derived, of course, from the soil.

The garden will have a particular significance for the museum. Weaving is one of its richest treasures. The museum has a collection of some sixteen tapestries that reproduce in another medium entirely sacred sandpaintings that the Navajo used in ceremonies. The story is an intriguing one. A great spiritual leader of the Navajo named Hosteen Klah wove the tapestries in secret over a period of about twenty years in a cave on Cabezon Mountain, a place of sacred power. It is said that when the finished pieces were presented to the community, a great fear swept over the group. The subjects of the tapestries were holy and were felt to exert great power for both good and evil. Any duplication of the sandpaintings might offend these spirits. Hosteen Klah simply replied that he too had power that would protect him from the consequences of his weaving. He was right. It was he who, with Mary Cabot Wheelwright, Bostonian and student of comparative religion, world traveler and philanthropist, founded the museum in 1937 as a housing for the unique collection of 600 sandpainting reproductions and attendant ceremonial paraphernalia.

The museum hopes to produce a book with full-color reproductions of Hosteen Klah's tapestries. The museum also commissioned a number of 22-by-18-inch-wide color prints suitable for framing to commemorate a recent January showing of the tapestries. One may be ordered for $25, which includes membership in the museum, free admission to special programs, and the museum's newsletter. Write the Museum of Navajo Ceremonial Art, P. O. Box 5153, Santa Fe, N.M. 87501.

An indication of the vitality and involvement of the museum is reflected in a grant from the Weatherhead Foundation to study the effects of the recent Congressional decision to give a large area of land to the Hopi Nation that was for almost ninety years "joint-use" land for both Hopi and Navajo. Months of recorded interviews and hundreds of photographs detailing the land dispute and its consequences should be published by the end of 1976.

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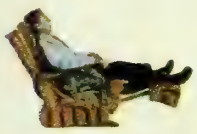
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Las Vegas—twenty-four-hour city grows up

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This is how Ian Fleming describes Las Vegas in his book *Thrilling Cities* (New American Library) published in 1964. It's all there today—only more so, reports Stuart Allen, long time Vegas watcher. The "small airport" is now an international jetport, with double the number of one-arm bandits. Over 8 million people poured into this gambling oasis last year, spending over $1 billion dollars. "First you must get a strong grip on yourself . . . decide the maximum amount you will lose and stick to it! If you violate this rule, nothing can help you except Fort Knox," Fleming's words. The hard part is deciding the maximum, with "Big Berthas" that deliver up to $30,000 jackpots. "Craps is by far the fairest game to play in an American casino," adds Fleming. But today the dilemma is where to play, which casino out of the 80 or more (one two blocks long), lit by 43 miles of neon tubing enticing you onto the tables.



Rooftop pool, Union Plaza Hot downtown "Glitter Gulch" Veg

Nevada is a state without income tax and inheritance tax, a low 3½ percent sales tax. This makes shopping almost as attractive as the slot machines

Expansion does seem to be adding to the attractions. At one time, few hotels had much to offer apart from shows and coffee shops. Wine service was a rarity. You had to demand a red wine at room temperature or you would get it chilled and served in a sherry glass. Among all the good hotel restaurants open now to tempt you, the Bacchanal at Caesar's Palace is probably the most spectacular. For $25 a head, you can choose from fifteen entrées, part of a 7-course feast, accompanied by as much white, rosé, and champagne win as you can drink. At the Aladdi just finishing a $40,000,000 fa lift, the Theatre for the Perforn ing Arts gives Las Vegas entertai ment a new dimension. As well the familiar superstar entertai ment, the program also includ symphony concerts, ballets alon with tennis and basketball game Tickets will be on sale in Chicag Los Angeles, and other large citie so that visitors will know whe they'll be sitting ahead of time.

Away from the Strip and in th quieter neighborhoods, you ca dine around the world by simpl taking a five-minute cab ride fro your hotel. For Italian food, go t the Chateau Vegas, Via Venet Copa Lounge, or P.J. Russ For excellent French food, yo have two extremes—the intima Bistro Parisienne, or the chand liered Modigliani with 50 wines o the list, one a $350-a-bottle 196 Château Lafite Rothschild. Thos who prefer Japanese food, go t the Osaka, for Chinese there Gelo's Lounge, Pat's Chine Kitchen, Lam's, Fong's Garde Good Mexican restaurants are th Rio Bravo, Bandido, and El Jardi There is even Swiss-German foo at the Alpine Village for complet change of taste. Famous faces din at all these places, as well as th Back Stage Room at the Unio Plaza, downtown in Casino Cente where the menu "has everythin from soup to nuts" and the blac

ean soup with sherry is outtanding.

Many people who go to /egas plan to stay. Just as in .os Angeles during the 1950s, itilities, builders, police, and iremen are finding it hard to :eep pace with the 1000 new amilies a month, attracted to he city by the financial revards (outside of gambling) as nuch as the marvelous desert limate. Nevada is a state vithout income tax and inheritance tax, a low 3½ percent sales tax. This latter makes shopping for vacationrs almost as attractive as the lot machines. So along with

,000 feet up,
n thick pine woods,
ou can picnic
y streams
r sit with a view
hat rivals
hat from a plane

casinos, the dry cleaners, and he garages, you will find bouiques and specialty shops with ine imported things, open around the clock. It's pleasant shopping in the Boulevard Mall, a recently built arcade of eighty or so stores, enclosed and air-conditioned. Said a local, descriptively: "When they irst built the Mall, you could shoot off a gun in the place and not hit a salesclerk. Today it's absolutely jammed. It's amazing what's happened."

If you want action on your vacation, April sees the offroad races for four-wheel drives and motorcycles out in the desert. Top drivers compete from all over the world. Later in May, there's the annual Heldorado, a western fiesta with a covered wagon parade, topped off by an all-star rodeo at the Convention Center. Nearby Lake Mead offers the spectacular Hoover Dam as a side trip, and splendid power and sailboating, water skiing, swimming, and beaches. You can reach it in 40 minutes. About the same distance in the other direction is the mountain resort area of Lee Canyon in the Toiyabe National Forest. Along a 15-mile road that leads straight up and dead-ends at 8,000 feet, you drive from sand dunes, through high desert Joshuas, deciduous bushes and oaks, until you are in thick pine woods. Here you can picnic by streams or sit with a view that rivals that from a plane. Take the chair lift up another 2,000 feet, if you wish, to within 2,000 feet of the summit, Mount Charleston. In winter,

Continued on next page

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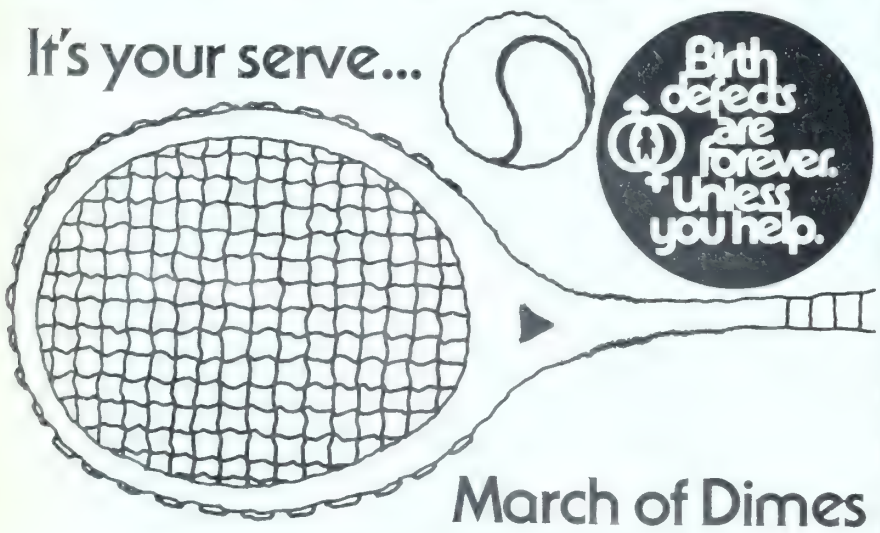
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Las Vegas *continued from preceding page*

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Booklets to help you decide where to go, where to stay in Nevada

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Nevada isn't all glitter. You can rediscover the Nevada of the "wild and wooly West" made famous by Hollywood westerns. A series of booklets—**The Nevada Heritage Series**—points the way. Each suggests sights of interest, gives a little historical background, includes a road map to follow, and pinpoints contemporary events. Also included: "Get to Know Nevada"—vital statistics about the state and "Is Nevada Great for Recreation? Bet on it," which entices you to all the outdoor fun to be had.

Lake Tahoe, blessed with outstanding scenic beauty, provides a splendid vacation spot. When choosing a hotel, you might want to consider Del Webb's ultra-modern **Sahara Tahoe,** complete with every facility for summer and winter recreation. The "Sierra Safari" and "Holiday Sierra Safari" booklets offer special money-saving package deals for three days and two nights at the hotel, with many extras included.

A slew of little booklets about **Las Vegas** includes: "Las Vegas General Information (history, vital statistics, points of interest); "Where to Stay;" "It's Showtime in Las Vegas" (three-month entertainment guide to who's appearing where); "Ghost Town Guide" (map showing how to reach the various ghost towns scattered throughout the state).

When trying to decide where to stay in Las Vegas, you can scan two booklets from the **Thunderbird Hotel** located on the famous Strip. One describes the Thunderbird; the other offers a special three-day, two-night package for $33 per person. Two more three-day, two-nighters: **The Union Plaza Hotel's "Plaza Playtime"** package for $43.95 per person and Del Webb's **Hotel Sahara "Sahara Safari"** at $49. Each offers many money-saving features, so choose the one that suits you best.

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Anyone interested in the state as more than a place for a super-vacation will find plenty of material in **Nevada,** a portfolio of booklets and brochures, which, taken together, give all the information you may want to know if you are thinking of living or opening a business there—industrial tax structure, community facilities, transportation, utilities, economic index population growth. Included in the portfolio is a booklet "Las Vegas '75" to help you decide if Nevada's twenty-four-hour city is where you'd like to live.

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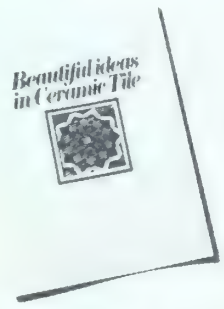
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Do-it-yourself crafts

How to compose crewel, weave a basket, plot bargello, and make up needlepoint patterns as you go along

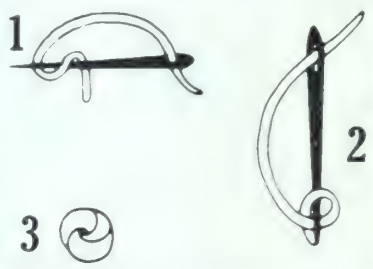
Designing your own crewel



Richard Neas uses three stitches

"Crewel is like painting with a needle," says Richard Lowell Neas. "In working out your own designs it helps if you can draw, but it's not necessary." With the method Mr. Neas has worked out for transferring designs to linen, you can create your own by putting together motifs from books or prints or wallpapers or fabrics.

French knot 1 2 3



First: Decide what you want the finished piece to look like. If, for instance, you want to make a valance, you will probably choose a design that is centered, like Mr. Neas's baskets on page 87. But flowers or fruit or ribbons, decide what you want, and where it should go.

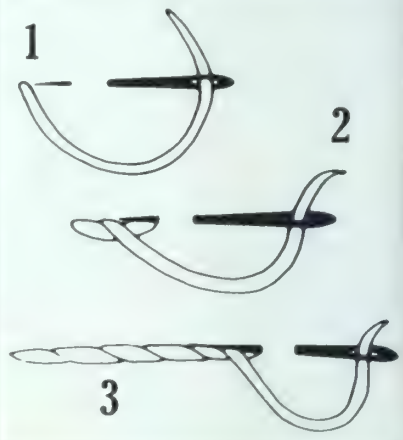
Second: Draw your design on a sheet of tracing paper—or trace a design you like.

Third: Tape the tracing paper to a sheet of heavy glass. Arrange the glass so that there is a light under it. Mr. Neas props his up on two concrete blocks and puts a small desk lamp under it. Now spread your material—linen, says Mr. Neas—over the glass. The light will make the design on tracing paper clearly visible, easy to copy.

Fourth: Trace design on linen with a water-soluble pen. When crewel is done, and the linen is cleaned, the tracings will vanish.

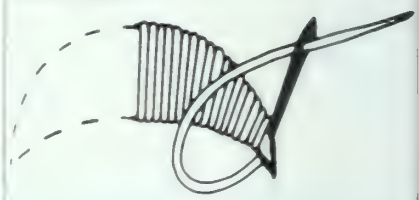
Fifth, says Mr. Neas: "Get your embroidery frame, your needle, and your martini, and start." He uses just three stitches, a French knot for centers of flowers, a chain or stem stitch for lines, and a satin stitch for everything else. "That gives the most perfect blending of colors," he says. He will use seven or eight shades, or more, for a single carnation.

Stem stitch 1 2 3



Sixth and last step: Send your work to be steamed, stretched and dry-cleaned, in order to remove the unintentional marks of your hands, the wrinkles, and the smudges—and to leave only what you meant: crewel natural beauty.

Satin stitch



Honeysuckle basket step by step



Mara Cary weaves a basic basket

Here are the step-by-step instructions for making the basket on page 90, which Mara Cary designed especially for House & Garden out of honeysuckle, a hardy shrub that grows almost everywhere in the U.S. and, outside cities, in almost everyone's backyard.

Continued on page 60



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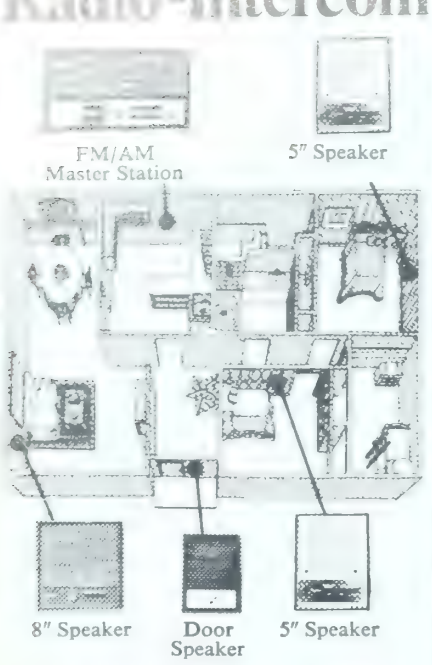
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PAINT THE TRIM, NOT THE PANE

By Deanne Raffel

EDITOR'S NOTE: *Deanne Raffel has a degree in industrial design from Pratt Institute. She began teaching home repair in 1971 in the Adult Education Department of the public school system, Great Neck, N.Y., near her home. Her first book on do-it-yourself is scheduled to be published next fall by Simon and Schuster. Wife of an insurance broker, mother of a twelve-year-old daughter, she says she got into house fixing "when we bought a very old house that needed a lot of work in a neighborhood where everyone does her own thing."*

Trying to keep paint from windows is always a chore when you are doing a redecorating job yourself. Don't worry about those splatters and overstrokes! There are several avenues open to you for prevention or removal. A first step is don't wash the windows. The grimier they are, the easier the paint will come off. Step two is **buy a good brush**—not a "Cheap Charlie."

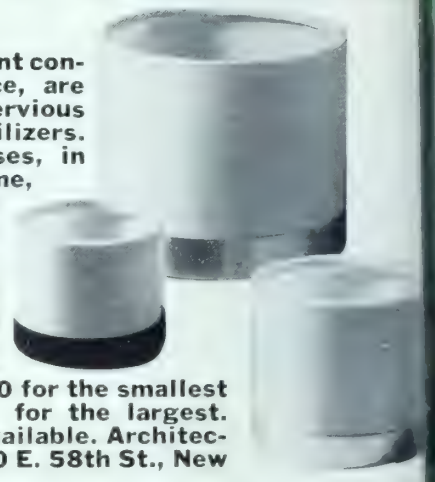
If you have patience, **stretch masking tape** around the perimeter of the glass. Use ¾-inch to 1½-inch width, the size depends on dimensions of the glass, narrower for smaller glass and wider for more substantial areas. Paint the sash. Pull off the tape when the paint has set—*not when it is dry*. If the tape is left on after the paint has thoroughly dried—for several days—it may be quite difficult to remove.

If you want to paint and forget about the mess left on the window for the moment, that's okay, too. Leave the paint alone for several days. Take a trip to your local hardware store and buy a Stanley Tools Window Scraper.

Continued on page 59

Don't wash the windows. The grimier they are, the easier the paint will come off.

Movable planters



White plastic cylindrical plant containers, made in one piece, are seamless, watertight, impervious to most chemicals and fertilizers. They come with metal bases, in satin or polished chrome, bronze, brass, or matte black finish, which conceal recessed casters, so they are easy to roll around. In four sizes for planter and container: 13½, 15, 19, and 21 inches high with 14-, 15½-, 19-, or 24-inch diameters. Prices range from $50 for the smallest container and base, $132, for the largest. Black containers are also available. Architectural Supplements, Inc., 150 E. 58th St., New York, N.Y. 10022.

New pegboard clips

Small hand tools can be stored openly on pegboard panels in easy rea above workbench counters with new clips. Pincerlike in shape, round cl hold screwdrivers, chisels, drill bits, awls. White, they come in ⅜, ½, and inches in diameter. Other shapes, ⅜ and ⅝ inches wide, grip flat to such as files, chisels, knives. The clip's ¾-inch shaft penetrates pegbo holes deeply; its screwlike form holds it in place securely. The board, ho ever, should be away from the wall slightly. Packages of 100 clips (20 ea of the 5 sizes) are $6.30. Brookstone Co., Brookstone Building, Pe borough, N.H. 03458.



Three easy-to-use adhesives

Repair jobs around the house can be simplified with the new, easily applied, fast-acting glues, cements, and sealers. For mending leaking metal gutters and leaders, storm window frames, nonpressure water pipes, or metal objects such as watering cans, and cementing metal to wood or masonry, you can use Elmer's Metal Mender. Easy to apply and clean up, it adheres to iron, steel, stainless steel, tin, aluminum. Metal Mender, nonflammable, fumeless, water- and weather-r sistant is 89c a tube.



Professional Carpenter's Woo Glue adheres fast, sets in as litt as 20 minutes, provides a stron bond for all kinds of woods, an is resistant to water, lacquer and varnishes. Suitable for r storing antiques or bonding fin cabinetwork, it is strong enoug for rugged wood application The creamy liquid can be washe off your hands and brushes wit water. An 8-ounce bottle, $1.6

In patching holes in concre driveways, sidewalks, and wall Concrete. *(Continued on page 5*



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ree easy-to-use hesives

ntinued from page 56

nder, brushed on sides and tom of apertures, helps id new concrete to old. It l hold broken concrete ces together too. Used also fortify concrete and plaster kes for masonry, plaster, l stucco repairs, Concrete nder makes the mixture onger. Water-based for easy anup, it is $3.45 a quart, 0.30 a gal. These products available at hardware res, building supply cen- s. Consumer Products Div., rden Chemical, 180 E. oad St., Columbus, Ohio 215.

int the trim, t the pane

ntinued from page 56



anley Tools Window scraper es a quick, neat job

efficiently does a quick, neat b and because of its design esn't cut into the frame as dinary razor-blade scrapers . Remember, though, glass es scratch easily so don't be erzealous with the blade. metimes dampening the inted area makes removal mpler and cleaner.

Do you have those little olonial window panes that re a large pain? Measure the ass size; cut out a piece of ewspaper to fit over each ane. Set a pan of water near he window. Dip a piece of aper into the water, remove and shake carefully so it oesn't stay dripping wet. lace it on the glass—it will ick. (Of course, this method ay be employed on larger indows. However, you will nd a bigger sheet of paper arder to handle.) Paint the ash. Let the paint dry, run a harp blade around the edge f the paper and lift it off. his system will save hours of ork! ■



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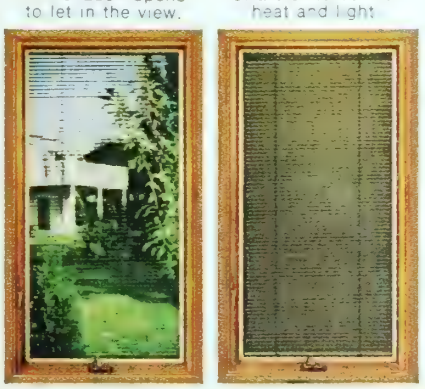
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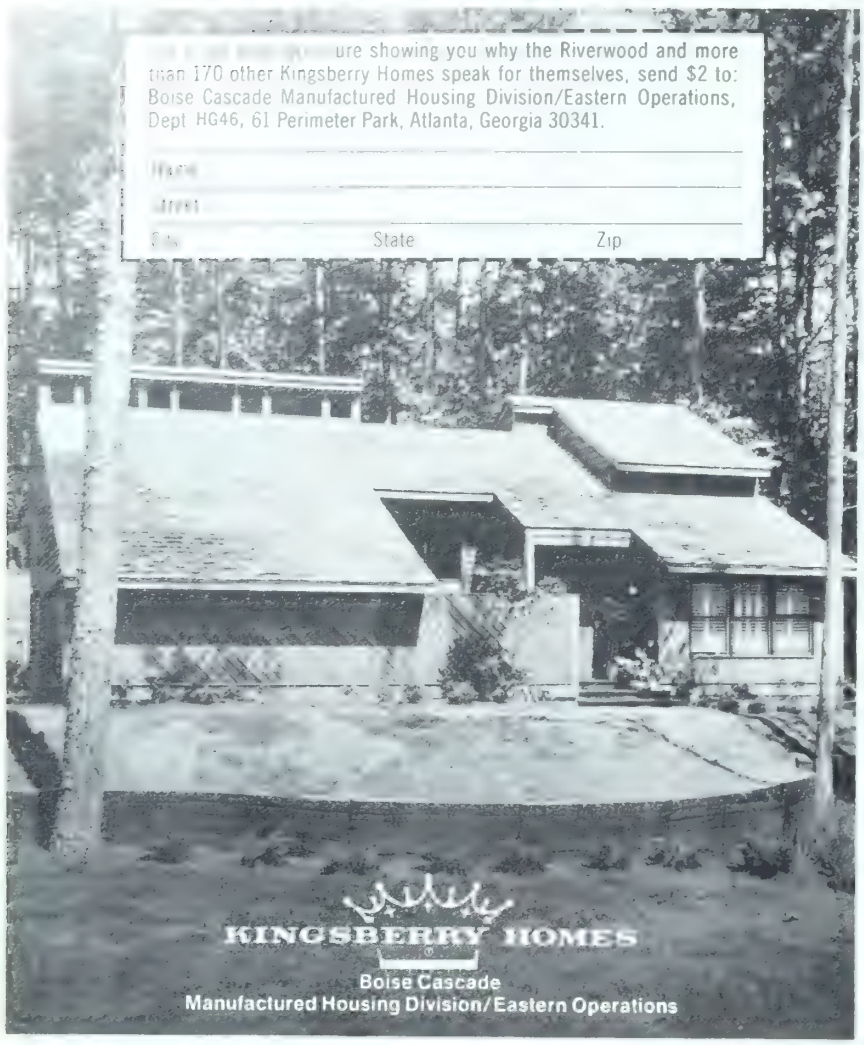
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Do-it-yourself crafts *continued from page 54*

To gather and prepare honeysuckle

Honeysuckle is wonderful to work with. The bark practically peels itself after it has been boiled, or you can leave it on if you want a shaggy effect, as in the basket on page 90. Honeysuckle is tough, so don't try to pick it by hand—use a pen knife or kitchen shears. In the summer, fresh-cut green honeysuckle is often supple enough to weave well (without breaking) without being boiled first. Honeysuckle cut in the fall or winter (as in this basket) is much tougher and needs to be boiled first. For basket below you'll need about 50 pieces about 2-3 yards long. Coil each piece, leaves and all, to fit your pot, wrapping one end around and through coil 3 times to hold it. Cover with water, bring to boil, simmer for four hours. Turn off the heat and let the coil stand in the water overnight. (If you'd rather use stripped honeysuckle, which is a soft green color that fades in a short time to off white and will take dye, you can speed up the peeling by then running the vines through your hand while you're holding a soft cloth.) Rinse and use, or hang to let dry and then store. The vine needs to be soaked only a few minutes when you are ready to use it.

Basketry tools

For cutting, use **kitchen shears** or a **pen knife**. For tougher vines or for neater trimming of the basket border, you may want a pair of **electrician's sidecutters**, available at hardware stores. To bend vines, you may want a pair of **pliers**, but pinching the vine with one's fingers or teeth works well.

To make the basket

1. Cut 24 pieces (called *stakes*) at least 26 inches long and 2 16-inch pieces (cut one end of these 2 at a slant) that will be the vertical framework of your basket. Have ready about 6 long pieces or coils (called *weavers*), which you'll use to do the weaving. You may find it easier to work the basket upside down over an upturned bowl or tree stump.

Basket center of 24 stakes



2. Make the basket center using 6 groups of 4 26-inch stakes, weaving the 3 horizontal groups into the 3 vertical groups. Be sure you have this center weave centered on each of the stakes.

3. Using one weaver at a tim weave in and out of the groups 4 stakes. Go around 4 times. Righ handed people generally find easier to work clockwise, lefthan ed people, counterclockwise.

Weaver stakes around 4 times



4. Breaking down is separating t groups of stakes into small groups as you weave out from t center. In this basket, the grou of 4 stakes were separated in groups of 2. In-and-out weavin

Breaking down, adding bye stak



also called over-and-under, ran ing, or tabby weave, can be do round and round only on an *od* number of stakes. (Note: Her after breaking down, each "stake is two pieces of honeysuckle.) T arrive at odd number, insert t slanted ends of the 2 16-inc pieces (called the *bye stake)* alon side any other stake, tucking under part of the basket cente with the help of a knitting need if necessary. As you weave the fir few rows of over-2, under-2, yo should accomplish the basket u setting at the same time, as follow

5. Upsetting is the transition fro the bottom to the sides of the ba ket. To make it, turn each stake u in the angle you want it, or slight sharper, then weave around it.

Upsetting



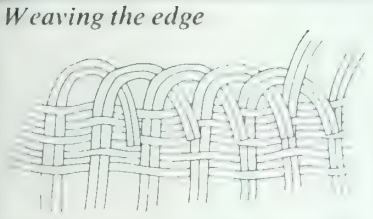
Continued on page

you want a very abrupt upsett, pinch each stake at the point at which you want it to turn. Pinch the weaver with pliers, fingernails, or teeth, so that it will fold back around the last group of stakes and then weave 4 rows in that direction.

6. Continue the breaking down, weaving over-2, under-2 until sides are as high as you want them, no more than 6 inches.

7. The border: Beginning with any 2 stakes and going in either direction, take first 2 stakes inside the next 2 stakes and then back to the outside. Then take the next 2 inside the 2 stakes next to them and back outside, and so on around. The last 2 stakes do the same thing, but it seems different. You have to poke them under and back to the outside. Go around one again to pull them snug. Trim weavers beyond the stakes that are holding weaver ends outside, but not so short that they can pop out of the stakes. Techniques for many different kinds of baskets of different materials and patterns can be found in Mara Cary's *Basic Baskets* (Houghton Mifflin, $4.95). She teaches a course based on the techniques in the book at the Nantucket Artist's Association, Nantucket, Massachusetts, and her baskets can be bought at Nantucket Looms also in Nantucket.

Weaving the edge



When you come to the end of a weaver, or if one breaks, just splice on a new one by weaving until it can't possibly go another stroke, and then sticking the end of the new weaver alongside it for half a stroke, and proceeding with the new one. For most baskets, it doesn't matter whether the rough ends of the splices are inside (which looks best for a lidded basket) or outside (best for a basket to hold embroidery wools or delicate things). Splices don't seem as obvious on a finished basket as they do during the process of weaving. **If a stake breaks while you're weaving**, insert a new piece down into the weaving, overlapping where it broke. A knitting needle may help.

Planning free-form bargello

Mrs. Stevens teaches her free-form bargello in her Buffalo, N.Y. shop Eye Squared, and she always starts with a simple pillow. The stitch is the straight, classic bargello stitch: The needle comes up from underneath, skips four threads, and goes down. Begin, she says, like this:



Gigs Stevens designs bargello patterns on graph paper

First: Choose your colors. But unless you buy all your wool at once, this is less crucial than for other bargello patterns, because colors can easily be changed as you work.



Second: Plot your pattern on a piece of graph paper. Mrs. Stevens favors a kind of bird-shape in the middle of the pillow (see page 94).

Third: Stitch the outside row of bird-shape first. Fill in the inside of the shape, going around the figure and covering four threads whenever possible. If you make a mistake, Mrs. Stevens confides, it won't show.

Fourth: Change colors, and stitch one (or more—but always at least one) row around the outside of the bird-shape. To change the pattern, stitch a second row in the new shape (see graph). Then go back and fill in the blank spaces, covering four threads whenever it is possible. Finally stitch another row around the outside of the new pattern. Continue, changing color and patterns as it pleases you, until you have filled up your canvas.

Fifth: Have it cleaned and blocked and sewn to shape a pillow-casing. Insert the pillow (available in standard sizes from crafts shops or even in variety stores), stitch the opening closed, and there you are.

As for any other needlework project, says Mrs. Stevens, you should choose your yarn and canvas weights for the project you want: lighter for pillows, heavier for rugs. The staffs of needlework shops will be happy to advise you.

Continued on page 155

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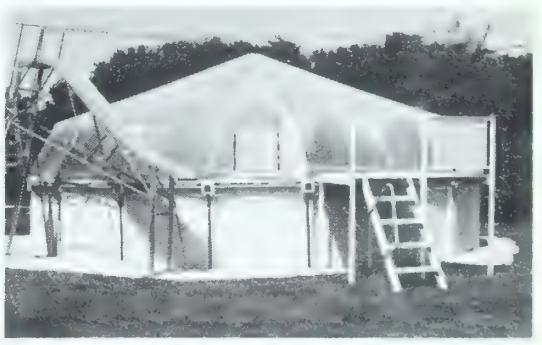


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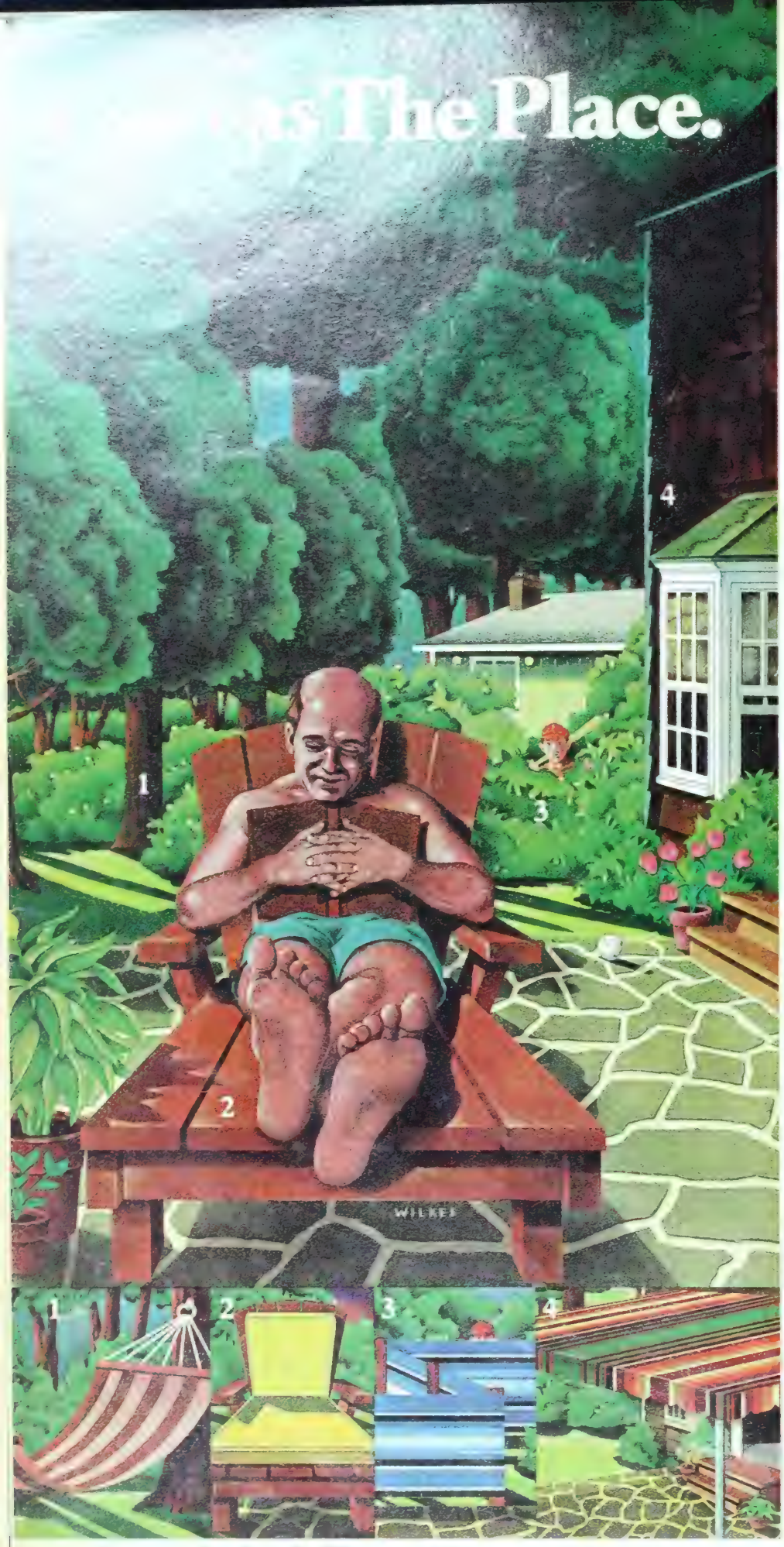
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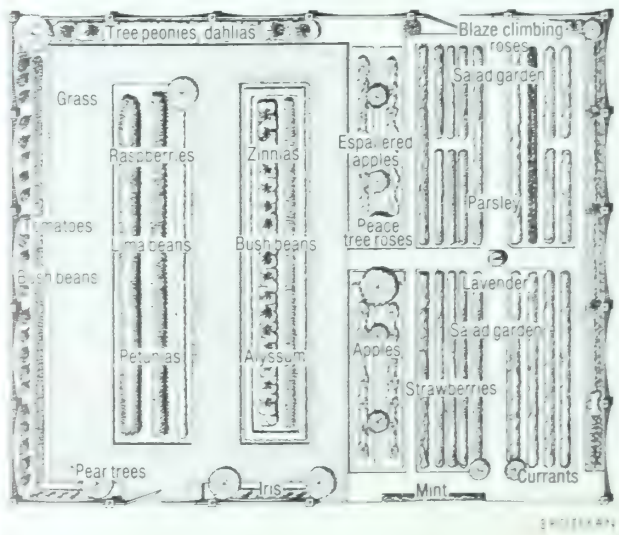
Vegetables, fruits, herbs, berries, and flowers that flourish together

Anyone planning a kitchen garden can learn a lot from the William Wisters' All-in-one Garden, see page 94. They began with a modest dooryard salad patch near their kitchen porch and as their interest in gardening and cooking grew, they doubled its size to make room for fruit trees, tree roses, and such space-grabbers as raspberries and pole-trained lima beans. In the plan, *below*, the stone paths and sundial at the right represent the original salad garden, which was then enclosed by a yew hedge. Deer enjoyed eating the yew, so the new improved garden was surrounded by a non-edible picket fence with handsome posts and finials. (The finials were copied by a carpenter from an antique the Wisters found at an auction.)

Like many beginning gardeners, the Wisters started with a plot that seemed all clay and grew nothing but massive rocks. Initial effort went into removing the rocks and improving the tilth of the soil with manure, peat moss, and compost. By now the soil is so soft and rich some plants that prefer poor soil —most herbs, for instance—have been moved outside the fence where they can work a little harder and keep their native flavor.

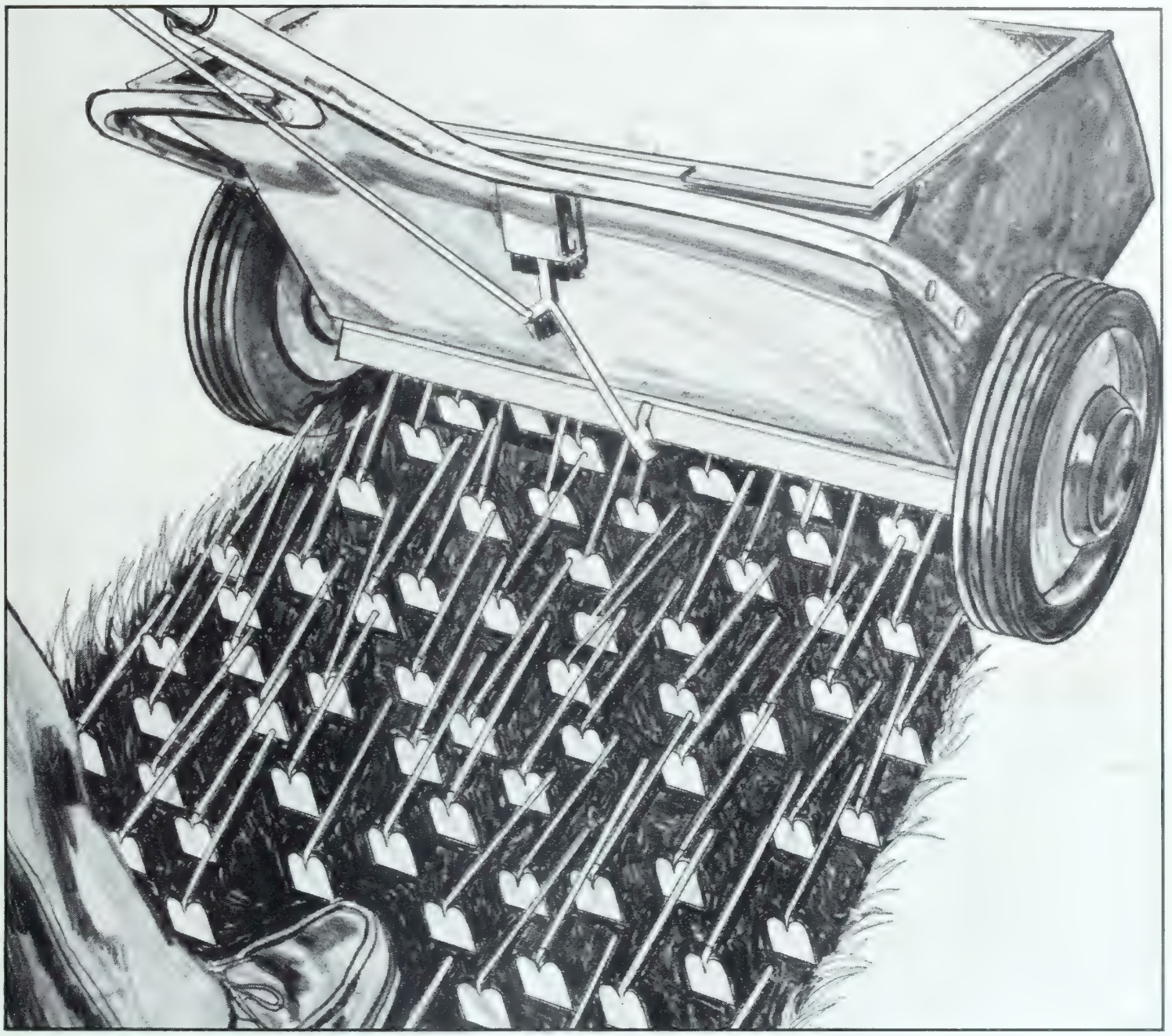
In planning the garden, the Wisters made the most of their space by planting only what they really like to eat (or pick for bouquets) and not planting what they can readily buy when desired. For instance they have no potatoes or space-greedy corn. Sprawlers like melons and squash have been exiled outside the fence. They are selective about varieties of seed. They prefer the succulent rosettes of Bibb lettuce to other kinds, a also grow long-leaved Cos (I maine) and the red Ruby lett that makes a decorative bor They plant cool weather crops l lettuce and peas as early as th can in spring. "I have a super tion that peas must be planted St. Patrick's Day, March 1 Hannah Wister says, "though this part of New Jersey it son times snows on the 18th. We s peas at least once more anyw We don't want all the harvest come in at once." Mr. Wister plains, "Picked and eaten with the hour, peas are unbelievably licious. After that the sweetn turns to starch." Mr. Wister mak a marvelous pea soup, flavors with oregano and mint for a de cate light taste.

While peas, lettuce, onion se and a few other crops can be pla ed outdoors a month or so bef the last expected hard frost, cro such as onion seeds, beets, carro and kohlrabi must wait two more weeks. Not until all dang of frost is past, and the ground really warm, should one plant su tender crops as tomatoes, eggpla and okra. "Okra is my husban middle name," Mrs. Wister jok "He likes it so much that we pla it wherever we have an extra inch Mr. Wister points out that okra a fine thickener for soup, almo any kind of soup, and althou tender small pods are delicious themselves, even coarse large on can be added to a soup if discard after cooking. Still another cu nary tip: When making toma juice, Mr. Wister adds a piece ginger root just before sealing th jar or freezing it. ■

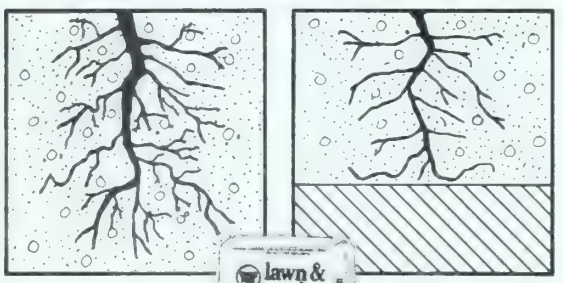


The William Wist 60-by-72-foot pic fence supports Bl climbing roses, matoes, tree p nies, dahlias, lil gooseberries, ol tall-growing pla Original salad g den, small rows right, contains pe lettuce, carrots, C nese cabbage, ions, chard, ko rabi, red and gol beets, okra, he Paths are borde by strawberr parsley, lavend

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Growing plants from cuttings

Five ways to get little plants from big ones

By Amy A. Schwa

As the days grow longer your houseplants will probably be growing at a vigorous pace. To keep them compact and shapely and in good condition you have to prune them, and spring is a good time to do this. You can also multiply your plant collection by rooting the leaves and stems you cut. You don't need very much in the way of supplies. Make a propagating box by using a plastic-domed bread box, sweater box, or unused glass aquarium. Any of these will serve as a miniature greenhouse to give new plants extra humidity. Or you can use a few clean pots or cartons, plus plastic bags or up-ended drinking glasses as covers. You will need a moist rooting medium such as sterile sand, vermiculite, perlite, peat moss, or a combination. You don't want an enriched potting mix until later when the plantlets are ready for a heavier soil with nutrients. A bright room or a shelf under fluorescents is fine. The only tools you need are a small sharp knife or manicuring scissors, a scoop or kitchen spoon.



Covered bread box, plastic bags keep humidity high for cuttings

1. Stem cuttings

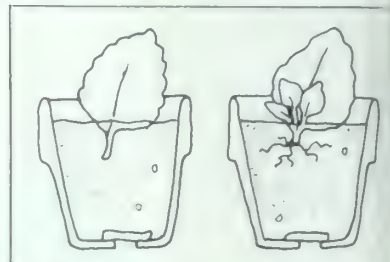
A stem cutting can be taken by making a sharp clean cut just below a leaf joint or node. Soft-stemmed plants like coleus, Swedish ivy, or impatiens will root as easily in water as in soil. Remove any leaves below the cut. Be sure to change the water every few days to give the plant a new supply of oxygen. Once the roots show growth, begin adding vermiculite or sand to the water every few days. This will stimulate new root hairs and also prevent tangling, which can make repotting difficult. Plants with harder stems such as hibiscus or geranium should be put in moist rooting medium. Geranium stem cuttings do best if allowed to dry for a few hours before planting. You may find that certain cuttings need a push to get going. Try dipping the cut end in hormone rooting powder such as Hormodin or Rootone before inserting in pencil hole made in rooting medium.



Soft coleus roots in water; hibiscus needs rooting mix

2. Leaf cuttings

African violets, peperomias, gloxinias, and begonias propagate easily if you remove a leaf with a short stem attached, and plant it in rooting



One African violet leaf produces a whole new plant



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ring is a good time to prune houseplants and keep them shapely, en multiply your collection by rooting what you've cut

mix. Keep warm, out of strong light and covered with plastic lass for humidity. African vio- cuttings may also be rooted in er. Place stem through holes in or wax paper covering the th of the glass so that the leaf f will not get wet. When tiny leaves appear transplant to ing soil.

oil layering

s is a great way to reproduce bing or trailing plants such as rophytum, ivy, philodendron, strawberry geranium. Take

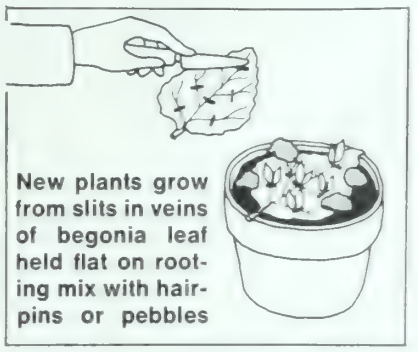


hlorophytum is propagated by ooting next to mother plant

stem or plantlet and place in tact with rooting medium in a next to the mother plant, hold- ing it down with a hairpin or pebbles. When roots form, sever the new plant from its parent and plant it in potting mix.

4. Leaf-vein cuttings

Remove a healthy leaf from a begonia or gloxinia. Make cuts in major veins on underside of leaf and set the leaf on rooting mix.

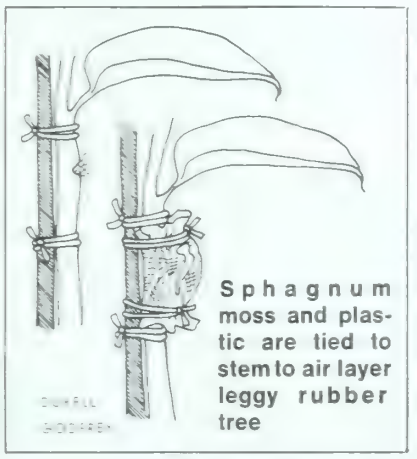


New plants grow from slits in veins of begonia leaf held flat on rooting mix with hairpins or pebbles

Keep the leaf flat with pebbles or a hairpin. Cover container with plastic. Roots will form at the cuts, and new plants will grow from the topside. Sever each new plant from mother leaf when large enough to handle and put in potting mix.

5. Air layering

If your rubber tree or dracaena has grown too tall and is in danger of bending over, it is time to propagate by air layering. Support the stem with a stake. Cut a nick in the stem and remove a few of the leaves just above the cut. (Where to cut depends on where you want the original plant to sprout new leaves later.) Put some hormone rooting powder in the nick and push in some moist sphagnum moss. Wrap with more moss and bind this with plastic tied above and below the cut. When roots form and can be seen through the plastic, cut the rest of the way through the stem, just below the new roots. Pot the new plant. In time new leaves will grow from the old stem.



Sphagnum moss and plastic are tied to stem to air layer leggy rubber tree

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HANDS

continued from page 20

day, need special attention. One simple thing can help. Apply hand cream before the hands go in the detergent-soapy water. Also keep hand lotions wherever you work or wash. It's an easy and effective habit to acquire.

"Lava" soap contains pumice and is mildly abrasive. It helps to get out dirt that's "ground into" the skin with a minimum of irritation. "Fels Naphtha" soap can be helpful in preventing poison ivy and other plant oils people are allergic to from getting a start. Wash both before and after you garden. Wear gloves for extra safety.

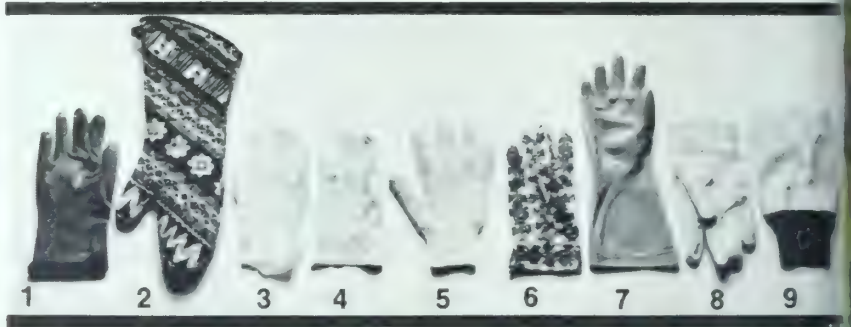
"Polysorb Hydrate" needs no prescription but it isn't lying out on the druggist's shelf either. Ask for it when you need a super-penetrating cream for dry, cracked skin.

"Neutrogena Norwegian Hand Formula" is an effective daily heavy-duty cream that is especially soothing. Rub a bit into the cuticle area of the nail when it seems dry. A new white lotion called **Sundown** by Johnson & Johnson contains sunscreen which is important to hands that work and play outdoors.

NO ROUGH EDGES

Dr. Scholl's "Corn and Callus File" helps eliminate roughness on both the hands and feet. It's slightly wider than an emery board and it has the same sandpaper substance though in a slightly heavier thickness. At drug and variety stores.

"Hero's Pumice," in a flat cake, is used by gently rubbing the cake against the skin. Try "Hindostone's Pumice" that comes in slim sticks. At Caswell-Massey, New York City.



Save your skin: 1. Heavy-duty rubber gloves. Pioneer. 2. Over-the-forearm over mitt. Casserole Paws. 3. Plastic disposables Tru-Touch. 4. Thin cotton overnights. Caswell-Massey. 5. Rubber-grid string gloves. Cardinal. 6. Flowered canvas gloves. Cardinal. 7. Playtex house-work gloves. 8. Goatskin garden gloves. Parks Catalogue. 9. Canvas gloves. Cardinal

Here's the rub— step-by-step hand massage

Vicki Schick of the Profile Health Spa in New York City shows you how to give one to yourself. How often should you have it? Whenever you feel like it or whenever hands have been doing one activity for a while.

- *Slather fingers, hand, and wrist* with hand lotion.
- *Use a lotion that's fairly thin.* Rosewater and glycerine has both the emollients needed for lubrication and water to help keep skin slick during the massage.
- *Starting with the outside knuckles* of the little finger or the index finger *gently but firmly massage the area in between the knuckles.* Work each side toward the center with palm down.
- From the center knuckle space *gently massage the bones of the hand to the wrist.* You should feel the surface of each finger bone and the tension between the bones begin to ease as you get closer to the wrist.
- *Turn the palm up and massage the pulse area.*
- At the web of the little finger begin to *stroke finger toward fingertip;* repeat for each finger and thumb. Give a gentle squeeze at the tips. Stroking the fingers should also include a slight pulling. *Rotate fingers and thumb twice in each direction* and finish with a gentle tug.
- Open palm and *roll fingers* of opposite hand and *briskly rub the open palm.*
- Dab massaging fingers with a bit more lotion and *massage into the cuticle area of each nail.*
- *Grasp the wrist* and with the whole hand *gently pull down the length of the hand.* Fingers should be gently squeezed together. Repeat for opposite hand.

This picture just proves something that any farmer who grows things for a living could tell you. You get big lettuce (or tomatoes or whatever) when you fertilize and you get dinky ones when you don't. You can water and put down humus and compost and that's fine but it isn't the same as fertilizer.

Scotts® Vegetable Garden Fertilizer holds some of its nitrogen back for later. Your seeds or seedlings get a good feeding to start with, then a little more every day to keep your crop growing.



Both heads of lettuce grown in the same garden. Look at the difference.

We fertilized the big head but not the little. That's why one is big and the other is little.

Fertilizer is food you put in your soil to pass on to your vegetables. Nitrogen, phosphorus and potassium, chiefly. A good supply of nutrients is where all those fat tomatoes and big ears of corn come from.

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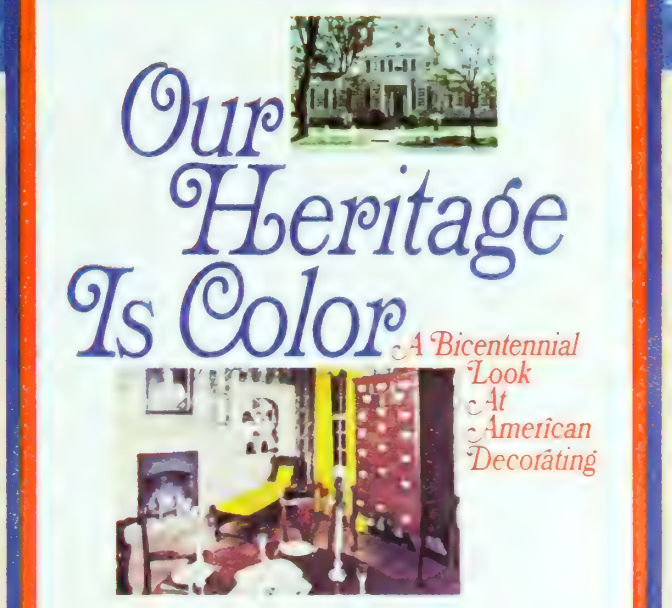
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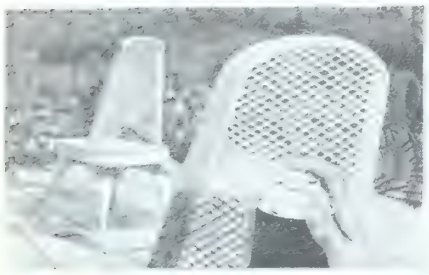
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The Brush and Bucket
TAMPA
D. P. I. Quality Paints Inc.
TEQUESTA
Park Avenue Paints Inc.
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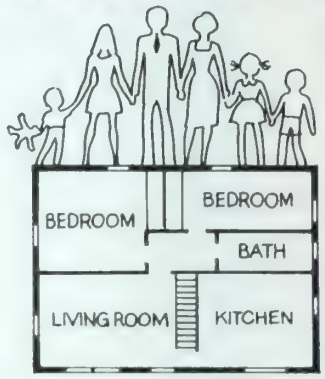
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Armistead Paint & Supply Company
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Continued on page 74

THREE BEDROOM FAMILY IN A

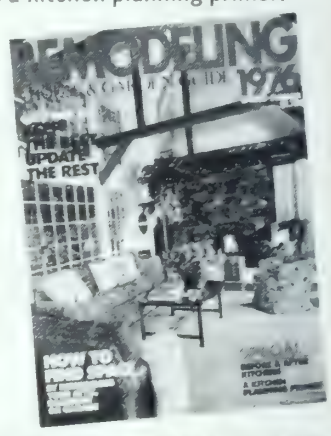


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Harvey Dahlen Paints
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Gustafson's
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The Colour Bar
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MORTON
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Niles Color Center
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PEORIA
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G. E. M. Interiors by Gretchen
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SPRINGFIELD
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Legler's Color Center

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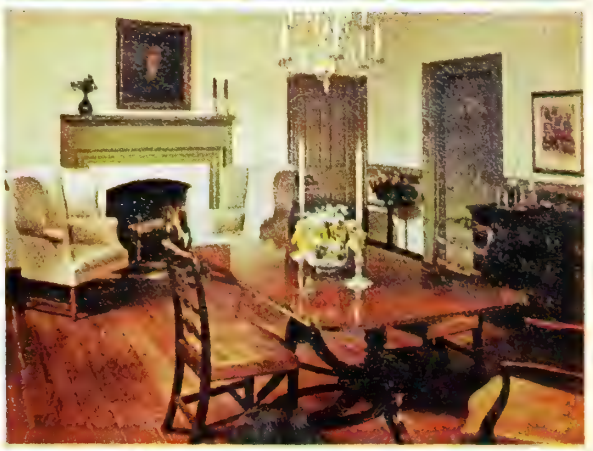
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Continued on page 76

Color your home Williamsburg.

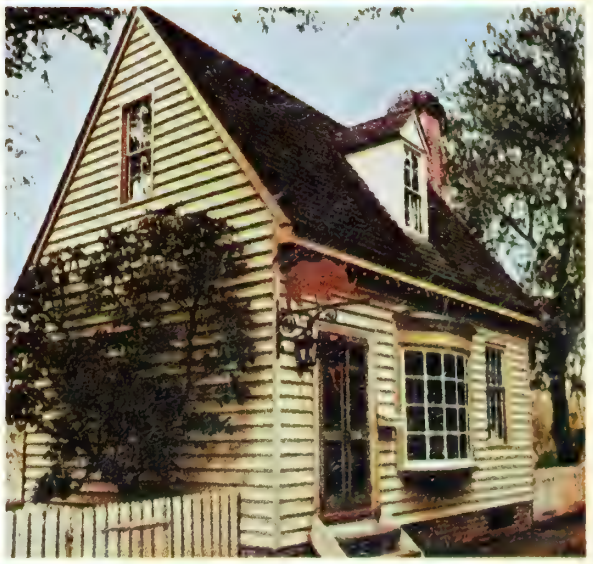














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Sarah Tomerlin Lee, Designer, Editor, Author, Writer on Williamsburg.



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Engen's Color Center

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Heritage Village
WOLFEBORO
Gene's of Wolfeboro

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BLAWENBURG
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BRICK TOWN
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CLIFTON
Stephen Gaal Paint Store
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Continued on page 78

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Wolf Weintraub, Inc.
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Valley Stream Paint
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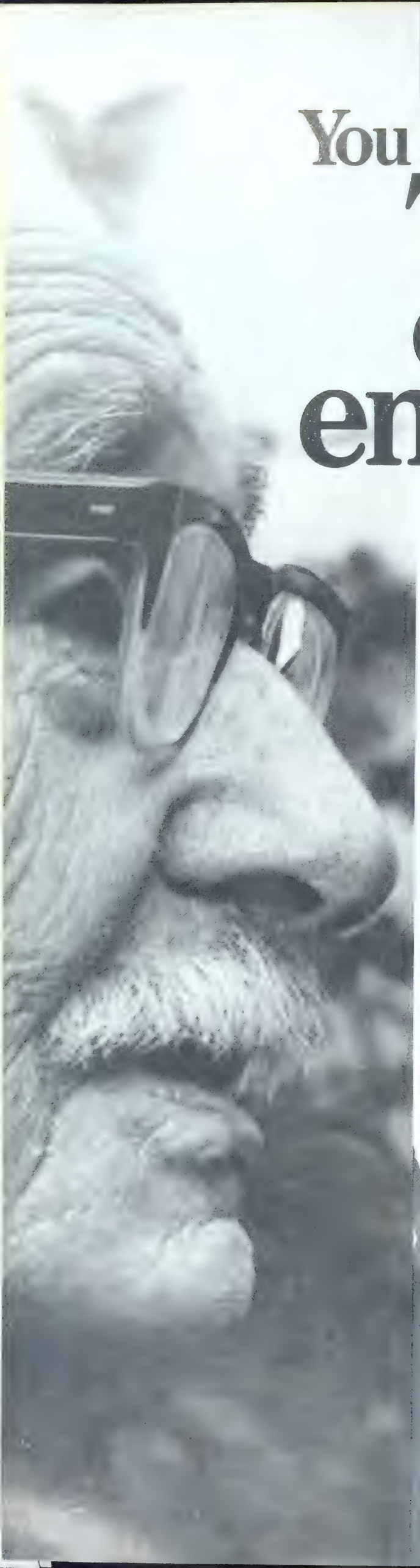
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You and your craft
The creative encounter

Bernard Leach the great English potter talks about work, craftsmanship, intuition, and the value of imperfection

EDITOR'S NOTE: *Bernard Leach, the world-renowned potter, artist, writer, and poet, is now eighty-nine years old and lives in St. Ives, Cornwall, England. He no longer makes pots, but students come from all over the world to listen to him. His most recent book, with illustrations, is* The Potter's Challenge *(Dutton). But what he regards as probably the culmination of his life's work is a book of memoirs he has just finished called* Beyond East and West *(Faber & Faber), in which he not only celebrates the effect of the East upon Western culture, but also the belief in bridging the gulf between the two hemispheres. "It is the most serious undertaking I have ever attempted," he told Caroline Seebohm in an exclusive interview.*

The first approach to any craft is to love its material," says Bernard Leach. "To see the beauty of the weaving, or the hand spinning—making the slight irregularity that is difficult for the machine. It takes a special kind of mind, capable of a great deal of love, to expend itself on the beauty of the material, finding the enjoyment of recreating traditions begun by our forebears; being able to give further expression to the life of beauty. An artist craftsman should first of all give value to the nature of the material—the clay, the wool, the silk, the wood.

"In Japan, my first impression of a Japanese room was that nothing was painted, but there was an exquisite selection of woods, cut by the sharpest possible tools. I asked the builders who worked on my first house there how long they took in sharpening their tools. The master builder said, 'It takes about a third of our time.' What a different way of looking at work!

"There was a time when we couldn't bear rough clays in England. I remember talking to a well-known industrial potter once and he said, 'How can you call that clay? It's just what we hate, that roughness.' I said, 'is that what you think when you feel the sand between your toes at the sea's edge? Can't you look at the sand with more of a sculptor's eye? Closer to nature?'

"All things made by nature are asymmetrical. Practically all things made by machine are basically symmetrical. The Japanese are the most asymmetrically minded people in the world, hence their pots. Look at Japanese paintings or rooms. This was their gift to the world—the Tea room, Zen Buddhist thinking—the asymmetrical approach to nature.

"It isn't the brightest blue that is the most beautiful, or the whitest white that is the most satisfactory. It is more beautiful when it is not quite perfect. Not because of imperfection above per-

PATRICK SLAUGHTER

fection, but because of the irregularity that is a part of nature. The slight tremble of the hand, the slight accident in the kiln, may make the pot better. It is, at any rate, more human.

"A factory is a place where pots are made mechanically alike. To the artist, the industrial pot is good when it is plain and straightforward, as a needle is, or a hammer. But it is not an expression of the human heart. *And heartbeat in work is necessary for both the maker and the user.*

"I think the biggest error we have made in evolution is the placing of intellect above intuition. There is the quality of genius in the work of a peasant. What is in most of our museums the world over, but the work of such simple people? Even if you aren't an intellectual, and can't even read or write, you can show love in your work by the use of intuition rather than applied intellect. An artist *must* put intuition first, because it is a finer instinct. It feels poetry. It feels music. Tears come.

"For the craftsman, it is love in work, in the expenditure of imagination, even inspiration. This is how craftsmen have benefited mankind, by employing their responsibility, their closeness to nature, their greater wholeness of being.

"When you make a pot, you are trying to put into it some aspect of that oneness, that wholeness, you have felt at moments in life, by any means—poetry, music, paintings, philosophy—a moment of highest delight."

Bernard Leach is nearly blind now. He sits in his room where, in the words of his poem, "Seabirds/ Balance in the wind,/ Then streak across/ My window pane." Around him are loved pots, and a reproduction of Van Gogh's "Sunflowers." "Van Gogh was on fire. He lit candles all over this earth."

Although he can't see, the potter's hands retain their power. "He *feels* the pot, rather than sees it," says a student. "Even with my blindness," says the great teacher, "I can feel humanity in a pot. Recall, with my hands, to my mind. I feared, of course, the coming of blindness. But the increasing loss of the capacity to see in detail forced me into a narrower approach of focusing on my life, using a sharper lens to look at my nearly ninety years of experience—thereby being able to see it more clearly and deeply. What might be called *insight* instead of *outsight*. So this compensated to an unexpected degree the loss of sight, which everyone thinks of as so dreadful. No, I am thankful in a way, more than I am sorry, for what I have lost. Perhaps if you write this, it will help other people."

As he stops speaking and looks out at the wild Cornish coastline, some lines he wrote in a book of verse come to mind: "In whatever field of truth and beauty expression is sought, ultimately it appears to be a bridging of gaps between people and things, and of love between people and people; a discovery of Totality enveloping the minor self. To every artist I would say that to produce anything of truth and beauty is to receive an invitation to heaven on earth, even in one's tatters."

A craft to delight the eye and the touch, needlepoint also adds a touch of you to your decorating. Christine Royer, right, *brings to life a mirror frame design from Woolworks.*

BARRY MCKINLEY













You and your craft

The personal touch



—A thumbnail, pressed into wet clay to make a pattern before the pot is baked. Breath blown into molten glass, the pipe twirled between the palms to shape a bottle. Histories worked into silk, stitch by tiny stitch. Handprints on the tapestry of time. Since man has had hands, he has used them to take the things of the earth—clay, grass, sand, wood, the skins and wool of animals—and shape them to practical uses. And often, in the process, he has made them into things of the spirit. Craftspeople say, frequently, almost mystically, that the making of a basket or a box or a tapestry establishes a personal connection between them and the universe. Woven into each article is thought, creative insight, time, skill, and love, refined and sometimes enlightened by the nature of the material and the use for which it is intended. And in using the work of your hands, all these qualities are remembered. Sometimes there are surprises: a grapevine basket handle that *won't* go the way you planned but seeks a new and better shape. Sometimes mistakes lead to new knowledge: a stitch that's just wrong here, but marvelously right somewhere else. Sometimes just . . . peace, as you work in eternal rhythms with natural things.

CREWEL HANDSTITCHED BRILLIANCE

Crewelwork is a sewing art form hundreds of years old, with hundreds of kinds of stitches. Traditionally, it's portraits of natural things strewn across light grounds. Crewel flourished in the 17th and 19th centuries, and it's flourishing again. Interior designer Richard Lowell Neas made the valances and curtains, left, *in six weeks, using only his three favorite stitches, for the Kips Bay Boy's Club Designer Showcase last year. This year's Designer Showcase will take place April 23 through May 16 at 973 Fifth Ave., New York City. He sews anywhere—at the beach, over cocktails in the evening, while he's talking on the telephone—and he approches each piece as if it were a painting, working in shading, then highlights. Like painting, crewelwork gives him tremendous artistic freedom.* *To read about his system, see page 54.*

HORST



You and your craft

How to release your creativity

Dr. Rollo May, the distinguished psychoanalyst and teacher, and author of "The Courage to Create," talks about getting involved, freeing your unconscious, and nourishing yourself from the world around you

EDITOR'S NOTE: *Dr. Rollo May,* left, *has written several books, including* The Meaning of Anxiety, Man's Search for Himself, *and the best-selling* Love and Will. *He was interviewed on a recent visit to New York by Caroline Seebohm.*

"Today's age is producing a great movement toward feeling, toward imagination, toward intuition. Our civilization began with the Renaissance, with emphasis on intellect, rationalism, or reason. But now we are realizing that you cannot live without feeling, the feeling that comes out of love, esthetic enjoyment, passion—these things are all part of the totality of the human being.

"Creative work helps achieve this new depth of feeling—making things, designing things, working with your hands, going back to the land. These are examples of how we are groping toward something more real than the intellect.

"When you are completely absorbed or caught up in something, you become oblivious to things around you, or to the passage of time. It is this absorption in what you are doing that frees your unconscious and releases your creative imagination. This total involvement happens to the artist or the scientist when creating; it can happen to anyone, even to a child at play.

"You cannot *will* creativity. This intensity of awareness is not necessarily connected with conscious purpose or willing. It may even occur in dreams. But by whatever name one calls it, genuine creativity is characterized by such an intensity, a heightened consciousness.

"The creative impulse is the speaking of the voice and the expressing of the forms of the preconscious and unconscious.

"Creativity occurs in an act of encounter—for instance, when Cézanne sees a tree, he sees it in a way no one else has ever seen it. What we must try to do is open up our imaginations to seeing the depth of our encounters—whether it is with people or with things. It is a form of commitment. Young people who choose to live in communities concerned especially with working out interpersonal relationships are going back to their deeper selves through these encounters.

"When you have your first baby, that is an encounter, and it creates a new world. Such an experience lifts you up into joy. Listening to music or looking at a painting can also produce this effect. Some new vision is triggered in us by the experience. This is why appreciation of music or painting or works of a creative person is also a creative act on our part.

"Creativity is involved in our every experience as we try to bring harmony and integration into our lives.

"When I visited New York recently, it was pouring with rain and even Central Park looked very dreary. But then I noticed in this dreariness that the trees weren't really gray, but a reddish brown color, against the gray sky, and there was mist below, and a little green here and there—so that suddenly the picture was quite beautiful, and I thought to myself, 'That could be painted,' or 'I could paint that.' It was not what would easily be thought of as beautiful, but *(Continued on page 151)*

A GARDENER'S STUDIO

A gardening shed, right, *for a creative gardener who's in it so often that "I consider it another room in the house." It was designed for Kenneth Battelle by Bunny Mellon, an accomplished gardener known for designing the Rose Garden at the White House. Kenneth's potting shed has brick-in-sand floor, walls of painted redwood, and a glass ceiling whose panes open outward to let air circulate. "I store all my supplies here, do the potting and the repotting—and the pot washing," says Kenneth, "keep funny old pictures on the walls, and, in the chest, books on the care, feeding, and love of plants."*







n Mara Cary weaves
has nature in hand

Basketry

Refinishing



Eleanor Weller turns old wood into folk art using paint, feathers, lots of care

You and your craft

BASKETS FROM THE BACKYARD

Anything can be made into a basket, and over the ages baskets have served for everything—the first pots, predating clay cookware, carriers, furniture, helmets and hats, even houses. Every basket in the world is still handmade because nobody yet has managed to invent a machine to weave one. Short-lived grasses can make baskets that last for centuries, and the humblest of materials—cattails, tree bark, roots, jungle vines, and homely honeysuckle—have gone into works of art prized in museums. "I love to work with brambles," says Mara Cary, author of *Basic Baskets* (Houghton Mifflin, $4.95). "They grow everywhere, and they're so mean, it's a joy to make them into something nice."

When she has a need, Mrs. Cary invents a basket. Traditional melon-shaped baskets, opposite page, are for melons or vegetables. Also, a basic basket, a cup, and two with indented rims to help balance pencils or, as she uses them, to dry silverware. She sells them through Nantucket Looms, Nantucket. Inset and closeup, Mrs. Cary weaves one of honeysuckle. For instructions, please turn to page 54.

NAÏVE PAINTED FINISHES

Using whatever is at hand, a goose quill, a horse's curry comb, a toothbrush, Eleanor Weller creates her own folk art. "I assimilate ideas from museums and catalogues, and then come out with my own version." To follow her recipe, it is better—but not necessary—to have whatever piece you do stripped or in natural wood. Paint the entire surface—or just the areas you wish to pattern—with one coat of oil-base paint. On the doors she used a buttermilk-color base. Let dry for 24 hours. Paint overlay coat in another color—here, "herbal green." Let it dry enough so if you make a scratch the paint won't flow back over it, but it must be manageable, not too sticky. Usually about 15 minutes. Any tools that will create an effect will do—combs, sponges, feathers, quills. Keep paint from building up on tools by cleaning constantly with turpentine. On door, *left*, Mrs. Weller began by dabbing panels with a 2-inch piece of natural sponge. Corner circles and crosses were scratched in with a goose quill, borders with a half-inch piece of a teasing comb. Curves, ribbon trails were swagged by a curry comb—

Left: Five doors surround the upstairs hall of the Wellers' house. (The rest of the house, page 102.) The doors were decorated to substitute for the fine furniture intended but not yet collected. Inset and below left: Mrs. Weller "combing" a table in a design.

BEADLE

ooking

BEADLE



onnie Rusconi quick cooks fresh green egetables for health, crunch, eye appeal



Sol Kent thinks that needlepoint is terrific—and portable—relaxation

S. KORNILOFF

Needlepoint

You and your craft

VEGETABLE WIZARDRY

"Changing seasons bring an irresistible variety of vegetables to our market," says Connie Rusconi, "and I don't resist them." Connie and Natale Rusconi and their three children live in Venice. She is American and likes to cook Italian dishes while keeping an eye on calories. "Natale's directorship of the Gritti Palace Hotel means we get gastronomic treats galore, so at home we eat simply, for example, *verdura strascinatta,* literally shuffled greens, cooked by the Italian equivalent of stir-frying, a method that can be used for almost any green vegetable: spinach, chard, French beans, cabbage, zucchini. The vegetables, done only until they are bite crisp, but not raw tasting, keep their bright color and individual textures, and are enhanced by a zing of flavoring. All but zucchini are first blanched and drained. She cooks each vegetable separately with about a tablespoon of olive or salad oil per pound of vegetable. To French beans and zucchini add salt and finely chopped garlic; to spinach, chard, and cabbage add 1 whole clove of garlic (remove before serving), salt, red or cayenne pepper.

Opposite page, above: In the Rusconis' garden, a plate of perfectly cooked vegetables ready for serving. Below: Tipping greens into pan. To cook al dente vegetables, Mrs. Rusconi shakes pan gently over moderate heat, turning vegetables at same time. Zucchini are done (about 7 minutes) when no longer opaque but still firm.

FREEHAND STITCHERY

Needlepoint is the ultimate in detail work, 196 stitches per square inch, a craft for people who love precision. And not only precision of hand. The eye also finds something pleasurable in order, says Sol Kent, fashion director of Rich's department store in Atlanta. He started doing needlepoint three years ago when he was given a canvas for Christmas. "First, I learned to thread a needle," he says. "Finally I mastered one stitch, a basketweave—it's all you really need—and since then I've done my own designs. I look on it as art," says Mr. Kent. "I've heard that Maillol did needlepoint before he went to sculpture." He begins in the middle and works rapidly, because he designs as he goes and can't wait to see how it will come out. From pillows, he has moved on to wall hangings 22 inches square. Others also see his work as art. In the fall he will have a show at the High Museum of Art in Atlanta.

No two of Mr. Kent's designs are the same, and once he has finished them, he doesn't keep them around: "That would be boring." Only four, his wife's special favorites, left, remain in his own living room. They're geometrical relationships, lines, squares, and rectangles. Never, ever, a curve.

Gardening



Hannah Wister's ornamental kitchen garden gives herbs, vegetables, flowers, fruit.

You and your craft

ALL-IN-ONE GARDEN

A passionate gardener, Hannah Wister describes her garden at the side of their house, and its varied delights—the choicest of vegetables and herbs, bouquets of summer flowers, an abundance of apples, pears, and berries—as a "happy hodgepodge of plants—it's important to be as self-sufficient as you can these days." By mixing plants she makes the most of every inch of space, and adds variety to the table. (Both of the Wisters like to cook.) She also proves that a vegetable patch can be as pretty as a Colonial strolling garden. Even insects seem to be impressed, or befuddled. Because there is not much of any one crop in any one spot, attacks are never serious and can be dealt with simply. To foil rabbits, the fence is lined at soil level and below with chicken wire. Tidy rows and narrow beds, plus grass paths and stone paths, make it easy to tend plants individually, without packing the earth or tracking mud. The picket fence gives wind protection to tree peonies, dahlias, and lilies. Most of the inner beds are edged with small flowers, strawberries, or herbs. The sundial path to the kitchen is fragrant with lavender. More, page 64.

Opposite page, top: The William Wisters' 60-by-72-foot kitchen garden is surrounded by a swagged fence for grace, privacy, and as support for tomatoes, roses, berries. It replaced a yew hedge that deer found delicious. Bare spots are where crops have been harvested and new rows have been seeded for a continuous supply of tender young vegetables and flowers in season. Below: In a small greenhouse Mrs. Wister pots up herbs for winter use.

NEW-LOOK NEEDLEPOINT

Once there was a princess from Hungary who settled in Florence. When she unpacked her trunk, her draperies and pillows, her coats and her stitched slippers were so beautiful that all the court ladies demanded lessons in that kind of needlework and so bargello became popular. At least, that's the legend. Since the 13th century a regular encyclopedia of traditional patterns has evolved, all using the single straight stitch that skips four to six holes in the canvas (making bargello a faster form of needlework than needlepoint). But—"I forgot all the old rules," says Gigs Stevens, whose Buffalo, N.Y. shop, Eye Squared, has become a center for free-form bargello. "It's freedom and surprise. With each color change, the pattern can change. There's adventure in it. You never know how it's going to turn out."



Stevens plots her bold new llo on huge wall charts.

Bargello

When Mrs. Stevens, who started working bargello when she stopped smoking, hung one of her first pieces, the rug shown above, on the wall of her shop, people wouldn't stop asking about it. So now she has a large Formica chart (inset) on which she plots out the first steps in water-based ink, and her fellow needleworkers take it from there. Her bargello book will be published by Scribners next fall. For her step-by-step basic instructions, see page 54.

With his own hands

A created world

A beach cottage turned into a weekend garden house by Kenneth who decorates for comfort, looks, and practicality, and gardens for pure pleasure.

When the founder of one of the world's best known and busiest beauty empires escapes to the beach on weekends, he leaves his work for two days of—work! Kenneth Battelle, whose first name is the famous one, blames the situation on the friend who introduced him to gardening years ago. "It's hard physical labor," complains the man who leaves his house-guests to their own devices while he vanishes into his garden or potting shed. And then: "But I love it. My garden is my peace and my truth."

When Kenneth found the beach cottage eleven years ago, it was all but windowless, with shingles that had streaked because they were protected by a dune from the strong silvering winds of the sea. But it was surrounded by National Seashore and its remoteness was appealing. "I didn't have electricity until last year," he says, "and I can still get out there only by motorboat and, because of the shallows, a dinghy."

Kenneth painted the shingles, opened up the house with expanses of sliding glass doors, remodeled the bathroom, and painted everything white—except the floors, which are painted to look sand-scrubbed and lovingly worn.

Outside, his world is the garden: a pot garden in the brick entrance terrace, *opposite page*, and, off his bedroom, a walled area he calls his "secret garden," with a potting shed at the far end. You can glimpse the "secret garden" through the bedroom window on page 101; for a close-up look at the extraordinary potting shed, see page 89. "I learn from my gardening," says Kenneth. "I experiment to see which plants are most welcomed by the very sandy soil. So far I've had most success with day lilies, hostas, and spectacular old roses. I've been trying to grow blue poppies for ten years. Finally I located some seeds I thought would do perfectly in my soil. I planted them, tended them, and waited the two seasons—and they rewarded me by blooming crepe-paper pink."

If you keep your life and your house simple, there's more time to do what you like

At each deck-post, *opposite page*, a singular tomato shares a huge pot with geraniums, petunias, marigolds, onions. "I've read not to crowd plants—but they seem to adore it." At the base, geraniums, lobelia, alyssum, herbs. "I like to take pots inside for centerpieces or to use in the kitchen." The tomatoes grow inside a Tomato Tower, from Park Seed: three sturdy wires with the central stalk trained between. "I pinch off all side branches, get statelier plants, more tomatoes."



Inside, the house is airy, light, so open that hummingbirds often fly right through—and totally without frills. "There's not a curtain in the place, everything stores *away*, and the furniture is very comfortable but unremarkable—because I want the house to look good without having to spend time cleaning." The one glory is the floor, painted to look like faded geometric patterns. "It isn't difficult, but it takes a lot of time and effort." To learn how, see the floors he painted in his New York house in House & Garden, September, 1973.

Entertaining is very simple for a very simple reason: Everything has to be brought in by dinghy. "We use a lot of packaged foods and mixes." Lunch, *right,* includes Bloody Marys with fresh tarragon, Chicken and Almond Mousse from *The Blender Cookbook* (Doubleday) "with added cayenne, curry, onion, and a small can of sweet peas"; tomatoes with basil; green bean salad; corn muffins and brownies. All the leftovers—even the Bloody Marys—go into the blender to make soup. "Guests ask: 'What kind of soup is this?' I reply: 'Pink.' "

Plants in pots make quick-change garden you can arrange from week to week

The house, *below,* with the dinghy at the dock. "The birds are magnificent here," says Kenneth: "scarlet cardinals, woodpeckers, birds that skim the water surface fishing, and mysterious white egrets that stand motionless in the reeds." *Bottom:* The living room, where sofas have two sets of sailcloth slipcovers so one can always be clean, and the kerosene lamp on the table is far from obsolete. *Right:* On the dining table set for lunch, wine decanters stoppered with lemons. *Far right:* In the dining area, banquettes covered with unique flower-printed fabric designed for Kenneth by Julian Tomchin. The painting by Floyd Covert is of Kenneth's bedroom—with painted floor and a planterful of thunbergia and nasturtiums: "My favorite flower of all."





Everything is washable and everything is white —except for the water-color-painted floors





Kenneth's created world, *continued*

They're hats! Thai hats, *above,* from Kenneth's hat collection, worn by guests relaxing in wicker chairs on the bayside deck. "The tree that looks as if it's growing through the deck actually is—in a sunken concrete planter lined with redwood." The big tile tub (4 by 8 by 3 feet deep) in the bathroom, *above right,* was remodeled from a double stall shower. "In a house so remote from most conveniences, I decided that the baths had to be as luxurious as possible—and as easy to take care of. Everything is built in—and all storage is out of sight." In the white guest room, *below,* the painted floor is a faded-pattern of blue and green rectangles, meant to look as if it had been painted a hundred years ago. On the white sailcloth-covered beds, throws "made by a Cape Cod family that raises the sheep, spins the wool, and concocts these heavenly things." Benches at the ends of the beds are covered, legs and all, with chamois-colored cotton. Louvered shutters fold back from glass doors that give onto the bayside deck. *Right:* Pillows on the beds are made from printed Swiss handkerchiefs.

BEADLE



Flower patterns bring the garden right indoors

The master bedroom is a breezeway for sleeping, with sliding glass doors that lead to gardens on two sides. Painted octagons of scrubbed red, yellow, and white cover the floor, and quilted white sailcloth covers the iron canopy bed. At the foot end, an old painted blanket chest; across the room, a table that's a white-lacquer camel. From the bedroom window, Kenneth can see a climbing white rose from England that took eight years to bloom: "It would probably not have bloomed at all except that I finally spoke harshly to it," he says. "I threatened it with composting—and that very summer it covered itself with the most phenomenal fireworks of bloom."

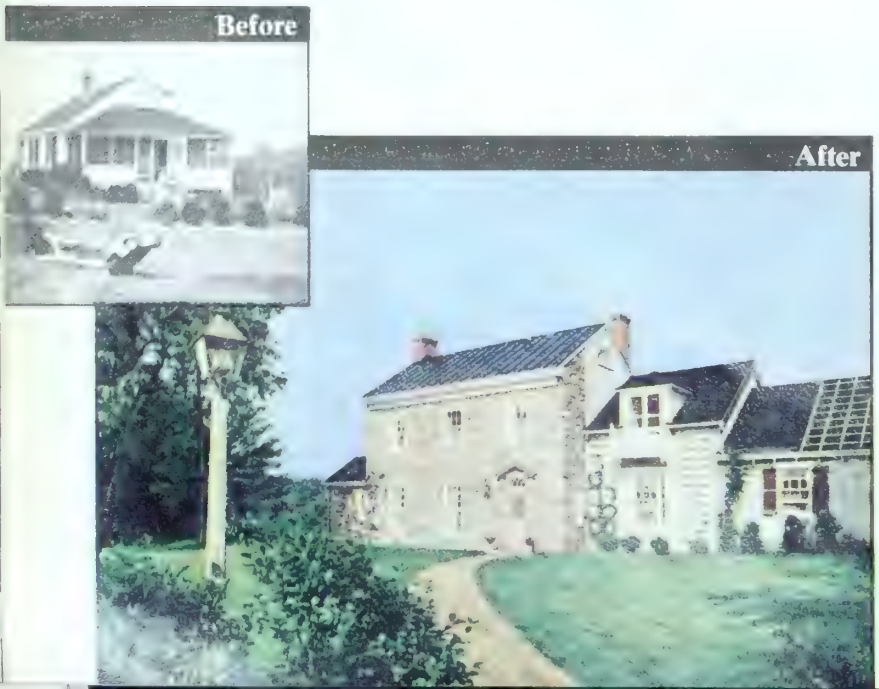


The bedroom needs little decoration because it looks out to gardens on two sides

With their own hands

A created world

Build an 18th-century house today? The Weller family did, with enthusiasm, research, and 18th-century materials.



Seven years of research and planning, four years of collecting architectural elements, and fifteen months of building and painting transformed a 1942 tenant cottage into what seems an 18th-century Maryland farmhouse. Mr. and Mrs. Frank Weller Jr. "wanted the house to look as if it had been continuously lived in through the various stages of a family's fortunes. That's why the wings are of three different types." Most of the materials used, including the stone from an Amish barn, were 18th-century. Research was extensive, search constant

Above: A pond picnic with children, dogs, and Charlotte, the 750-pound pet pig. Won in a contest by Mrs. Weller, amiable Charlotte attends dinner parties and garden club meetings, an indoor-outdoor pig. "To have more fun, more time for picnics or painting, I must be organized though it doesn't come naturally," admits Eleanor Weller. "I even color-chart my calendar. Yellow, a nice color, is tennis. Black is for carpools." Far left: Before, the original board-and-batten cottage that is now the smallest wing of the house. Left: The house today.

—a joyful adventure. "The first thing we found, at an auction, was the Georgian staircase in the front hall. As we found each piece we stripped and sanded it and stored it in a shed on the property. Sometimes it took weeks to find the right cornice, and what we couldn't find, we copied faithfully, using pine boards from an 18th-century log cabin we bought for just that purpose. Our restoration builder, Ed Nace, even used 18th-century tools in some places." Mrs. Weller is constantly doing crafts, collecting new design ideas, finding and refinishing furniture. Double hanging porches were Mr. Weller's idea, suggested by manor houses on the Eastern Shore of Maryland. The country Chippendale railing was rescued: "Friends helped us bring it all home in horse vans. Stripping it took days. We put it on cinder blocks and kept painting it with lye and water." The grand entrance hall is the most sweeping statement of all. "We told our architect Bryden Hyde that we wanted a hall that goes right through the house," points out Mrs.

It's an adventure collecting ideas and architectural elements

Weller, "no protrusions, no disturbances such as closets." (There is a small concealed bathroom under the stairway.) The house, "Foxgloves," sits on a 263-year-old Maryland grant, "My Ladys' Manor," now part of Baltimore County. (The third Lord Baltimore gave 10,000 acres in 1713 as a "special guift" to his fourth wife Margaret.) Adds Mrs. Weller, "It was later a turkey farm. So the first thing we did was to put in a very fertile garden. It grows 20 feet every summer, and we grow everything we eat. Frank and the children take care of it. I stay out, but spend about a third of my time canning, freezing, and dehydrating.







Top left: Mr. Weller, Baltimore lawyer, and Peter, sixteen, tending peas. Below left: Back of house, double hanging porches. Above: Entrance hall black skirtboards, even on door, echo 18th century. Above right: Three shades of apricot in "new" living room. Handcarved Georgian mantel, cupboards. Below right: The master bedroom bed-hangings handsewn by Bob Zimmerman, exhibit designer of The Baltimore Museum of Art.

The Wellers' created world.

continued

You can live happily longer with colors that come right out of the garden

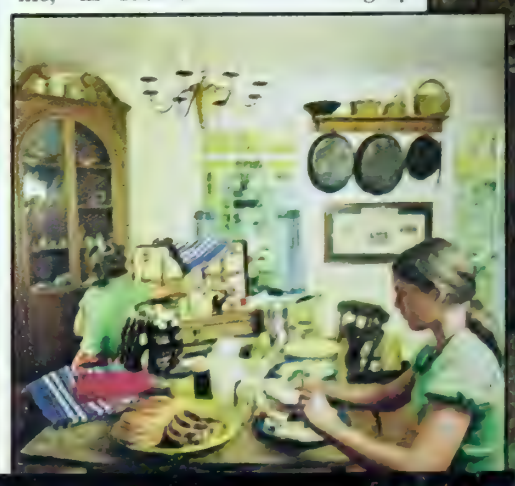






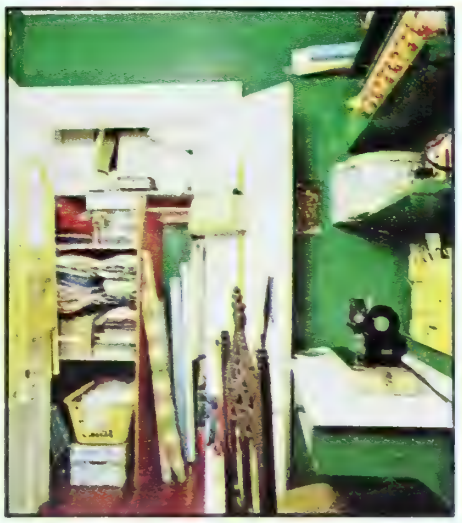
Once the open porch of the original 1942 cottage where the lawnmower was stored, this vividly painted room, *above,* is now a glorious greenhouse as well as a sun porch and a summery dining room in the winter. Mrs. Weller painted the floor to recreate a Navaho rug she wanted but couldn't afford. To light the chandelier you lower a pulley. The plants she collects by trading with friends. To dress up the enclosed porch, *left,* the Wellers placed trellising on the roof where "the roses climb as they do in Nantucket. The steps are pyramidal, the kind one sees in Charleston. I can put eighteen big pots on both sides and still have lots of room to walk. We enjoy all our porches, each is truly a room," she continues, "If you need variety, and I do, it is the answer. I go from porch to porch." The lower back porch, *lower left,* is "our 'natural porch,' as it has terra-cotta tiles and pots, baskets, plants, and natural wood." Nearby, an old nursery rocker. When Eleanor Weller arranges flowers she sets her vase on a turntable so she can see all sides at the touch of a finger. Her pantry is fitted with glide-out shelves spaced to hold vases of different heights and sizes, and with a drawer full of pinholders. In kitchen, *below,* the 18th-century English architectural corner cupboard was in this country only three days before the Wellers found it.

Left: Garden entrance to enclosed porch, above. Lower far left: The lower back porch with swing, a birthday present. Lower near left: Maryland mint tea in the afternoon with an assemblage of pigs and plants. Below: The Weller daughters, Marjorie and Eleanor, pack their "pignic," as Charlotte will be along.



A time-saving secret is to organize each project in a place of its own

In the upstairs hall, a child's dream, *above*, a secret closet filled with presents. "This is also for efficiency," claims Mrs. Weller, who keeps the closet key hidden. "I shop by mail or when I travel. Each box means a certain age from a child's birthday to a seventy-year-old friend. I have the ribbon, the paper, the twine, everything is ready. This way I can do folk painting, have adventures in my garden, anything except shopping. Or I could work on our furniture." To learn more about furniture, Mrs. Weller took a course in cabinetmaking and does some repairs, and she has finished furniture—and the doors in the upstairs hall—with what she calls "folk painting." To find out how she does it turn to page 91. The same time-saving principle works in her tiny organized sewing room, *near right*, across the hall. "Someday this might be my office, but right now it is to avoid clutter. I'm always buying material, sometimes it takes me fifteen years to decide whether to use it for place mats, a quilt, or clothes. I love pattern. I often buy just a small piece to look at it. Again, it's all here, the trim, the thread, no shopping necessary. We had no choice, we had to wait this long to build our house," says Mrs. Weller, "And I'm so glad we did. We were mature enough to know what we wanted. After so many years of study and searching, we feel we've finally done it!"



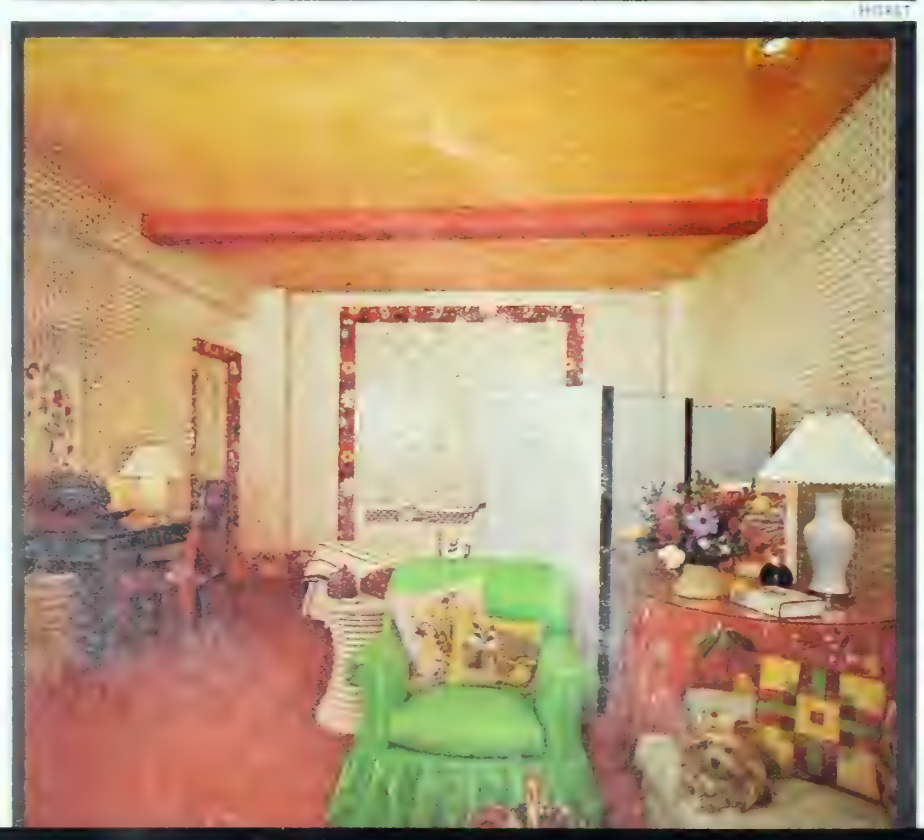


Top: Upper hall with its organized closet for storing presents and wrappings out of sight the year round. Above left: Mrs. Weller's sewing room, tucked away in a mere 4-feet square of space. Above right: The guest bedroom, one of the rooms of the new/old Weller house that came together and stayed together. All the casing, chair rail, baseboards and fireplace paneling came from an 18th-century house in Pennsylvania. Mrs. Weller takes special delight in the authentic fishtail curtains that let the lining show.

WALLPAPER POWER







One in a series of "How To" projects: wallpapering step-by-step. Professional paper hanger Abe Gershbein gives you the basics on the opposite page. For more about wall preparation, tools you need, different types of wallcoverings, and his tricks of the trade, turn to page 153

Top left: **For a scalloped top at wallpaper edge, mark scallop's high point at center of each strip; low point at strip's edges where wallcovering butts. Painted navy band finishes the look. Designed by Ronald Bricke.** ***Center:*** **Same patterned paper and fabric for a bedroom. Matching border outlines door, window frames. Designed by Mark Hampton for Lyn Revson.** ***Bottom:*** **"Obi" flowered wall-covering over window, door frame, baseboard. Shade and door panel in a floral line design and walls have a Japanese stencil on rice paper pattern. Designed by Ronald Bricke.** ***Opposite page:*** **Abe Gershbein demonstrating paperhanging technique at a seminar at Janovic/Plaza in New York City. Vinyl wallcovering by Wall-Tex.**

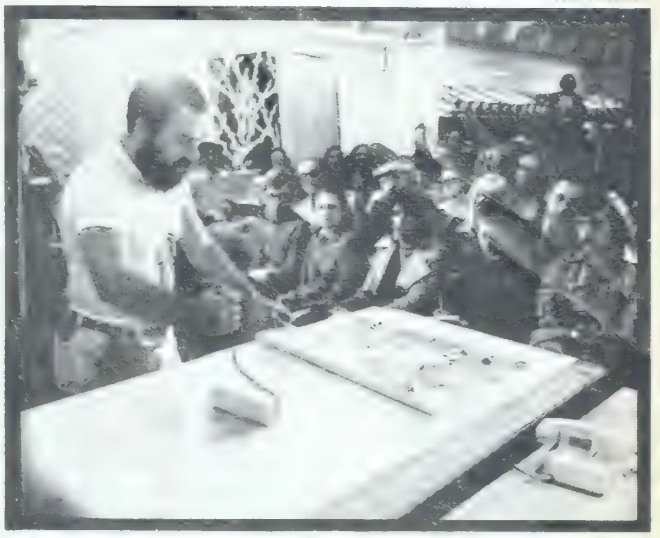
EXPERT WALLPAPERING STEP-BY-STEP



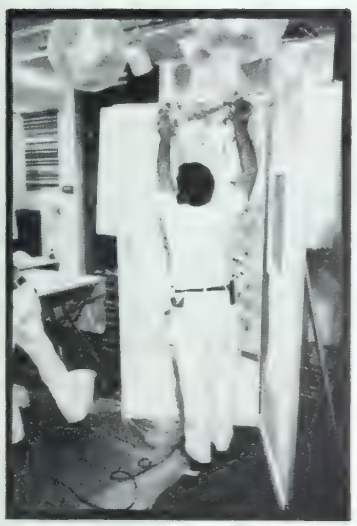
a Cut first strip to wall height plus 2-inch overlap top and bottom. Measure width, trim selvage if any. For second strip, match pattern face side up, measure and cut.



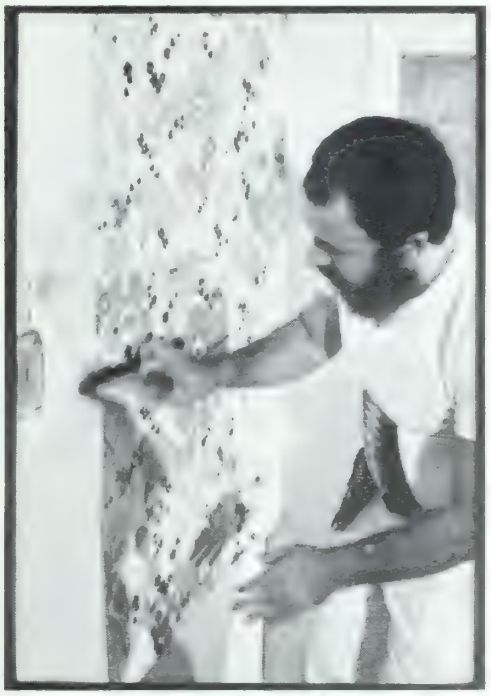
b From right-hand corner measure wall width of first strip less ½ inch. Mark. Using level as a straight edge draw line height of wall for outside leading edge.



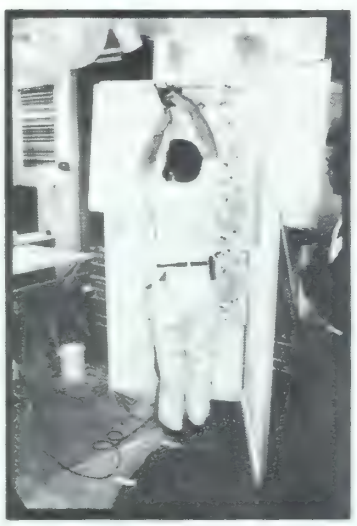
c Apply paste to back of wallcovering with a low nap roller. Work from center out to edges. Fold over half to center, wet-to-wet, fold over other half and carry to wall. Place loosely on wall at ruled line. Allow for 2-inch overlap top and bottom and ½-inch overlap inside corner.



d Spread top half flat. With left hand to anchor, right hand reaches behind paper to unfold bottom half.



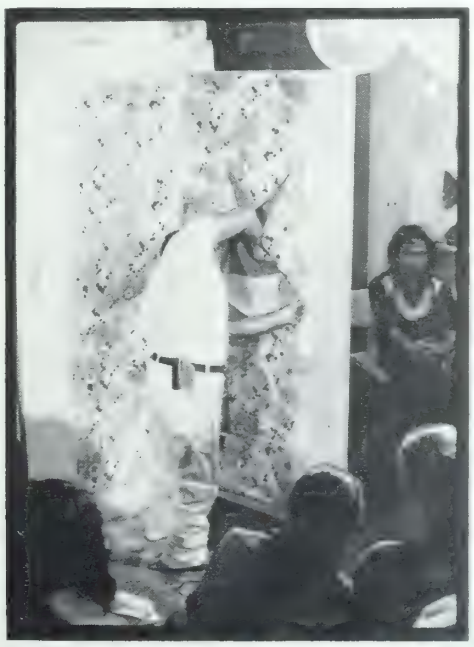
e Using a wide wallpaper brush sweep surface from center to edges. Remove as much air and excess paste as possible —use your strength. At edges use seam roller.



f Press putty knife against ceiling or molding and firmly cut paper with mat knife. Sponge surface with water and let dry. Repeat preceding steps for each strip.



g To paper around a window: run a strip right over opening. Anchor lightly and press lightly to wall around frame.



h Mark an X on four corners of frame and cut from center of window to Xs. Smooth paper gently against wall while cutting it.



i Press paper with putty knife against frame wherever it meets the wall— top, sides, and bottom.



j Cut away excess paper with mat knife. Smooth out air and paste with brush and seam roller. Technique similar for door frames, moldings, or a built-in medicine cabinet.



TAKE A TAX BREAK

By Paul Gross

Your home is a shelter in more ways than one. It can be a very generous tax shelter, if you're willing to search out all the tax breaks you can legally lay your hands on. The effort is well worth your while as taxes have been rising almost twice as fast as the other items in your family's budget in the past six years or so.

Homework

If you've turned a craft into a paying business or regularly take work home from the office, you can probably take an office-at-home deduction of hundreds of dollars. However, as the Internal Revenue Service is tightening up on this deduction, do everything you can to substantiate it, in case it's challenged later.

If you deduct a workroom used in your craft, keep thorough records of your income and expenses. In addition, you have to be able to show a net profit in two out of five years of business. If you don't, the IRS will treat you as a "hobbyist" and limit your deduction to what you make from your craft. For example, if you make $2,000 a year from designing needlepoint, you can deduct no more than $2,000 a year in office-at-home expenses.

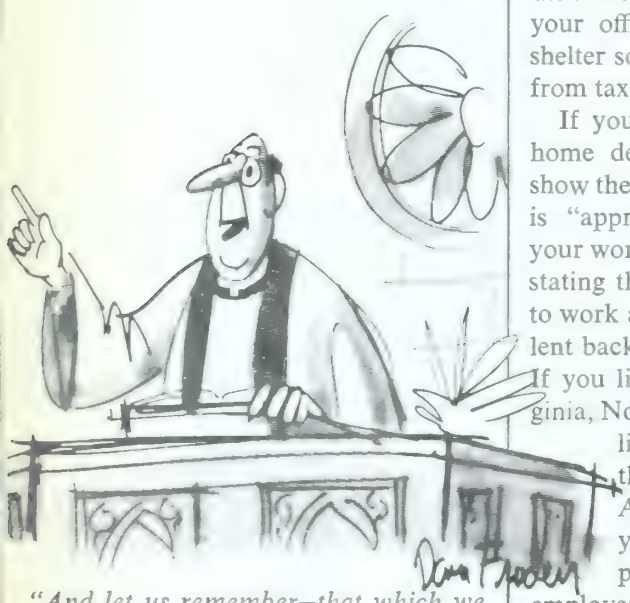
If you pass muster with the IRS as a business rather than a hobbyist, however, you might occasionally be able to take deductions that are far greater than what you earn from your craft.

This means you can use part of your office-at-home deduction to shelter some of your other income from taxes.

If you're claiming an office-at-home deduction, be prepared to show the IRS that working at home is "appropriate and helpful" to your work. A letter from your boss stating that he or she expects you to work at home regularly is excellent backup if you're ever audited. If you live in West Virginia, Virginia, North Carolina, South Carolina, or Maryland—where the Fourth Circuit Court of Appeals has jurisdiction—you should also be prepared to show that your employer's office was either unavailable or unsuitable for work after hours. An IRS employee, of all people, recently lost his office-at-home deduction in the Fourth Circuit Court of Appeals because the IRS offices were heated, well lit, and available at all times.

If you feel that you can withstand a possible audit by the IRS, you can deduct the cost of redecorating your office-at-home, the cost of your office supplies, subscriptions to appropriate magazines and newsletters, and a share of all your house's allocable expenses. For example, if you live in a seven-room house and use one room exclusively as a home office, you can deduct one-seventh of all your phone, gas, and electric bills, cleaning and maintenance expenses, homeowner's insurance premium, and so on.

If your office at home is also used as a TV room or a den, you can only deduct a portion of the allocable costs. How much depends on the ratio of time the room is used as an office to the time it's otherwise occupied. For example, if it's used as an office for around two hours a day and as a TV room for about an hour a night, you could deduct two-thirds of the expenses allocable to that room. Unless a room is used only as an office at home, you would be wise to keep a daily log or diary detailing how and when the room is used.



"And let us remember—that which we render unto God is deductible from that which we render unto Caesar."

DRAWING BY DANA FRADON;
© 1974 THE NEW YORKER MAGAZINE, INC.

Sun spots

You can get what could be a sizable tax credit on your state income taxes if you convert to solar heating and live in one of the following states—Arizona, Colorado, North or South Dakota, Maryland, New Mexico, New Hampshire, Illinois, Texas, or Oregon. In New Mexico, for example, you can get a state tax credit of up to $1,000 for installing a solar-heating system in your primary residence. Vacation houses don't usually qualify for this tax break. (While a number of bills proposing federal income tax credits for the installation of solar heating or insulation have been introduced in Congress, none have yet seen the light of day. Nor will they for some time to come, now that Congress is busying itself with election-oriented matters.)

Rx for home development

Very few people realize that a home improvement can be deducted as a medical expense if it is undertaken for medical reasons, on a doctor's advice.

For example, if one of your children has asthma and your doctor prescribes central air conditioning at home, you can write off installation costs. Other examples include an elevator for someone with a heart condition, and a swimming pool for physical therapy.

If the improvement raises the value of your house, you can deduct only the amount by which its cost exceeds the rise in value. For instance, if you lay out $5,000 for central air conditioning (for medical reasons) that enhances the value of your house by $2,000, you can deduct $3,000 as a medical expense. If you rent your house or an apartment, you can deduct the entire cost of the improvement, because it enhances the value of your landlord's property, not your own. It's a wise idea to have your house appraised before and after—it will help substantiate the deduction, and the cost of appraisal is also deductible.

An untaxing hobby

Did you know that the cost of some hobbies may be deductible as a

Edtior's note: Paul Gross is a financial writer and editor of the Busi-

many executives who followed their doctors' orders and took up needlepoint as a way of relaxing regularly deduct the cost of lessons, yarn, and canvas as a medical expense. Similarly, you could deduct the cost of, say, clarinet lessons for a child with orthodontic problems if your dentist prescribes it.

Casualty on the home front

If you accidentally damage your own property, you can deduct everything except the first $100 as a casualty loss.

However, the loss can't be the result of a wanton or malicious act or gross negligence. Some examples: One taxpayer followed the advice of a salesman and used a chemical on the lawn without reading the label warning him not to. It destroyed his lawn, and he was able to deduct the loss. A homeowner who put in a swimming pool was allowed to deduct the cost of fixing up his lawn after the pool builder's trucks turned it into a battlefield. Note that the builder refused to repair the damage despite the homeowner's entreaties and threatened legal action. According to the IRS, you have to make a serious effort to get whoever damaged your property either to fix it or to pay for repairs.

You can also take a casualty loss deduction if you damage or lose something at home in a sudden or unexpected way—and can clearly identify how it happened. For instance, consider the fellow who was able to deduct the loss of a diamond that popped out of his wife's ring when he slammed the car door on her hand. Accidents like that, even self-inflicted ones, are quite common when you fix up your house or putter around in the garden. *(Continued on page 130)*

Inquiring Financial Reporter

Do you keep a budget?



Heidi Fiske
Director, Institutional Investor Institute

I really do it after the fact. Once a year I make a budget by going through my checkbook and seeing what I have spent money on that year; I break it down into categories and see roughly what they should come out to for next year. I pay almost everything by check, because I have so little time to spend keeping a budget—my checkbook is my budget and my tax record.

I think of time and money as things you should weigh against each other. I tend not to try to spend time saving money—I'd rather spend time making more money. For example, why not pay someone $4 an hour to do housework for you, if you can make two or three times as much working at something that interests you more.



Felix Rohatyn
Chairman, New York Municipal Assistance Corporation; partner, Lazard Frères, investment bank

I do not. The bank calls my secretary when I'm overdrawn—which occasionally happens—and I do something about it.



Gillis Addison
Mother of four children, head of the New York model agency, Mannequin

I don't need to—I was born the most frugal woman in the world. I always have $100 in cash with me, and I charge as little as possible. I market once a week with ads cut from the papers, and always go to at least two markets, where I buy in bulk. I pay all bills by the 10th of every month. I apply regularly for reimbursement on Blue Cross and my major medical, though it means a lot of paperwork. I take the bus or the subway, and buy *all* my clothes and the children's clothes at sales. I'm on a fixed income and I never exceed it.



Richard Langer
Author, Grow It Indoors *(Saturday Review Press)*

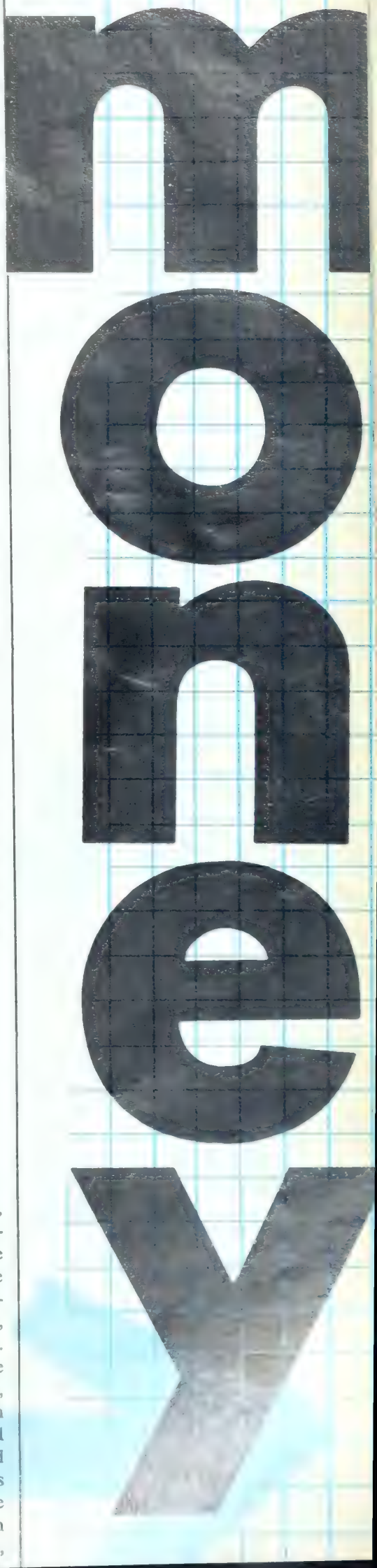
Not a formal budget, but I do keep track of my money. Here's a gimmick I find useful: I write a lot of checks, and round them all out when entering the amounts in my checkbook. For example, if I pay a heating bill of $32.15, I write the check in that amount, but enter it on the stub as $33. At the end of the year, I have about $200 extra on my bank statement, and I use it to pay for Christmas presents.

Also, I find it's easier not to spend money if it's in a bank account with a special purpose. I have five separate savings accounts—two for my two children's college educations, one for my retirement, (I am self-employed), one for self-insured hospitalization, and one regular savings account.



Stephen Blacker
Marketing vice-president

Yes. My budget is annual, rather than weekly or monthly—I didn't want to become an accountant. On one side I set up fixed costs: insurance, food, car, telephone, miscellaneous home repairs. On the other side, the "free choice" items: vacation, clothes, savings. Even with the budget, however, I still can't correct what we spend that much. My purpose was really to find out where the money was going. It's been an education, but a negative, depressing one.



money

Do you keep a budget?



Polly Bergen
Beauty expert and television personality

No; I have a business manager who does it for me. But I really do question bills now. For the last twenty years, I had a secretary who wrote out checks that I would sign. Now I pay all my own bills, and in the last year I've saved $2,000 on incorrect billing. At a jewelry store before Christmas, I was looking around for my most important gift, and chose a $225 item; I was billed $600. A year ago, I would have signed a check for that bill. And though it used to embarrass me to add up the bill in a restaurant, now I always do it very carefully.



Peter Knutson
Associate Professor of Accounting, Wharton School of Finance

Not really. One thing I find helpful, though—on my check stubs, anything that's tax deductible I write in red ink instead of the black I usually use. Then I can find it easily later.

Each year at tax time I draw up a list of financial assets and liabilities—I do try to find out where I stand, but I don't try to find out how much I spent, because I'm afraid to know where it all went.



Arthur Burns
Chairman, Board of Governors of the Federal Reserve Board

I don't keep a budget. I no longer have time.

THE MONEY PIE:

How should you slice it?
Here is the proper division after taxes, according to **Eliot Janeway,** economist, columnist, and author of *You and Your Money (David McKay)*



25% shelter

Rent or mortgage (including taxes and insurance payments) plus utilities. If you spend more than 25 percent on shelter, you probably won't be able to save any money. And it's usually an indication that you overspend on other things too, such as cars and vacations.

20% food

At home or in restaurants.

10% savings

First build up a reserve emergency fund equivalent to six months of income. Then continue to save 10 percent until you have a sum you feel comfortable with. Then you can begin to invest some of it—and even speculate with up to 5 percent of your saving —your "investment capability

45% other expenditures

The chunk that needs to be budgeted so you can have the things that you want accordin to your own priorities. Includes insurance premiums (you should have a straight life insurance policy equivalent to five years of income), car payments, summer camp, clothing, furniture, and everything else you buy. If you keep to your allotments for shelter, food, and savings, the rest ought to fall into place.

MARINA SCHINZ

MINI-DEDUCTIBLES: CHECK OUT CHILD CARE



Diane Kranz, CPA, says women often don't know what tax advantages are open to them

"Women traditionally have never had to bother about doing their personal income tax," says Diane Kranz, partner of Kranz & Company, Certified Public Accountants, and teacher of a course on "Saving Money on Personal Income Tax" at New York's Womanschool. "Nowadays, with more and more divorced women, widows, and working wives, filling out income tax forms has to be done by people who have never before had to face the problem."

Women in particular often do not know what tax advantages are open to them, believes Mrs. Kranz. "For instance, child care expenses for both married and divorced women can be deductible in certain cases" (see table, below).

The single most important thing for everyone to remember in tax matters, according to Diane Kranz is: *Keep records.* "That means records of all money spent during the year. If you write checks to 'cash' or pay bills in cash, make a note of where the money went. Keep all bills, all receipts, all check stubs with accurate descriptions. This way, even if you don't know how best to take advantage of tax breaks, with your records available someone else will."

Tax Deductions for Child Care Expenses

1 Applies to child under age of fifteen for whom the taxpayer is entitled to a dependency exemption, a child over fifteen who is mentally or physically unable to take care of himself, or the spouse if he or she is unable to take care of him or herself.

2 A joint return must be filed if married, and both spouses must be employed or seeking employment (unless one is disabled).

3 A married person who lives apart from his or her spouse for the entire taxable year is treated as an unmarried person for these purposes if:

a) he or she files a separate return;
b) he or she maintains as his or her home, a household which for more than half of the taxable year is the principal place of abode for a qualifying individual;
c) he or she must furnish over half the cost of maintaining the household and;
d) spouse is not abiding in household.

4 Expenses include services inside and outside the home:

a) day care center;
b) nursery school;
c) housekeeper;
d) maid;
e) cook;
f) other expenses necessary for the care of the home *and* the well-being and protection of the qualifying individuals.

1975 Limitations

1 **$400 per month.**

2 **Reduction of $1 of deduction for each $2 of adjusted gross income (AGI) over $18,000.**

3 **No deduction if AGI is over $27,600.**

4 **Expenses outside the household are limited, per month, to $200 for one child, $300 for two children and $400 for three children or more.**

FOR 1976, THE LIMITATIONS ARE GOING TO BE EASED, SO NEXT YEAR, PLEASE CHECK AGAIN WITH A TAX ADVISER.



GETTING THE JUMP ON FOOD PRICES

Read the newspaper, and start acting as your own commodities adviser. Current events have a strong effect on prices at the supermarket, but usually it's a delayed effect. If you know it's coming, you can sometimes prepare. Here's how it works: Bad frost in Brazil, say, in the month before harvest, cut the predicted coffee crop in half. Prices, naturally, will go up—but not right away. Not until current stocks of coffee sitting around in warehouses have begun to look skinny. Or not until speculators begin to buy up reserves. Meantime, you have noticed the frost news in a 2-inch story at the bottom of page 43. And on your next trip to the supermarket you buy 3 pounds instead of your customary one.

Weather ought to alert you. So should strikes, and strained relations between countries, and bumper crops—in fact, most of the human events that would interest you anyway. A valuable adjunct to your reading would be the commodities page of the *Wall Street Journal,* which often, particularly on Mondays, carries a round-up of a particular commodity and its probable price future for the year. A newspaper food-watch, by the way, is a marvelous means of self-improvement. Suddenly you need an atlas in the house, and a good grade-school geography book. You begin to be aware of where your food comes from, how it's grown, how it gets to you. You develop ties to the whole world.

"A time to sow, and a time to reap." A combination of sun-belt farming and transportation have wiped winter off the map for most urban residents, but sowing and reaping still go on, and food prices rise and fall to match. Use the seasons to cut your food costs. Not only for vegetables: While chickens are hatched year-round, most are still hatched in the spring to take advantage of warm weather. So chicken prices tend to be lowest in the fall. It takes two years to raise a good-sized beef animal from a spring calf. If the farmer, toward the end of the first fall, should decide that a) the feed crops don't look good, or b) the forecasts for beef prices don't look good, there may be a sudden drop in veal prices as calves are slaughtered. That happened last fall, and it was a good time for stocking freezers.

Keeping the lid on spending:

A Pleasure Chart

● On the left, list things you enjoy, and how much they cost (Broadway shows, concerts, trips to the department store, a meal at a restaurant).	● On the right, list the things you enjoy that cost nothing (a long walk, browsing through galleries, flying a kite, challenging a neighbor to rummy).

When you feel the spending urge—you're depressed, you're hungry, you're feeling particularly magnanimous or particularly paranoid—quickly consult your chart. The figures on the left ought to convince you that one of the activities on the right will solve the problem.

Billy Baldwin DESIGNS

furniture for comfort, practicality, and good looks plus go-together fabrics and wallpaper— and you can buy it all now

Two words keep cropping up in Billy Baldwin's conversation: "comfort" and suitability."

"Comfort before looks, before price, before anything," he says. "And comfortable rooms suit the way you live."

The new furniture, fabrics, and wallcoverings he has designed put his feelings into a tangible statement: Comfort today means simplicity.

"I want to get away from clutter, from contrivances, from multiplicities of pattern, from anything that takes too much time and care and effort. What's important today is *living* time."

Mr. Baldwin, who retired last June from a successful career as decorator, lecturer, and author of two books, has often designed funiture for clients. "When furniture design is honest and suitable, it tends to last," he says. "Louis XVI chairs were just what Louis needed —and we still use and prize them today. It's rather like a process of evolution: My straw-and-cotton slipper chairs are descendants of the big armless Lawson chairs of years ago—yet they are totally different in scale, weight, proportion, materials. It has nothing to do with trends, which I avoid—but with an awareness of the needs of the hour, and I hope, a certain amount of originality."

The furniture is simple, logical: a stepable designed for bedside or chairside, with a level for a lamp, another for books and objects. A table-desk that also makes a sensational dressing table. A bookcase—derived from the famous brass ones he built for Cole Porter—in bronze-finished steel with adjustable shelves.

ing of his mountain of wallpapers, *right*, illy Baldwin creates a room that speaks uent Baldwinese. The upholstered urniture he designed for LCS is covered ith one of his new fabrics, in a room apered to match (fabrics and papers by Voodson). Photographed at The Galleria ondominium in New York. For shopping **formation, please turn to page 154.**

DAVID MASSEY
NORMAN McGRATH

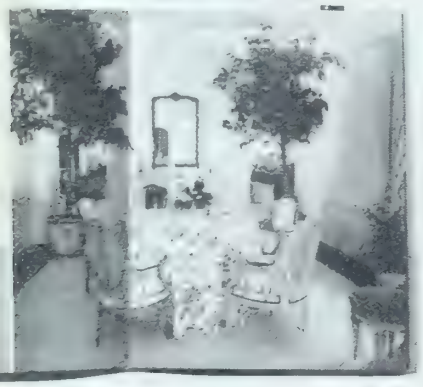

WILD FLOWERS

LAND-MARKS





From top: The first book, *Billy Baldwin Decorates* (Holt Rinehart Winston, 1972). A blue and white apartment for Mr. and Mrs. Harding Lawrence. Pioneer in pattern-on-pattern, the Kenneth beauty salon. Washington house of Mr. and Mrs. William McCormick Blair Jr.





Remodeled stable to illustrate one-room living for lecture at the Parsons School of Design, New York, 1950. The living room outdoors, a loggia for Mrs. Gilbert Miller's Mallorca house. The second book: *Billy Baldwin Remembers* (Harcourt Brace Jovanovich, 1974)





Fabrics and papers by Woodson Wallpapers; furniture by LCS. All available through decorators. Room photographed at the Galleria condominium, New York. Shopping information, page 154.

"A lot is demanded of furniture today. It must be suitable, multi-purpose, easy to take care of, and above all, comfortable"

"The best design is straight forward design—if it's honest, it will last"

Billy Baldwin DESIGNS

continued

INNOVATIONS

THE FURNITURE

he seating is scaled for today: ghtweight, light-looking, pared to e basic tenets of good design and e shortest route to comfort. The pholstered furniture is a team-up two straightforward naturals: rable, close-woven straw "for the rts that don't get the wear," and, r the parts that do, cotton. And cause Mr. Baldwin has held for ars to the principle of muslin pholstery plus zip-off slipcovers, e price of the furniture includes e labor cost of making the slip-vers (the price of the fabric de-nds on your choice).

THE FABRIC AND PAPER DESIGNS

. . . have, technically, been around for millions of years: they're the patterns found on seashells. "Not the shape of the shell, but only the pattern," says Mr. Baldwin, "in which rhythm takes the place of form." There are nine different shells, each with its proper Latin name and in its natural colorings—plus enough other chic, juicy colors to satisfy anyone's appetite. Most are printed on cotton; one or two on glazed chintz to go with the shiny companion papers. "The idea of companion papers was so you can have the look of fabric on the wall—without the bother and expense. Upkeep is easier too: The papers are all washable vinyl."

When he borrowed the designs from the shells, Mr. Baldwin didn't alter them any more than was needed to translate them from shell-shapes to flat surfaces. "How could I improve on the original?" he says. "Some are surprisingly contemporary, others almost baroque, and because of the classicness of the designs, they work as well on a Louis XVI armchair as something designed yesterday. No one can disagree that shell design has withstood the test of time—and tide."

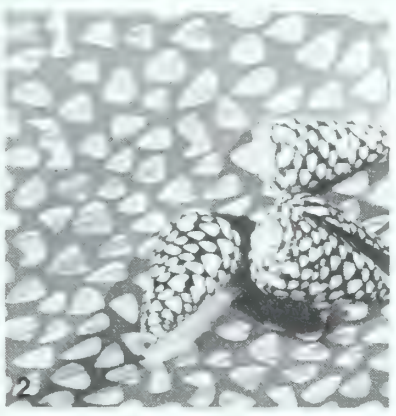
HOW TO USE THEM

"Almost anywhere, and with almost anything," says the designer. "The fabrics are classic enough to be used with any style of furniture and in rooms from high contemporary to the most conservative traditional.

"As for the furniture, it would be wonderful with cushions covered in suede, glove leather, or denim. I'd even put it on an outdoor loggia, but then you'd have to take it in: My furniture can really take a lot of living—but it doesn't like rain."

Straw-wrapped ipper chair. 18 ches wide. $480. *Marmoreus* (with its mesake) in hite with tan, brown, ange, eggplant, ue, green, yellow. Folding drink tray n a stand. 3 inches high. $545. *Mitra* pattern in hite with orange nd tan, blues, reens, yellows, rowns, and indigo ith brown. *Amoria*, waves of ranges, blues, reens, yellows, rowns, or black and ray on white. 6. The lipper chair's big rother: a chair for wo, $685, with a two-eater ottoman, $395. . *Melo*, mountains of hite on orange, blue, wo greens, yellow, amel, brown, and ggplant, reversible. . *Marmoreus* (see 2) t a distance. . Étagere in bronze-nished steel with helves of glass, vood, terrazzo. 84 nches high. $1805. 0. *Gloriosus*, the attern of the scallop hell, in white with nelon, blue, green, ellow, beige, and ortoise. 11. Straw-overed sofa. 80 nches long. $1695. 2. *Volute*, in shelly ans plus grays, aupes, and off-vhites. 3. Bleached ak step table. 30 nches long. $665. 4. *Tessulatus*, the attern in the oom beside it; in white on orange, lues, greens, ellows, camels, and an or gray with lack. *Lower right:* Mrs. Thomas Ban-croft, a star in Billy Baldwin's crown (see *Billy Baldwin Remembers*). Fabrics, $18 a yard; papers, $22.50 a roll, through decorators. Prices approximate.


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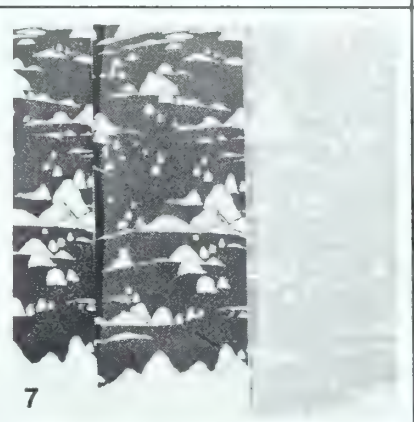

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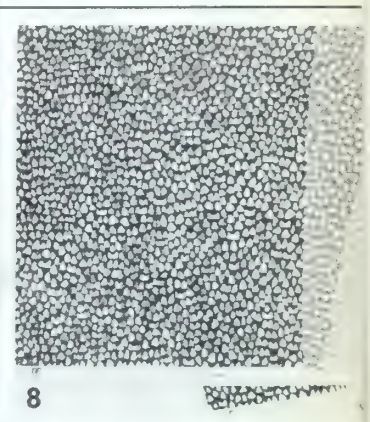

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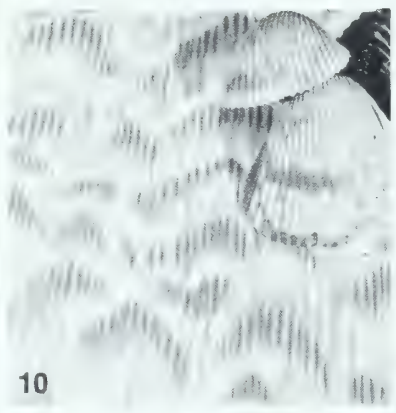

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12
DAVID MASSEY


13


14
BARRY MCKINLEY



"Fabrics with companion papers can cover anything in the room"

For a 1700's shingled farmhouse, and greens subtle blues

Celebrating the Bicentennial

They had a way with color

The psychology of color, as we use the term today, probably never entered the heads of 18th-century Americans. Yet, instinctively, they used it. Following no fads, they simply had what they liked, and although their preferences were often poles apart, we admire them so much today that we copy them. Clinton's Headquarters, *above,* is a house in New Jersey where Sir Henry Clinton quartered his troops in 1778. It is, and was, an unusually urbane dwelling to find in the middle of Jersey farmlands. Pure white, the exterior is sheathed in round-end shingles that wrap the house in the fanciful pattern of valentine lace paper. The same light touch prevails indoors, where colors are subtle, pastelish, and melting.

Seven layers of paint were peeled off the master bedroom walls (much as aging pearls are peeled) to reveal a marine painting over the fireplace (British and French ships are loading their cannon) and a series of painted—by hand, not stenciled—panels of leafy arabesques and a frieze done in soft blues and greens on a creamy white background. Pilasters are a bronze-gray-green—marble-like, but still, just paint.

For a 1717 Dutch Colonial house, bold blue, red and pumpkin



An uninhibited example of how far the color pendulum could swing from the astel quietude of Clinton's leadquarters, the Holmes-Hendckson house, *above,* was a rmhouse, pure and simple, uilt about 1717 in the Dutch olonial style—probably by utch settlers who remembered nd loved the gay colors of their ative Netherlands. (Look at msterdam today!) All the colrs, brought to light with the ainstaking methods of expert estoration, are original, alough the paint itself is of modern manufacture rather than the whitewash and casein mixtures used by the Colonists. The chemistry is unimportant; the vivid richness of the colors and the way they are used is all that matters.

These houses were restored and are maintained by the Monmouth County Historical Association of Freehold, N.J. Holmes-Hendrickson is open to the public Tuesday and Thursday afternoons, May through October. Group tours of both houses can be arranged almost any time by making an appointment. Call (201) 462-1466.

Pungent as mustard, the exterior of the house is a pure, deep, pumpkin yellow, an inspired switch from the period's classic white or the barn red concocted with buttermilk and the blood of an ox. With the pumpkin, a trim of pale beige, almost ecru —a surprising, but appealing contrast.

A tiny office at the back of the house, *top,* seems to be whitewashed. It is not. A new paint was devised with the texture of a lime mixture, but infinitely more durability. The trim is a brown described as the exact and luscious color of a bar of milk chocolate. The Dutch knew all about cocoa.

Back bed chamber, *right,* pairs a glorious red with a glorious blue, both of equal intensity so that neither plays second fiddle —excellent strategy, then and now.



DESIGN FOR PRIVATE LIVING

A compact one-level plan for safety and easy maintenance

"Our idea was this—to have a small, easy-to-care-for house that afforded maximum privacy and minimum upkeep." This is the result—created by the architectural firm of Warner & Gray, Paul Gray, project designer, for Mr. and Mrs. Warren B. Tremaine in Santa Barbara, Cal. The first problem to solve was that of privacy—this house *has no windows* on the outside. "This not only makes it private, but also secure," explains Mrs. Tremaine. The house is surrounded by an 8-foot wall, for further privacy. Yet within the walls the feeling is open, airy, full of natural light. That is because the inside of house is designed round a courtyard, and glass doors slide open on all sides on to the landscaped garden. The house is surrounded by trees and the Santa Ynez mountains that can be seen through the glass, bringing the spaciousness of nature indoors. Rooms are simple, uncluttered. Furniture is comfortable—off-white sofa and ottoman in living room, *left*, and black leather Barcelona chairs. Art over the mantelpiece again reflects nature: a Charles Arnoldi construction made of eucalyptus twigs.

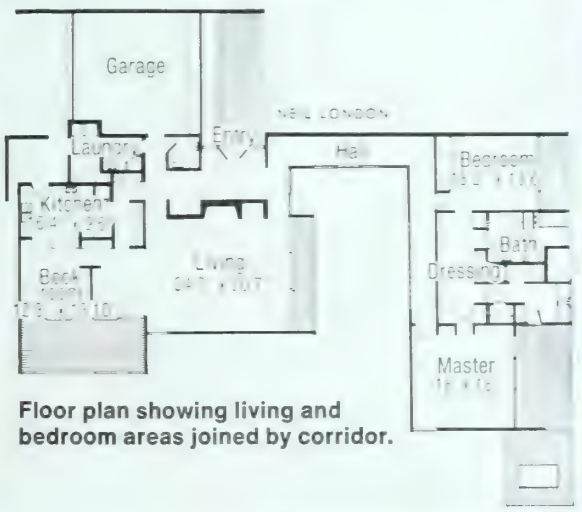
A leafy arch leads to house, *right*, with unbroken walls for privacy, safety. Patio leads to living room, *left*, with waxed brick floor meeting wood parquet, glass doors open to interior courtyard. Feeling of space is accentuated by extension of the living room into the dining area at the far end.

DAVID MASSEY



THE COURTYARD IS THE HEART OF THE HOUSE

The Tremaines began with two acres of land, but the house is built on only one, with native landscaping on the other—for easy maintenance. The house is designed on one level, in two easy-to-run blocks *(see floor plan)*—a living/dining/kitchen area and a bedroom area, joined by two corridors at right angles, one containing a blue and yellow canvas by Eleanor de'Laittre, *center left,* and the other containing photographs taken by Warren Tremaine on two trips to Africa, *right and opposite page top.* The planting, landscaped by consultant Isabelle Greene Haller, is also chosen for easy maintenance —outside the wall it's all native growth so there is minimal care of any kind, no watering or pruning. "It looks good all year round this way," says Mrs. Tremaine. The swimming pool is 32 feet long and 7 feet wide, *opposite page, top,* designed to look like a reflection pool. At one end is a machine to help you swim in place, which Warren Tremaine uses every day for health and exercise. The art is a joint collection: for instance, the red and green Charles Hinman canvas at the entrance hall; the three panels by Helen Frankenthaler above the bed, *opposite page, bottom;* and the Kenneth Noland in the dining area, *left,* second from bottom. The paintings are hung with great care, placed on walls according to where the sun hits them—the whole house responds to the changing light with shadows falling across walls as the sun travels through its orbit. Outside the dining area, you can see a slanting oak tree that grows out of a deep well made of vertical railroad ties. Trees are very important to the design of this house: in the entranceway, *top left,* there is an opening at the left of the ceiling to accommodate a ficus that grows through it. Recessed lighting above.

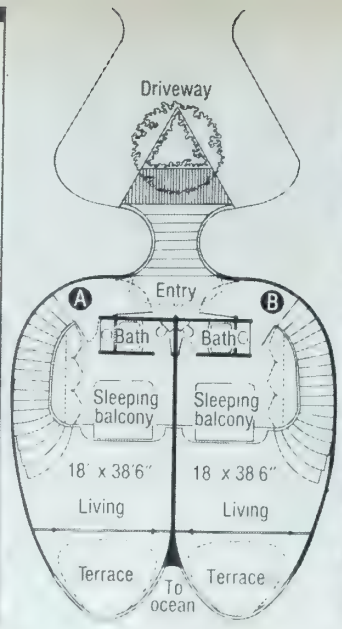


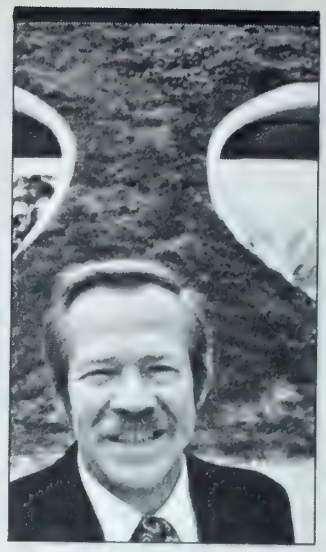
Floor plan showing living and bedroom areas joined by corridor.

Pool and landscape, *top left, opposite page.* Growing up the wall is an espaliered evergreen pear, beautiful all year round. On sunny days, Swedish blinds cover the glass doors to keep the house cool. *Opposite page, bottom left,* the blue master bedroom, with shag rug, storage chests, and sculptured yellow chair. Louver shutters open on to the courtyard. Sliding glass doors left of bed open toward mountains. *Left, top to bottom:* entrance, double doors to hall, patio, dining area, swimming pool. *Right:* photograph wall. Photographs are laminated on plywood, hung with tacks, wire (so exhibition can change) as flat against wall as possible. Flexible track lighting above.

DAVID MASSEY




Driveway
Entry
A
B
Bath
Bath
Sleeping balcony
Sleeping balcony
18' x 38'6"
Living
18' x 38'6"
Living
Terrace
To ocean
Terrace





Computer architecture

House in the earth



You can readily see that this beach house is a breakthrough in design. But there is more to it than meets the eye. William Morgan, the architect, has very strong feelings about sculpting architecture out of earth; he also had firm ideas about what he wanted as a neighboring building out on the dunes in Atlantic Beach, Fla. (His own house shown in House & Garden, December 1973, is next-door.) He didn't want a tall shape to interrupt his view, so he set about contemplating a low-to-the ground structure that would integrate with the landscape. In researching the design, he plugged into a computer to find out what materials would be appropriate and how a curved, organic form could be built. The engineering firm, Geiger-Berger, that created the U.S. Pavilion in Osaka, helped here. Despite the use of pushbutton technology the final design solution did not come out instantaneously. "The first two schemes did not appeal to us," says Mr. Morgan. "The third was the one that eventually took shape. The mathematical calculations supplied for building the curves were similar to those used by NASA to chart shots in space."

Constructed in the ground like a swimming pool

Revolutionary in form and filled with light (despite its apparent resemblance to a cave) the dune house is made of Gunite, a cement without aggregate, commonly used to build swimming pools. First a lower shell was inserted in the excavated dune; steel reinforcing antennas set into this shell were bent to form the roof. Then the 4-inch Gunite roof shell was applied over a plaster mesh. The form needed two weeks to "cure" before waterproofing. Finally, all the excavated sand was loaded back over the structure and sod planted on top. The house has two identical living units, each use the same entry steps, but have separate front doors. Each has a private terrace on the ocean side. Total cost: $45,000.

Left: Dune house with "eyes" on the ocean side. Behind each opening, a private terrace for each living unit.
Opposite page, top left: Concrete driveway, doors to both living units are recessed into earth structure.
Center: Plan shows organic shape. Unit A is occupied by Will Morris, a young architect in William Morgan's office who worked as project architect on this dune house scheme.
Right: Architect William Morgan. "Now the experiment has been done once," he adds, "we could put up this building in three days, which would dramatically reduce the cost." For building material, see page 155.

House in the earth

Continued



Earth for protection, insulation

William Morgan says the inspiration for the dune house sprang partly out of ancient cave houses in China and Tunisia. Though this modern interpretation is protected by the earth (which insulates and helps to regulate the interior temperature), it is also miraculously light.

Natural light back and front

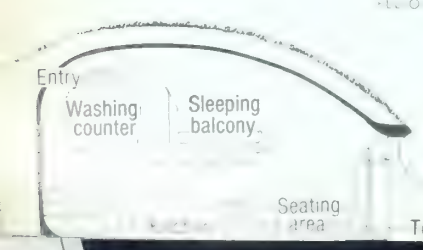
Plexiglas windows above the entrance doors open the back to light. The great circular openings in front capture reflected light from the beach and sea. Sometimes, in fact, there's so much light that sliding doors have to be shaded with Mylar blinds. The 750-square-foot living space for each unit is compact and simply organized. Bedroom balcony and bathroom are on the entrance level. Stairs curve down to the lower level, which contains a kitchen and living room in one flowing space, with terrace beyond. Floors are covered with a neutral carpet, keyed to the beach "so sandy tracks don't show up." Built-in seating is covered with a beige suede cloth; director's chairs in sand-colored canvas.

Natural wood for indoor surfaces

Just as the exterior form of the dune house curves, so does the interior. Any other solution would have been unthinkable. For contrast against the cool Gunite walls, interior partitions are constructed of warm natural fir wood, cut in strips to form undulating shapes that stand free, away from the walls, so they seem to "float." The floating sensation is accented at night when recessed lighting points up the edge of the stairway. Easy to live in, fun to be in, the dune house, says Will Morris who actually lives there, "is the most natural way to live."



Above, top: Plan of the two-level living units, seen from the ocean.
Below: Shape of house from side.
Right: Curved stairs sweep down from entrance to living space; kitchen in back behind built-in seating. From bedroom balcony, 1, view down to living room and conversation pit. 2. Bedroom balcony. Drawing, "Thistle" by Douglas Robinson. This and Jack Youngerman's silkscreen in living room from Art Sources, Jacksonville. 3. A step down from the terrace "eye" to the beach. 4. Will Morris and Jeanne on the terrace. Chairs and other accessories, trays, baskets, from Pineapple Post, Jacksonville.

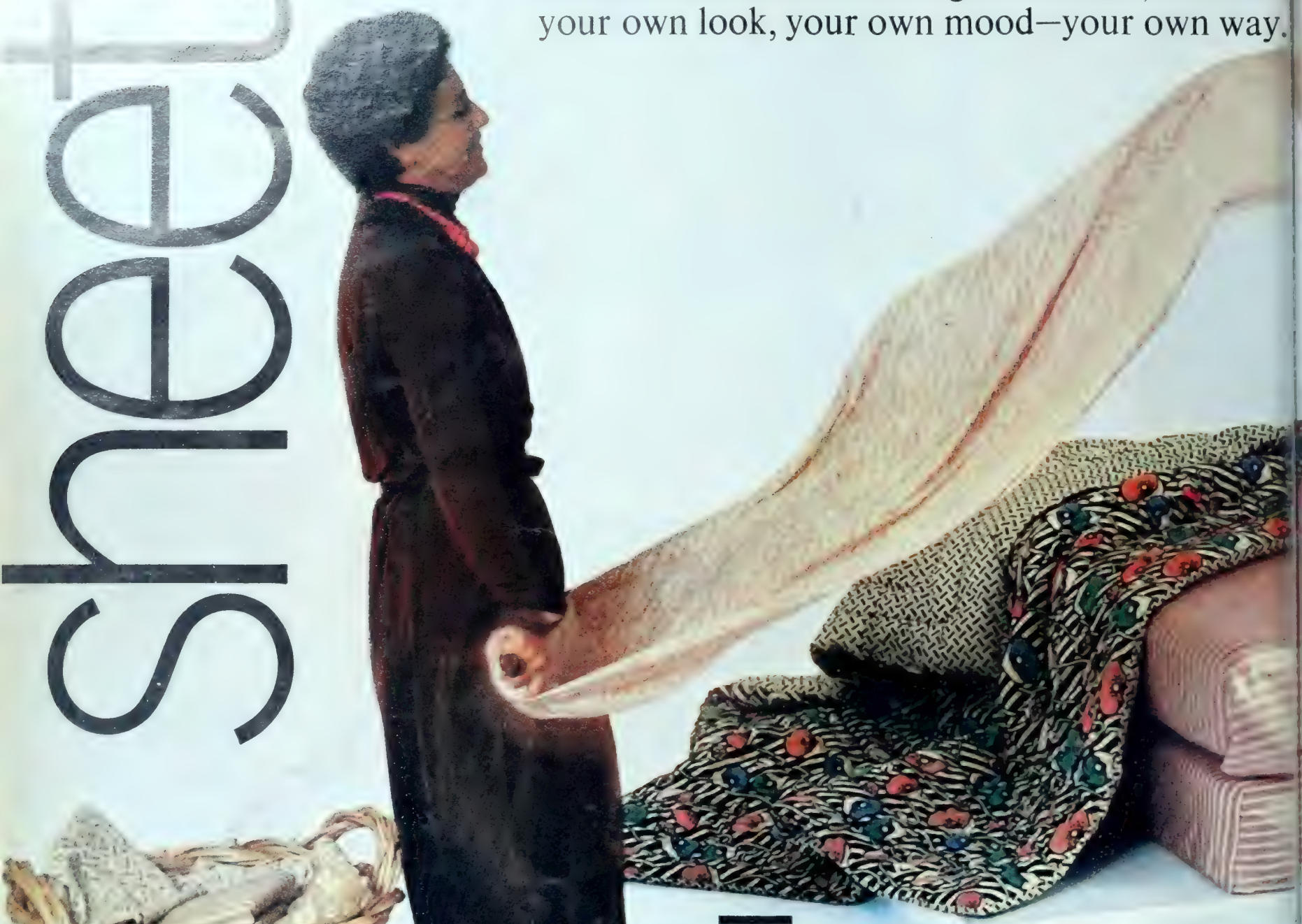




sheets

for quick decorating

From the same Missonis who put self-expression into fashion, free-spirited sheets for you to use in the bedroom and all through the house, to create your own look, your own mood—your own way.



SUSAN WOOD

Rosita and Tai Missoni shake up the sheet world—as they shook the fashion world—with free-wheeling ideas about what goes with what:

"We are people who like to play with colors and patterns," say the Missonis. "Sometimes we use as many as twelve or fifteen colors at a time—we experiment, we feel free to do whatever we like. And we think that everyone should have that same freedom. We designed our sheets for people to play with.

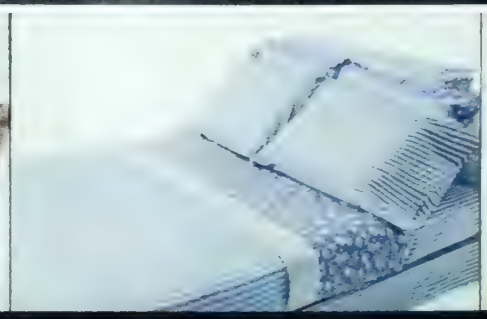
"We began with the black, white, and colored stripes. We added the stylized poppies, blew them up and colored them for a quilt, repeated them in colors-and-white for sheets. Then we added back grounds of stripes, baskets, and stripe that makes a sunburst. Th collection, made by Fieldcrest, called 'Mixed Emotions.' And th idea is to give people as man combinations as possible—a muc larger freedom, a much large choice—with the confidence tha no matter how the patterns ar combined, they'll look beautifu This is exactly our philosophy o fashion: Designers should not b dictators. They should give you th materials to design for yourself. The Missonis' decorating advice Try things. Be free with pattern colors. You'll like what happen

- The "Mixed Emotions" collection: a palette of blue, green, sand, and rose, ignited by black and white.
- Sheets are no-iron cotton and polyester, and every color has an acrylic and polyester blanket to match.
- "Tranquility Stripe" pattern has sunburst-designed pillowcases and a go-together "Tranquility" blanket.
- "Sophisticated Poppy" comforter, filled with Kodel polyester, shows all its happy colors on its face . . .

TETSU OKUHARA







HORST



d reverses to black white basketweave, Sophisticated Stripe."

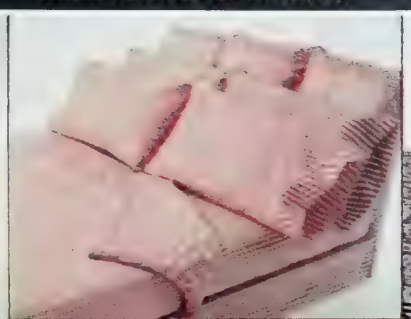
● "Tranquility Poppy" sheets are basketweave-bordered; cases reverse to all-poppy.

● With four colors, four patterns, lots of ways to mix and match all of them.

● More matchables: bedspread, dust ruffle, plus brilliant towels and mats.

● Mattress and box spring, covered with "Tranquility Stripe," by Sealy Posturepedic.

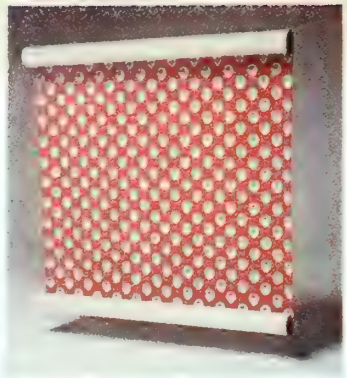


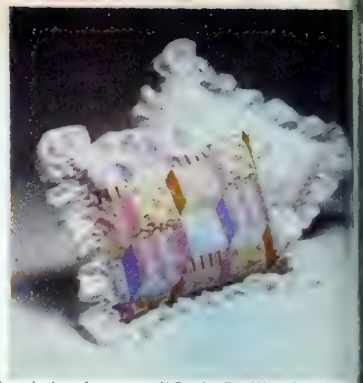




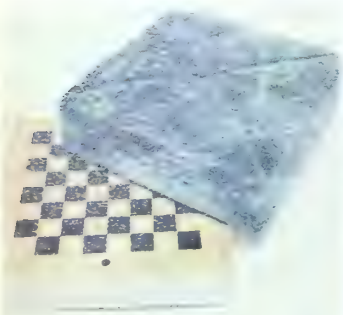






Duck and chrome "Tuba" **chair** with pockets. Imported by Shore Industries. "The Greenhouse" **pillows** by Nettle Creek. Provincial pizzaz: "Oui Oui" vinyl **wallcovering**, W.H.S. Lloyd. Weather-worthy steel "Directa" **chair.** Also in indoor fabrics. By Karema USA. **Pillow sham** from the "Blocks" line by Kirsch.







Combination **chessboard-ottoman** of velvet and oak. Howard Family Room Furniture. "Heirloom Collection" Anso nylon **carpet** matches motifs with six crewel kits. Wellco. Bamboo **screen** comes also in diagonal design. Vaccaro-Smith. "Universe" nylon **rug**, World. "Golden Hours" Youth Dew **candle**, Estée Lauder.







"Berry Pickin'" **vinyl wallcovering**, James Seeman Studios. ABS plastic **lamps**, 16 and 12 inches tall, Crayonne. "Jardin" **bedspread and pillow shams**. Ten more pieces to match. Of Kodel and cotton. Croscill. "Holiday" **lounge chair**, sailcloth and pine. Burris. **Hooks and towel ring** of ABS plastic, Crayonne. **Rolling dining-room-in-a-box:** *below.* Full-sized, fold-up oak table holds six stacked vinyl-seated chairs with generous storage space in its base. By Moreddi.

ready decorating *to buy in the stores right now*

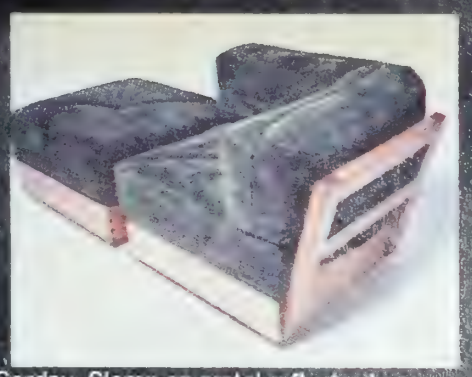


Dining room box, open and shut.



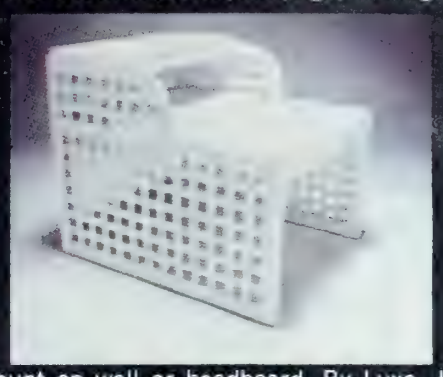






asy-to-assemble **chair** of guatambu wood and leather. Imported by Otto Gerdau. Clamp-on metal **reflector lamp**, rchitectural Supplements. **Chair and ottoman** (detail, *left page*) from group by Howard Family Room Furniture.







Headlight" **lamp** to pressure-mount on wall or headboard. By Luxo. Latticework **step table** with glass top. rom the "Gazebo" collection by Lane. "Yoruba" **rug** of random-toned nylon. Also in brown. By Regal Rugs.

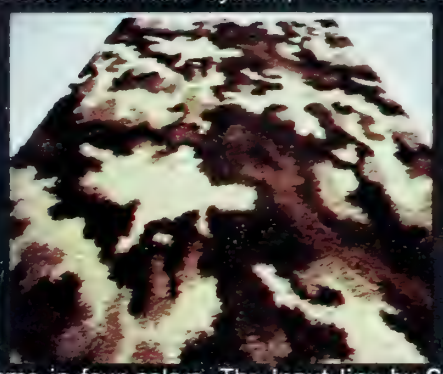






Berry Farm" vinyl **wallcovering**. Everett Brown for K. B. Designs. Round-bamboo **blind**, Vaccaro-Smith. "The Raeburn" **TV**. Self-adjusting XL-100 ColorTrak System, remote-control on-screen channel, time. RCA.







Sturdy ABS plastic **containers** come in four colors. The Input line by Crayonne. "Scandia" nylon **rug** by World. Folding beechwood **table and chairs.** In four lacquered and a natural finish. Imported by Ida Stein Associates.







Subtle splash: "Drop Cloth" cotton quilted **bedspread**. Quilted throw, draperies to match. By Wamsutta TruCraft. "Gazebo" **loveseat**. Loose cushions in cotton print by Hexter. By Lane. Lettered **bookends** of acrylic by ISA Designs.





Flip-top table goes from dining to desk. Solid maple butcher-block top, base, 4 feet long. Imported by Otto Gerdau. Folding **lounge chair**, pine with tufted linen seat. By Tradewind Designs. For shopping information, see page 154.



"Umbrella" folding lamp. By George Kovacs. Bloomingdale's.

SAVE $50 IN APRIL ON SEARS BEST COMPACTOR.

The new Kenmore Compactor with the six-most-asked-for features.



1. *Heavy-duty capacity* — Kenmore turns 15 bulky, messy bags of garbage into one neat package. That could save you hundreds of trips to the garbage cans each year.



2. Kenmore has exclusive automatic *Select-A-Spray* deodorizing. With Sears Best, you get three settings, spray as much or as little as you want. Deodorizes the garbage instead of the air around it.



3. The *hidden key lock* makes sure your Kenmore compactor won't start compacting the trash until you turn the key in the lock and shut the compactor door securely.



4. Only Sears offers you a *Restart light* to alert you when your compactor is improperly loaded. Instead of calling in service people, just read the owner's manual and do it yourself.



5. Sears introduces *Step-On-It*, the new foot-operated drawer opener—with Sears Best, you don't have to put down the trash to open the door.



6. The *handy storage compartment for extra bags.* With Sears Best, you just reach under the high-impact, plastic top for your conveniently pre-folded bags.

Sears Kenmore Compactors.
America's Number 1 Clean-Up Machines.

Available in most Sears [illegible]

If you own several acres of land, you can cut your property taxes by giving a conservancy easement

Take a tax break *continued from page 109*

Of course, if the damage is covered by your homeowner's insurance, the amount you can deduct as a casualty loss will be reduced by whatever you get from your insurance company. That's logical enough. But what if the proceeds from an insurance claim aren't enough to restore your property to its former value? You can deduct the difference as a casualty loss. To play it safe, however, get an independent appraiser's report on the loss in value.

If you fail to file a claim with your insurance company because you're afraid that it might jack up your premiums or cancel your policy, you may not be able to take the casualty loss. The Fourth Circuit District Court recently denied a casualty loss deduction because the taxpayer did not file an insurance claim. The Court argued that he was responsible for not collecting the insurance proceeds he was entitled to, and saw no reason why the Treasury should make up the difference.

Similarly, if someone you hire fails to do the work you paid him for—a plasterer who leaves the dining room ceiling half done—you can deduct whatever you've lost as a bad debt deduction. However, you can only take the bad debt deduction if you can prove that you took a number of steps to get your money back or get the job done. Sending out dunning letters usually isn't sufficient. You should, at the very least, show the IRS that you've consulted a lawyer about the matter. If the lawyer advises you that it's not worth your while to take the contractor to court, you'll have his bill as proof of your attempt to collect—and, hence, you can safely take the deduction. If he advises you to sue in court, your attempt to collect will be on public record.

Utility bills revisited

Take another look at your gas and electric bills—a portion may be deductible. You can deduct the sales taxes on your bill if they're at the same rate as your state or local sales taxes (which is usually the case). And if you're late paying your bills, you can deduct the late payment charge as interest, unless the charge is for a stated service such as processing.

Keeping down with the Joneses

There's a very good chance that you can cut your property taxes substantially—especially if you hire a good local attorney (he'll know more than you do about the ins and outs of the bureaucracy and the local tax codes). Some tactics:

Examine the property-tax rolls, which are open to the public, to see if the assessment on your house is in line with similar properties in your area. If yours seems too high, file a form requesting a reexamination. Many tax assessors will lower your property taxes by a few hundred dollars just to stop you from pestering them.

You may be able to lower your property taxes even further if you can prove that the value of your house has fallen. A real estate appraiser can usually come up with the facts and figures to back up your case. Some possible reasons for a drop in the value of your house: The demand for property, and hence, market values, may have slipped because a major industry in your area has sharply cut back operations or closed up altogether. A new airport may have made your property less attractive. Your neighborhood may have been rezoned in a way that adversely affects your property's value.

Consider tearing down any old structures that are no longer used—an old barn, shed, or garage. Property taxes are, in part, based on "improvements" to the land, even if they are unused eyesores. And if you're thinking of putting in a swimming pool or tennis court, find out how it will be assessed before you actually go ahead with the project. If it's assessed at its full cost, your property taxes will soar. Because improvements such as these rarely enhance a house's resale value, you might consider joining a club instead.

You may qualify for a property tax rebate or credit if you're sixty or older, a veteran or the widow of a veteran, or blind. While these so-called "circuit-breakers" are usually limited to lower-income-bracket taxpayers, some states are more generous. In Michigan, for example, you can get an income tax credit if your property taxes exceed 3.5 percent of your income.

A kindly nature

If you own several acres of land (the exact amount varies from community to community), you can cut your property taxes substantially by giving your community, state, or even a private organization a conservancy easement. You keep all ownership

Continued on page 151

WINE AND FOOD

NO-FUSS FOOD
FOR WEEKEND
ENTERTAINING



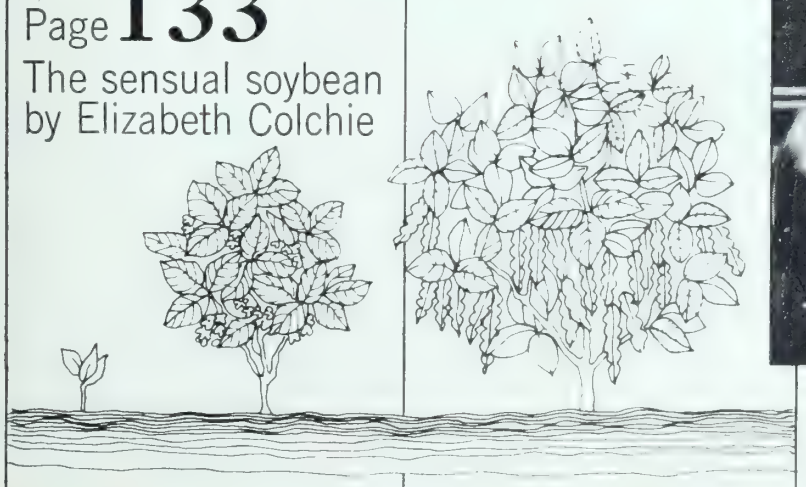




Page **137**
Fresh lunch from a family of cooks

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The sensual soybean by Elizabeth Colchie





Page **92**
Vegetable wizardry by Connie Rusconi

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Hearty meals straight from the stove

Page **138**
High-spirited food by Doris Tobias


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The sensual soybean

Eating well at bargain-basement prices

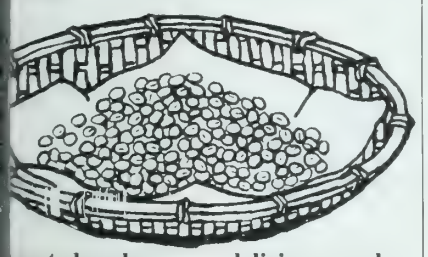
by Elizabeth Colchie

igh in protein and low on the idget, soybeans are a great alter- tive to meat and eggs. Here are me exciting, easy-to-prepare cipes for the readily available ied soybean (it costs about 45 nts a pound) and new ideas for ing bean curd and sprouts.

Soybean products in the West e represented mainly by **soy flour** d **soy granules** (grits). The flour a useful protein booster, but ntains almost no starch or gluten, d therefore cannot function as a ickener or be used in baking ithout large amounts of other urs. The granules are toasted, ushed soybeans, used in the same ay as cracked wheat or kasha, or, ore often, as a "filler" or "ex- nder" with meats and vegetables. oth are available in health food ores.

Bean sprouts are as nutritious soybeans, but contain a vitamin bonus. The sprouts most often countered are grown from the ung bean, but the larger soybean rout is putting in an appearance w, too. If a recipe calls for bean routs, use whichever is available, t cook the soybean sprouts nger. Some of the larger varieties ed husking. Taste and see. Store an sprouts for several days in ater to cover in the refrigerator. vailable in supermarkets and alth food stores.

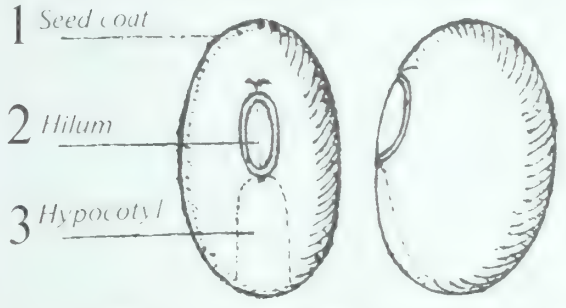
The simple small oval **soybean,** often neglected, which comes in ades of pale green and tan, has nt itself to many transformations d deserves much more attention its own right. The following cipes offer uses for this basic an, as well as ones for the most nerally available soybean prod- cts—curd and sprouts. Available supermarkets and health food ores.



oasted soybeans—a delicious snack.

Soybean products have long en used in Oriental cooking. reamy, ivory **bean curd cakes** are ne of the most useful and versatile rms of soybean. Puréed beans are agulated (curdled) and pressed to squares of varying tenderness, ith a range from delicately cus-

NUTRITIONAL VALUE OF SOYBEANS



Soybeans, the least expensive known source of usable protein. Rich in iron and vitamins B_1 and B_2, they contain 1½ times as much protein as any other legume, are low in carbohydrates.

Cooked soybeans are the only vegetable with all twelve essential amino acids, but naturally, are stronger in some amino acids than others. **100 grams of the cooked bean contain 20 grams of protein.** The same amount of **chicken,** for example, has **17** grams of protein; **eggs, 12 grams; liver, 19; fish, 20.** Soybeans are also lower in calories than any other bean or the foods above: **100 grams of cooked soybeans have 105 calories,** while the same amount of **chicken** has **125, eggs, 150; liver, 140; fish, 140.** They are free of saturated fats and contain, in addition, fat-emulsifying lecithin, which controls cholesterol build-up. And they also supply large amounts of calcium, phosphorus, iron, potassium, magnesium, vitamin A and the B vitamins. When sprouted, they burst with vitamin C, each half-cup contains more than 6 glasses of orange juice!

tard-like to firm. The pale flavor and unique texture of bean curd make it an ideal absorber for vivid sauces. Its remarkable consistency takes well to steaming, broiling, simmering, and deep-frying. It is also eaten fresh, with dips, or marinated. It may be purchased by the cake or in the can. To keep, it should be submerged in water that is changed daily, and refrigerated. It will keep for five days.

Bean curd is also sold in other forms, generally less accessible: **dried bean curd sticks,** to be soaked and cooked; **bean curd skin,** sold in shiny, transparent sheets for use in pastries and egg rolls; **deep-fried bean curd,** cut small and fried in oil for snacks; **pressed curd,** which has much of the water removed and is usually flavored with soy sauce and star anise; **fermented curd,** a salty cheesy substance.

Bean paste: a thick, yellow seasoning. Salted or fermented **black beans,** used sparingly for pungent sauces in many Chinese dishes. **Brown bean sauce,** made from fermented beans, wheat flour, water, and salt. Various regional sauces (such as the well-known Hoisin) based on the brown sauce to which are added different spices. **Miso,** the Japanese soybean paste, is made of soybeans, yeast, salt, and sometimes rice. The several varieties, used rather as meat glazes and extracts are in the West, and as a base for dressings, add color and depth to soups and sauces.

HOW TO COOK DRIED SOYBEANS

Ingredients

1 pound dried soybeans
12 cups water
2 teaspoons salt

Method

Soak beans in 6 cups water for 6-12 hours. Bring the mixture to a simmer in a large pot. Add 6 cups more water and the salt and simmer gently, covered, until tender—about 2½-6 hours, depending on the variety of soybean, its age, and dryness. Soybeans when cooked, will not get soft and disintegrate as other beans do. They just get tender.

SOYBEAN CURD

Curd is a bit grainy, but the best that can be done without the addition of Calcium Sulphate which is very hard to come by in its pure form.

Ingredients

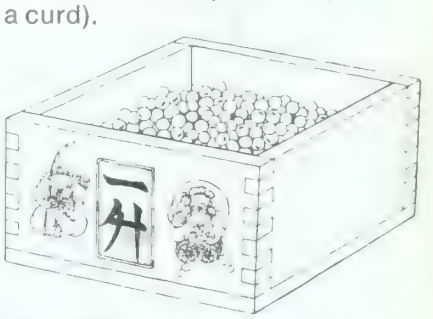
1½ cups dried soybeans soaked in 3 cups water overnight

Method

Drain and rinse the beans well. Purée them in batches with 2 cups water in a blender until very smooth.

Combine in a large pot with 10 cups water. Bring to a simmer and cook over low heat, stirring, for 35 minutes.

Strain through several layers of cheesecloth into a bowl. Place in a warm spot for about 24 hours, or until liquid sets (forms a curd).



Japanese box for measuring soybeans has a brand of the gods of good fortune burned into one of its sides.

Add 6 cups boiling water. Let stand 5 minutes. Gently pour into a colander lined with 3 layers of cheesecloth. Let drain 5 minutes.

Tie a string around the cloth to form a bag. Suspend it and let it drain for about 3 hours. Wrap in cheesecloth and store in a bowl of water in the refrigerator. Makes about ¾ pound curd.

CURRIED SOYBEANS WITH APRICOTS AND YOGHURT

Ingredients

⅔ cup onion, minced
6 tablespoons butter
4 teaspoons flour
2 teaspoons mild imported curry powder
½ teaspoon cinnamon
½ teaspoon ginger
2 cups broth, stock or water
¼ cup lemon juice
1 pound dried soybeans, cooked (6 cups)
1⅓ cups dried apricot halves, sliced
yoghurt

Continued on page 144

DRAWINGS BY AKIKO AOYAGI FROM "THE BOOK OF TOFU." © 1975 WILLIAM SHURTLEFF & AKIKO AOYAGI. PUBLISHED BY NAHUM STISKIN AUTUMN PRESS.

No-fuss food

Menu secrets for weekend entertaining

"Our kitchen is the absolute center of the house," say the William Hammersteins of the 'living' room, below, *they designed themselves for cooking, relaxing, and gathering with friends. An inviting and informal room, it is rich with colorful memorabilia, paintings, plants, and flowers, and handsome cooking utensils. It is their favorite spot for entertaining and the dining room was turned into a study. "I hate to be apart from my husband and friends," says Jane-Howard Hammerstein,* below, *who designed a comfortable oasis for cocktails and keeping the cook company while she prepares dinner.*





1. In a kitchen where everyone congregates,



"No matter how long a meal takes to cook, it should be served with ease"

Wine glasses, heavy and as big as beer steins, are almost impossible to tip and spill. William Hammerstein, *right,* tastes and serves the wine. **Arab or Syrian bread** is quartered and spread with a very little scallion butter and toasted in a 400° oven for 10 minutes until crunchy. **Salad** is served from antique washbowls. For Mrs. Hammerstein's recipes, see page 147.

earty food is served straight from the stove

I always serve directly from the stove or countertops," says Jane-Howard Hammerstein, who keeps food hot over burners turned down low on her Garland stove. "I like to serve big one-pot dishes" like the rich, thick soup, *above,* or veal marengo, chicken with olives, a South African curry with dried fruits and lamb. Big blue Le Creuset pots were chosen to look handsome for both cooking and serving. A table to seat eight, *above,* can be dressed to suit the party, if it's more formal, Mrs. Hammerstein lights more candles, throws on more silver. "I like to mix patterns of china, but not colors—perhaps blues and browns together, or I'll take the green, coral, and yellow of a favorite Ceralene plate for my table theme. If I use country earthenware, I like to use a decorative silver, like my grandmother's 1919 floral. I rarely serve dessert. If I buy a fruit tart, I make a liqueur-flavored cream to go with it," says Mrs. Hammerstein who serves the cheese and salad courses together.

Bloody Marys
Stuffed grape leaves
and spicy deviled eggs

Le Garbure
*(very thick vegetable soup)**
Mixed salad with walnut vinaigrette
Assorted breads and cheeses

*Blueberry omelette**
Coffee
Chante-Alouette 1972
(Hermitage Blanc)

The Hammersteins, *right,* relax for a minute—books, treasures, and the outdoors are all within easy reach.



BEADLE



No-fuss food for weekend entertaining

Continued

When you shop all week, you just don't want to do it on weekends," says Mrs. John Bowes whose solution for easy weekend life at her beach house near San Francisco is advance planning and toting all the food from the city along with the rest of the weekend paraphernalia. "I am a great list maker," says Frances Bowes, who buys all the nonperishable things she needs for the weekend early in the week, stores them in the garage refrigerator all ready to go on Friday. Mrs. Bowes's cook does much of the weekend cooking in advance—rice, puréed spinach, broccoli, or celery root is all precooked, ready to be heated quickly in a double boiler. Casserole dishes like oxtail or beef Stroganoff or creamed chicken are cooked in dishes that can be used for transporting, reheating, and serving. On Thursday and Friday a whirl around San Francisco's great markets by Mrs. Bowes produces duck pâtés, Chinese, Japanese, and Mexican delicacies, along with cold cracked crab when it's in season to fill out the weekend's menus. "San Francisco is a marvelous place to pick up all kinds of good things from breads to Chinese fortune cookies. When we arrive at the beach late on a Friday night, all we have to do is heat up a casserole and get out the ice," says Mrs. Bowes whose three daughters, Alexandra, Diana (who caters parties for her parents' friends on the side), and Elena all help. Their beach entertaining is very simple, with friends, often from the city, invited for lunch or pre-dinner drinks.

"By doing the work in the city, weekends at the beach can be saved for tennis, walking, or reading"

The deck of the Bowes beach house, *above,* is the fair weather setting for parties where guests can enjoy the sun, air, and watch the water. The living room, *below left,* with its tawny rug and brushed denim upholstery on comfortable wicker chairs and couches blends with the sand and the sky that surround the house.



2. Shopping strategy for an alfresco feas





Buffet lunch, *above,* displays the bounty of San Francisco's rich markets and Mrs. Bowes's cooking.

Duck pâté and crackers

*Chinese soup**

French bread and sweet butter

Cottage cheese

Halved avocados vinaigrette

*Chiles rellenos**

Chinese apple pear (available in the fall, they taste like a crunchy pear)

Fortune cookies

Café filtre

A picture-perfect settin on the dining-room tabl the buffet includes: tangy Chinese soup in a blue and white splatterware bowl, half avocado with vinaigrett duck pâté, cheese, crackers, bread, and decanters of jug wine—a favorite of Mr. and Mrs. Bowes is Wente's Chablis. The Bowes bea house, *left,* nestled dow in sand dunes was designed by the late William Wurster. Outsic a blue Japanese fish flie in the wind for fun, not traditional announcem of a baby boy's birth.



ELLIOTT FRANT



The **chestnut soufflé**, *above*, made with sweetened canned chestnut purée is served with whipped cream sweetened with dark rum and sugar with a few chopped preserved chestnuts folded in. *Left:* **Lunch** set out buffet-style.

3 Favorite California Wines for the Buffet

The Sullivans served three wines all of them from the Beaulieu Vineyards. First, a champagne brut served very cold; then a Pinot Chardonnay 1973 with the hors d'oeuvres; and finally a Private Reserve Cabernet Sauvignon 1975 served with the tortellini.



Fresh salad lunch from a family of cooks

passionate cook since . she was a small girl cooked for her parents' es, Mrs. Walter Sullivan w raising her own young s—three daughters and n. The daughter of the quis and Marquise de who owned the Beau- Vineyard in the Napa ey, Dagmar Sullivan, wonderful opportunities evelop a special palate for food and wines. Beaulieu Vineyard, founded by her maternal grandparents, Fernande and Georges de Latour, is now owned by Heublein but the Sullivans still keep a little house on the edge of the vineyard for weekends and holidays. It is here that Mrs. Sullivan gave one of her informal and delicious parties, see pictures on this page. For this lunch Mrs. Sullivan served a series of bright, fresh hors d'oeuvres; a much loved pasta dish learned from Emalee Chapman; and a chestnut soufflé made by her daughter, Erica, from a recipe of Joyce Goldstein. "I always like to be going to a cooking class. You can never know too much, and it is so stimulating," says Mrs. Sullivan who has taken cooking lessons from Emalee Chapman, Joyce Goldstein, and Jack Lirio in San Francisco and signs up quickly for classes from such visiting celebrity cooks as James Beard, Simone Beck, Marcella Hazan

oking classes are ays stimulating— you can never know much about cooking"

Eggs mimosa
Garden beet salad
Lentil salad
Grated carrot salad
Celery remoulade

Tortellini with cream
Green salad, vinaigrette

Chestnut soufflé



Parties in the country are mostly informal—either in the dining room, *above*, where Mrs. Sullivan and daughter Erica finish the table, or outdoors for a barbecue. On the weekend the family cooks together: Erica likes to do the baking; Paula whose married name is Escher and young Dagmar also help. "I usually have three courses, and as I don't care for soup, I often begin with a rather substantial vegetable dish—something like an eggplant and tomato custard or crêpes filled with chopped mushrooms. Main courses are usually French or Italian. For dessert, I love to serve chocolate mousses, or cakes in winter, baked fruits in the summer. Mrs. Bowes's and Mrs. Sullivan's recipes, page 147.

by Doris Tobias

High-spirited food

What to eat with drinks, plus lemon-whiskey chicken and other surprises

Just as certain wines marry felicitously with appropriate foods, specific spirits make agreeable companions to special dishes. And mating food with spirits is an excellent way both to temper the alcohol and heighten the taste. Many Chinese and Japanese diners sip Scotch or other whiskey throughout their meal; Scandinavians adore strong aquavit with their smorgasbord and what follows; and Russians and Polish diners dote on icy vodka, drunk neat, from caviar to chicken Kiev. We don't recommend following these regimens too literally, but we do suggest some delicious go-withs for spirited drinking.

RUM, LIGHT OR MEDIUM

Cut sliced, smoked tongue into rectangles or squares, discarding any unattractive or fibrous parts. Place a slice of Emmenthal cheese over each tongue square. Paint each with a little Dijon mustard. Add a sprig of watercress and roll, cigar fashion. Secure ends with toothpicks and impale an onion-stuffed olive on each toothpick. Arrange on a ceramic platter. Garnish with clumps of watercress and crisp red radishes.

Thread small skewers, about 6 inches long, with small chunks of tenderloin steak and seedless green grapes. Brush with soy sauce and lemon juice and broil 3 inches from heat for 5 minutes on each side.

Roll thinly sliced prosciutto ham around fresh figs or chunks of fresh pineapple. Anchor each with a straight thin pretzel stick.

Stuff fresh apricot halves with homemade chopped chicken liver. Dust with finely minced fresh parsley. Place apricots on a bed of dark green watercress.

Season finely ground round or chuck steak with salt, pepper, a little grated onion. Form into balls the size of a cherry tomato, pack into freezer containers and freeze in amounts of 12's and 24's. When ready to serve, heat in a saucepan equal amounts of chili sauce and plum jam. Add meatballs and simmer until thoroughly heated through. Transfer to chafing dish.

RUM, RYE OR BOURBON

Slice leftover turkey or chicken meat into bite-sized pieces, about ¾-inch square. Peel a fresh pineapple, slice into ⅛-inch rounds, then cut the rounds in halves, then quarters, finally eights to make "tidbits." Place the pineapple in a deep bowl and marinate in the following sauce: ¼ cup soy sauce, ¼ cup rye or bourbon, 1 teaspoon sugar, ¼ teaspoon freshly grated ginger root or ½ teaspoon ground dried ginger. The pineapple may be marinated in the refrigerator for an hour or at room temperature for half an hour. When ready to serve, pile turkey or chicken pieces in the center of a pretty platter. Drain pineapple tidbits and encircle poultry bits. Have cocktail forks or picks handy.

RYE OR BOURBON

Wash, dry, but leave unpeeled 6 fresh Comice or other seasonal pears. Cut them into quarters, remove cores. Cut Fontina or Italian Taleggio cheese into small wedges and place in the cored-out cavity of each pear.

Wash, dry but don't peel 6 Delicious or other seasonal apples. Slice into ¼-inch rounds and core. Top fresh apple slices with thinly sliced Cheddar or American cheese. Set slices on a pretty platter and encircle with shelled walnut halves.

Buy a selection of cooked sausages and place them, uncut, on a large wooden cutting board. Add a sharp knife, a pot of sweet mustard and a basket of thickly sliced rye and pumpernickel breads.

SCOTCH

Warm a whole, ready-to-eat Virginia ham in the oven for 15 minutes at 325°. Transfer to a large warmed platter, or a Salton hot tray. Add a sharp knife, a pot of Dijon mustard and a basket of crusty wheat and rye breads. Guests help themselves.

Use leftover white chicken meat to prepare a finely diced chicken salad, made tangy with curried mayonnaise and sliced pimiento-stuffed olives. Mound the salad on a lovely round platter and circle with red radish roses. Have baskets of thinly sliced rye or warmed pita bread.

Hard-cook a dozen eggs, peel and cool them. Cut in half widthwise and remove yolks to a bowl. Add mayonnaise thinned with fresh lemon juice, a tablespoon or two of sour cream, salt, freshly ground white pepper and 1 tablespoon of chopped fresh coriander leaves. Beat until mixture is smooth and creamy. Stuff generously into the halved whites. Cut 2-inch pieces of thin scallion and feather the ends with a sharp knife. Poke a scallion feather into the centers of the eggs and arrange on a chicory-lined glass platter. Add clumps of black olives.

GIN

Prepare a chunky tuna salad, pepped up with lemon juice, capers, and chopped black olives. Pile into a crystal bowl. Cut out centers of Parker House or other soft rolls, leaving the bottom crust and sides intact. Warm the rolls in the oven. Remove to a napkin-lined basket. Set out bowl and basket and pretty spoons for guests to stuff their own rolls with the tuna salad.

GIN OR VODKA

Cut canned rainbow trout fillets into bite-sized pieces and place each on a thin square of toast. Drizzle a bit of lemon juice over each and dust with finely chopped fresh chives. Place on a brightly colored platter. Add a bowl of homemade mayonnaise spiked with lemon pulp and Dijon mustard.

Boil a dozen or so of the smallest, most perfect new potatoes until tender but not mushy. Drain, cool and skin them. Using a sharp knife, slice off a bit from one side so that they'll stand upright on a platter

Continued on page 140

Elegance in home refrigeration

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HG-04

Certain foods have favorite spirits. Have you tried bourbon with Cheddar cheese and crisp apples?

HIGH-SPIRITED FOOD
continued from page 138

ter. Use the small side of a melon scoop and scoop out a potato ball from the opposite end. Stuff the cavity with red caviar, squeeze a bit of lemon juice, and finish off with a demitasse spoonful of sour cream. Dust tops with finely snipped chives. Arrange potatoes on a platter lined with curly chicory. Dip the remaining potato balls in a little sweet paprika, impale on picks and pile on either end of the platter.

VODKA

Set out a stunning array of fish on a huge metal platter: a crockery pot of herring pickled in dill sauce; sliced, smoked white fish and Nova Scotia salmon that has been sliced thinly enough to see through; a bucket-shaped bowl of red caviar; a small plate of lemon wedges and a bowl of sour cream. Add a platter of crusty pumpernickel slices and fresh country sweet butter.

IRISH LEMON WHISKEY CHICKEN

Ingredients

1 3-pound broiler-fryer, cut into serving pieces
juice of 1 lemon, strained
3 slices bacon, diced
1 stick (¼ pound) butter or margarine
3 shallots, finely minced
½ teaspoon salt
6 grindings fresh pepper
½ cup flour, sifted
½ cup Irish or blended whiskey
½ teaspoon sugar
½ cup dry white wine or dry vermouth
1 cup mushrooms, wiped with a damp cloth, bottoms off and sliced
chopped parsley for garnish

Ingredients for sauce

2 egg yolks
chicken stock, about ½ cup
½ cup heavy cream
2 tablespoons fresh lemon juice, strained
salt
pepper

Method

Marinate chicken pieces in lemon juice 1 hour.

Blanch bacon by dropping into boiling water for 1 minute; then drain on paper toweling.

Melt butter in a large skillet or Dutch oven over medium heat. Sauté shallots in butter until limp, about 3 minutes, stirring constantly to prevent burning. Remove the shallots to a plate. Remove the chicken from the marinade.

Add salt and pepper to flour and sift onto a plate or foil wrap. Dust each piece of chicken with seasoned flour and sauté in the same skillet with remaining butter, just until golden on both sides.

Warm the whiskey in a small saucepan and pour over the chicken. Using a long match, set it aflame. When flames ebb, add the cooked shallots, bacon, sugar, lemon juice marinade, white wine or vermouth and mushrooms. Cover and simmer 50 minutes to 1 hour, or until chicken is tender and juices run clear. Keep warm while preparing sauce.

Method for sauce

In a small bowl beat egg yolks with a wire whisk or fork until lemon colored. Warm chicken stock but do not boil. Add stock to beaten eggs, very slowly, beating briskly.

Warm the heavy cream and add to egg yolk mixture, beating briskly. Add lemon juice and a pinch of salt and a few grindings of pepper.

Pour sauce into a small saucepan and, over low heat, cook until slightly thickened, no more than 5-6 minutes. Sauce should be thin but coat the spoon.

Arrange chicken on a heated oval platter. Pour sauce over and garnish with chopped parsley. Serve with boiled new potatoes and a large tossed green salad. Irish soda bread is delicious with this dish. Serves 4-6.

HAGGIS MEATLOAF

Inspired by the traditional Scotch haggis—a pudding of sheep's innards, onions, and oatmeal boiled in the sheep's stomach—this is, quite simply, a wonderful meatloaf: great served hot; and elegant sliced cold.

Ingredients

1 pound beef, twice ground
½ pound veal, finely ground
1 large onion, grated
1 large potato, grated

Continued on page 142

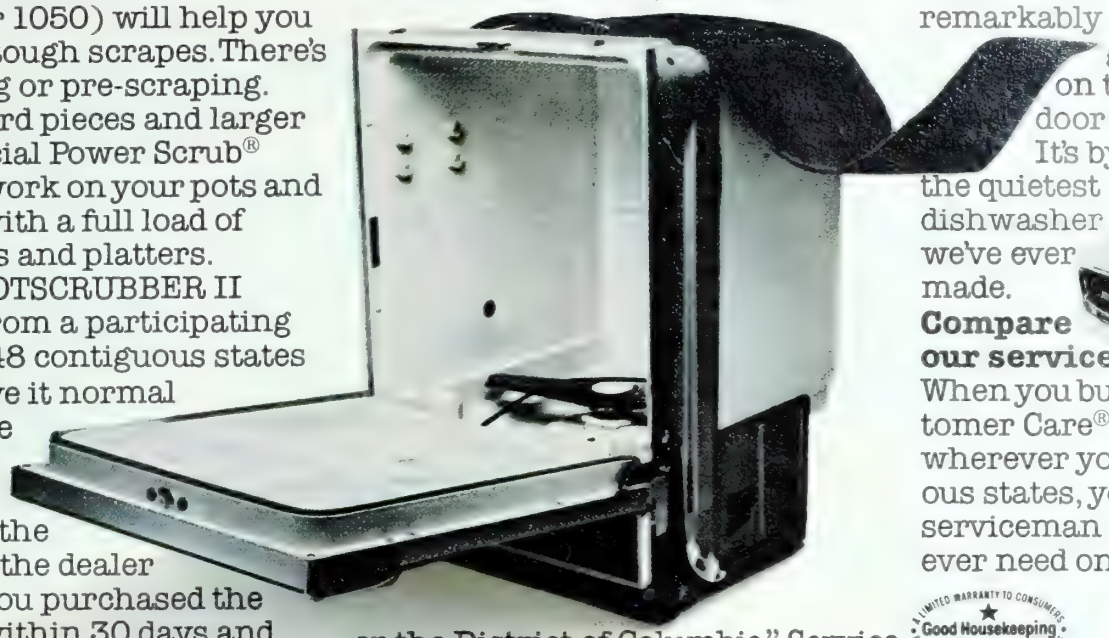
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Buy your POTSCRUBBER II dishwasher from a participating dealer in the 48 contiguous states or D.C. and give it normal care. If you are not completely satisfied (and you'll be the judge), notify the dealer from whom you purchased the dishwasher within 30 days and present your certificate. He will take it back and refund your money.



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GENERAL ELECTRIC

Liven up a meatloaf with a few tablespoons of Scotch or a cheese spread with a knowledgeable dose of gin

HIGH-SPIRITED FOOD

continued from page 140

1 fresh pear, peeled, seeded, and grated
½ teaspoon salt
6-7 grindings of fresh pepper
¼ cup oatmeal
2 tablespoons Scotch whiskey
2 tablespoons parsley, finely minced
4 tablespoons ketchup
fresh tomato sauce
pears, peeled, cored, and halved for garnish

Method

Place ground beef and veal in a large bowl. Add grated onion, potato, pear, salt, pepper, oatmeal, Scotch whiskey, parsley, and ketchup and mix thoroughly. Pack into a lightly greased 5-by-9-inch loaf pan or shape into a loaf.

Bake 1¼ hours in a preheated 350° oven until glazy-brown all over. Serve hot, with a sauceboat of fresh tomato sauce. Garnish the platter with fresh pears.

To serve cold, chill the meatloaf 4-5 hours or overnight in the refrigerator. Slice about ¼-inch thick and arrange slices on a pretty platter. Garnish with clumps of watercress and tiny cornichons or gherkins. Add a crusty French or Italian loaf and a salad of sliced cucumbers, dusted with fresh dill. Spoon lingonberry jam into a little crock. Serves 4-6.

SHRIMP SHANGHAI

Chinese style, but with an American touch of Bicentennial spirits

Ingredients

2 pounds medium-sized shrimp, shelled, deveined
½ cup soy sauce
½ cup rye whiskey or bourbon
½ teaspoon powdered ginger
1 clove garlic, finely minced
1 teaspoon sugar
½ cup chicken stock
4 tablespoons vegetable oil
1 cup fresh shelled green peas, or frozen
8 water chestnuts, thinly sliced
2 teaspoons cornstarch

Method

In a large bowl, marinate shrimp with soy sauce, rye or bourbon, ginger, garlic, sugar, and chicken stock for 1 hour.

In a large skillet, or wok if you have one, heat the oil over a brisk flame. Drain shrimp, reserving marinade. Add shrimp to hot oil and stir-fry for 2-3 minutes. Add peas and stir-fry 1 minute. Add water chestnuts and stir-fry 1 minute more. Remove shrimp to a heated platter and keep warm.

Mix cornstarch with enough water to make a thin paste. Add to reserved marinade. Pour into the skillet and cook, stirring continuously 3-4 minutes, until sauce has thickened and become glossy. Pour over shrimp and serve at once with hot steamed rice and tiny cherry tomatoes. Serves 4.

HUNGARIAN CHEESE SPREAD

Ingredients

1 stick (¼ pound) sweet butter, softened
½ pound cream cheese, room temperature
½ pound cottage cheese, room temperature, sieved to extract extra liquid
2 tablespoons thick dairy sour cream
1 tablespoon prepared mustard
3 tablespoons sweet Hungarian paprika
¼ teaspoon pepper
1 tablespoon anchovy fillets, drained and chopped
2 tablespoons gin
1 teaspoon onion, grated
1 rounded tablespoon capers, drained
1 tablespoon caraway seeds

Method

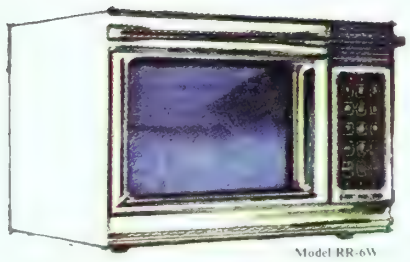
Place butter, cream cheese, cottage cheese, and sour cream, in a blender or food processor. Add the mustard, paprika, pepper, anchovy fillets, gin and onion and blend until smooth and creamy. Add capers and caraway seeds and blend briefly.

Pack mixture into a small crock or bowl. Cover tightly and refrigerate at least 2 days. Serve from crock or turn onto a small glass platter. Makes 2½ cups. ■

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Model RR-6W

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You can tell at a glance, to the second, how much time remains. And when the timer has finished timing it actually "remembers" and displays the correct time of day—in lights.



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You get more Vitamin C in half a cup of soybean sprouts than you do in six glasses of fresh orange juice

continued from page 133

Method

In a large casserole sauté the onions in 4 tablespoons butter for 5 minutes. Add the flour, curry powder, cinnamon, and ginger and stir for 1 minute.

Add the broth, stock or water and simmer for a few minutes, until thickened. Add the lemon juice, beans, apricots and remaining butter. Bring to a simmer and cover.

Bake at 350° for 1 hour. Spoon into bowls and top generously with yoghurt. It can be frozen, without the yoghurt. Serves 6.

SOYBEANS WITH SAUSAGE, TOMATOES, AND PAPRIKA

Ingredients

1 cup green pepper, diced
1½ cups onion, chopped
2 tablespoons lard
2 teaspoons medium hot imported paprika
½ teaspoon garlic, minced
¼ teaspoon sugar
1 can tomatoes, (1 pound, 12 ounces) chopped, and their liquid
1¼ pounds kielbasa, or other garlic sausage, cut into 1-inch slices
1 pound dried soybeans, cooked (6 cups)

Method

In a large casserole sauté the green pepper and onions in the lard for 5 minutes. Add the paprika, garlic, and sugar and stir 1 minute.

Add the tomatoes, their liquid, the kielbasa, and the beans. Bring to a simmer, cover and bake for 1 hour at 350°. This improves with reheating, and can be frozen. Serves 6.

SOYBEANS WITH TONGUE AND ORANGE JUICE

Ingredients

1 pound dried soybeans, preferably the larger green ones
3 pounds smoked beef tongue
1½ cups onions, chopped
2 tablespoons fat
1 teaspoon garlic, minced
1½ tablespoons sharp mustard
3 cups orange juice

Method

Soak the soybeans in water to cover for at least 12 hours. Simmer the tongue gently with water to cover for about 2½ hours, or until it is tender. Let the tongue cool slightly, then peel and trim it.

Simmer the drained beans in the tongue stock for about 2½ hours, or until they are tender. Cut the tongue into thick slices. In a casserole sauté the onion in the fat for 5 minutes. Add the garlic, mustard, and orange juice and stir for a few minutes. Add the beans. Press in the tongue slices. Bake at 350° covered, for 1 hour.

(Alternately, cooked beans and cooked tongue may be combined with the orange juice if the leftover meat is already on hand. In this case, cube the tongue to make about 4 cups.)

Improves with reheating and can be frozen. Serves 6.

SOYBEANS WITH SALT PORK AND RED WINE

Ingredients

¾ pound lean salt pork, cut into ½-inch dice
2 cups onion, chopped
2 cups tomatoes, chopped
1 tablespoon tomato paste
1 bay leaf, crushed
1 teaspoon thyme
2 teaspoons garlic, minced
pepper to taste
1 pound dried soybeans, cooked (6 cups)
⅔ cup beef broth
1 cup red wine

Method

Blanch the salt pork in boiling water for 2 minutes. Drain and dry. Brown the pieces in a large heavy casserole over medium heat. With a slotted spoon transfer the pieces to a plate.

In the fat sauté the onions for 5 minutes. Add the tomatoes, tomato paste, bay leaf, thyme, garlic, and pepper. Add the salt pork and stir over medium heat for a few minutes.

Continued on page 14

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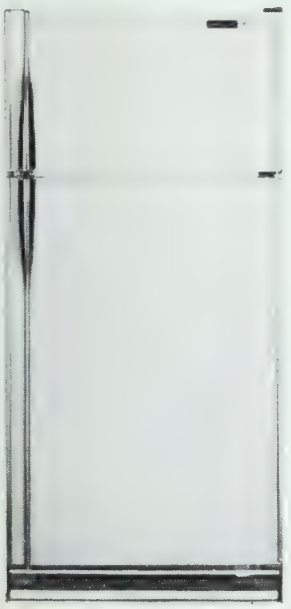
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THE REFRIGERATOR THAT HELPS PAY FOR ITSELF

Soybeans are a refreshing change for the American palate: Try them instead of lentils in a sausage-bean-tomato casserole

THE SENSUAL SOYBEAN
continued from page 144

Add the beans, broth, and wine. Bring to a simmer and cover. Bake at 350° for 1 hour. As with many bean dishes, this improves considerably if cooled, left overnight, and reheated. Can be frozen. Serves 6.

SOYBEANS WITH APPLE CIDER AND RAISINS

Ingredients

2 cups apple cider
⅔ cup raisins
¼ cup brown sugar, lightly packed
½ teaspoon ginger
½ teaspoon salt
¼ teaspoon cloves
¼ teaspoon cinnamon
1 pound dried soybeans, cooked (6 cups)
½ cup red wine vinegar
2 teaspoons potato starch
2 tablespoons butter
4 large, tart apples

Method

In a large casserole combine the apple cider, raisins, sugar, ginger, salt, cloves, and cinnamon. Add the soybeans.

Stir together the vinegar and starch in a cup and add with the butter to the casserole. Bring to a simmer and cover. Bake at 350° for 1 hour.

Core apples and cut into thick slices. Sauté apples in a large pan in butter until they are lightly browned on both sides. Mound the soybeans on a hot serving platter and surround them with the apple slices. (Can be frozen, minus the apples.) Serves 6.

BEAN CURD APPETIZER

Ingredients

1 pound bean curd
1 teaspoon salt
1 cup water
¼ cup soy sauce
1 teaspoon peppercorns, bruised
2 teaspoons sugar
2 teaspoons dried orange or tangerine zest, chopped
4 scallions, minced
lemon juice

Method

In a deep dish sprinkle the bean curd with the salt and cover it with a plate. Place a light weight on the plate and let stand for ½ hour.

Simmer together in a saucepan for 5 minutes the water, soy sauce, peppercorns, sugar, zest, and scallions.

Drain the bean curd and cut into 1 inch cubes. Add them to the liquid and barely simmer, covered for 10 minutes. Cool. Chill in the refrigerator.

Drain the cubes, sprinkle them with lemon juice to taste and serve with toothpicks as an appetizer. Serves 6.

FISH SOUP WITH BEAN CURD

Ingredients

1⅓ cups leeks, chopped
2 tablespoons olive oil
1 pound tomatoes, chopped
1 large garlic clove, sliced
1 bay leaf
½ teaspoon thyme
very large pinch saffron powder
4 cups fish stock, clam juice, or both
salt
18 tiny shrimp, peeled
2 bean curd cakes, cut into tiny cubes

Method

In a saucepan cook the leeks in the olive oil until they are soft. Add the tomatoes, garlic, bay leaf, thyme, and saffron and stir for 5 minutes.

Add the fish stock and simmer, covered, 25 minutes. Strain into a clean saucepan, pressing out all the juices. Salt highly.

Add the shrimp and bean curd and simmer 2 minutes. Divide the shrimp and curd among 6 soup bowls. Pour on the stock. Serves 6.

LAVISH DIET LUNCH SALAD

Ingredients

1 tablespoon fresh ginger, grated
¼ cup rice vinegar or mild white wine vinegar
2 teaspoons sugar
2 tablespoons dark sesame oil
3 tablespoons soy sauce
4 scallions, thinly sliced
4 bean curd cakes (about 1 pound) cut into ½-inch cubes
1 cup carrot, coarsely grated
½ pound fresh bean sprouts
boiling water
½ pound mushrooms, thinly sliced

Method

Combine the ginger, vinegar, sugar, oil, soy sauce, and 2 of the scallions in a bowl and mix well. Toss gently with the bean curd and carrot and chill several hours.

Place the bean sprouts in a colander in the sink and pour boiling water over them. Spread them on a plate and chill in the refrigerator.

Place the sprouts, mushrooms and remaining scallions in a chilled serving bowl. Add the bean curd mixture and toss gently. Serves 4.

CHICKEN AND BEAN SPROUT SALAD WITH PEANUT DRESSING

Ingredients

½ pound fresh bean sprouts
2 cucumbers
½ teaspoon salt
2 tablespoons peanut butter
3 tablespoons rice vinegar
1 tablespoon lemon juice
1 teaspoon soy sauce
1 teaspoon fresh ginger, grated
Tabasco sauce to taste
2 tablespoons peanut oil or light sesame oil
2½ cups chicken, cooked, skinned, and shredded
shredded lettuce leaves

Method

Drop the bean sprouts in a pot of boiling water and boil for 1 minute. Drain, dry and chill them.

Halve the cucumbers lengthwise, seed them and cut into thin slices. Sprinkle with the salt and chill for ½ hour.

In a bowl mix together the peanut butter, rice vinegar, lemon juice, soy sauce, ginger, and Tabasco sauce. Then slowly stir in the oil.

Drain and dry the cucumbers. Toss them gently in a bowl with the chicken, bean sprouts and dressing. Serve on the lettuce. Serves 3-4.



FREE. 36 page color booklet. "Beginners Aquarium Digest". Write: Tetra Sales (U.S.A.). Department Z1, Hayward, CA 94545

lo-fuss food *continued from page 137*

S. BOWES' ALFRESCO
.ST *continued from page 136*

IINESE SOUP
n Mrs. John Bowes

edients

'ried mushrooms
ps chicken broth
p pork, sliced very thinly
'p bamboo shoot, sliced
inly
ongee (dried lily flower),
inly sliced, optional
blespoons white wine
inegar
blespoons Kikkoman soy
auce
easpoon salt
easpoon pepper
blespoon cornstarch
up water
h Tabasco sauce (optional)
gs, lightly beaten
blespoon sesame oil
blespoons scallions, minced

hod

k the mushrooms in hot wa- for 20 minutes. Squeeze dry slice very thinly.

g broth to a boil and add k and mushrooms and bring to the boil again. Simmer 8-10 minutes.

Add bamboo shoot and lily flower. Simmer another 10 minutes.

Add vinegar, soy sauce, salt and pepper. Stir. Add the cornstarch mixed with the water and return the soup to a boil. (If you like your soup spicy, you can add a dash of Tabasco sauce.) Take off heat.

Add beaten eggs to the broth. Stir and add oil and scallions. This soup is good reheated and will last several days refrigerated. Serves 8.

CHILES RELLENOS
from Micheline Beatty's Gourmet Menus

Ingredients

1 8-ounce can whole Mexican chiles, peeled
¾ pound Monterey jack cheese
8 eggs, separated
salt
3 cups vegetable oil
tomato sauce

Method

Open the chiles and remove all seeds. Cut cheese into "fingers" nearly as long as the chiles and a little less than ½ inch thick. Roll chile around cheese.

In a large bowl beat 4 egg whites and ¼ teaspoon salt until stiff. In another bowl beat 4 yolks until thick and lemon colored. Fold yolks into whites. (Use up this half of batter, then repeat for the last 4 eggs.)

In a deep pot heat oil. Drop batter by spoonfuls into the medium-hot oil and let fry *slowly* 1 minute. Place rolled chile in the center of the fried batter and cover completely with more batter. Baste gently and turn. Fry slowly until golden brown.

Drain on absorbent paper. Repeat until all chiles are fried, batter used. Can be refrigerated.

Place chiles on clean absorbent paper on heatproof platter, reheat in 350° oven 10 minutes. Transfer to warm platter, pour hot tomato sauce on top.

TOMATO SAUCE

Ingredients

3 tablespoons butter
3 scallions, chopped
2 pounds fresh red tomatoes, peeled, seeded, and chopped
½ teaspoon salt
pinch allspice

Method

In a large, heavy skillet add butter and lightly sauté the scallions. Add tomatoes and salt and cover. Simmer gently for 20 minutes stirring occasionally. Add allspice and serve.

NOTE: Mrs. Bowes does the chiles and tomato sauce at home, then just reheats at the beach.

MRS. HAMMERSTEIN'S
HEARTY DINNER
continued from page 135

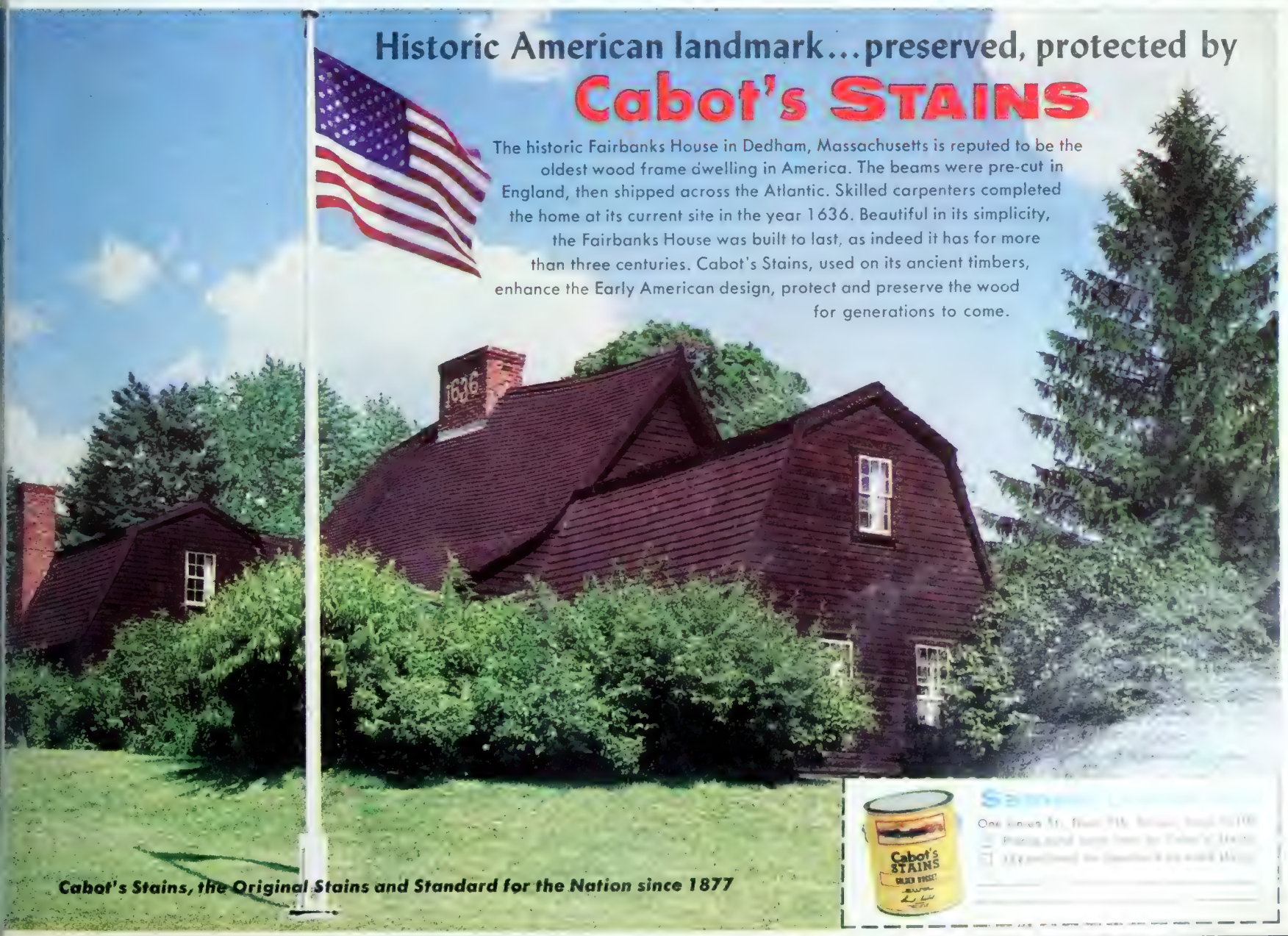
LE GARBURE
(thick vegetable soup)

"If you have a *toupin,* [a glazed earthenware pot, see page 134],
Continued on next page

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...and narrow, which, for a ... than using a regulation wide pot. It needs a flame tamer."

Ingredients

1½ cups dried pigeon peas
enough olive oil to coat well the bottom of the pot
2 leeks, white and pale green part, halved lengthwise, sliced, and thoroughly rinsed of grit
3-6 garlic cloves, peeled, minced
3 fat shallot cloves, peeled and chopped
2 small fat carrots, scraped and sliced
1 sweet red pepper, or green, seeded, quartered, sliced
1 cup rutabaga, peeled and diced
1 can (46-ounce) College Inn chicken broth
¼ cup Noilly Prat vermouth
1 good teaspoon dried thyme
1 heaping tablespoon dried rosemary
salt, pepper
zest of 1 lemon, cut in the finest julienne
½ pound kielbasa sausage, peeled, sliced, and browned
1 cup Savoy cabbage, finely shredded
1 pint cherry tomatoes, diced
handful Italian parsley, chopped

Method

In a heavy saucepan cover the peas with about 1½ inches of water and bring to a boil. Boil 2 minutes; cover and take off heat. Let sit for 1 hour.

Add olive oil to *toupin.* Put in leeks, garlic, shallots, and carrots. Cook gently until the leeks begin to wilt.

Add red pepper, rutabaga, broth, and vermouth. Bring to a boil. Add peas and their cooking liquid, thyme, rosemary, and lemon zest. Simmer, covered, on low heat until the beans seem about 15 minutes from being done. (This is hard to gauge. Dried beans don't always behave the same way.) Taste for salt and pepper.

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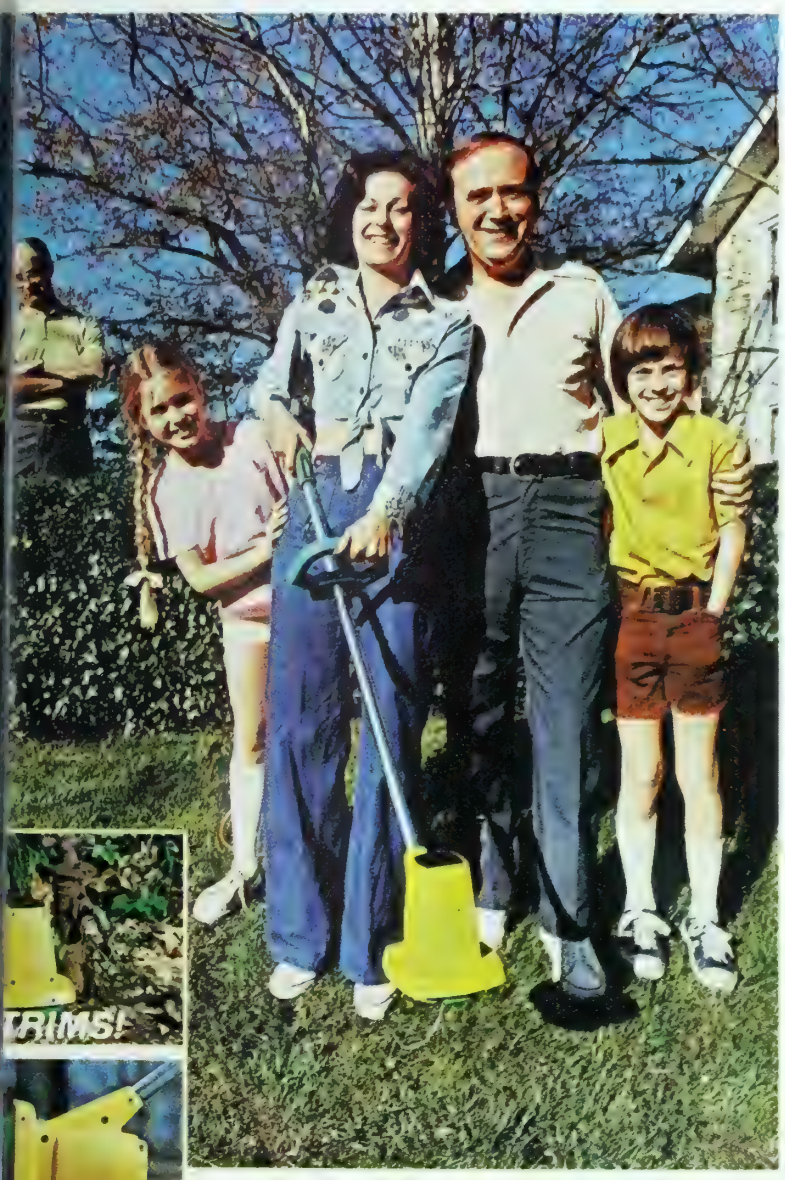
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HEATING & COOLING

*THIS IS A FACTORY SUGGESTED PROMOTION. Offering the "Weed Eater Package" FREE to the homeowner with the purchase of a Hermitage Air Conditioning System is at the option of the local participating Heil Heating & Cooling distributor and/or dealer. In certain areas the "Package" may be offered at a nominal cost. Offer void where prohibited or restricted.

utdoor-tool-around offer.

et a free* WEED EATER !

The response to the amazing WEED EATER "Needie" lawn trimmer has been tremendous, that once you've tried it, you simply can't live without it!



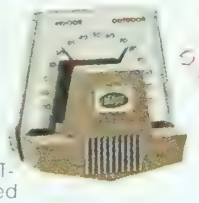
The WEED EATER is actually four tools in one. It's the perfect outdoor grooming aid that trims, edges, mows and sweeps—getting into places where other conventional edgers and trimmers can't. The end result is a beautiful lawn with that professional manicured look.

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HG

Add the kielbasa and cook 15 minutes more. Add the cabbage and cook 10 minutes or until the cabbage has just wilted. Serve with the tomato and parsley garnish. Serves 4-6.

To garnish, combine the diced tomatoes and the parsley. Toss with some oil and salt. Serve at room temperature at the table. Each person should take a heaping spoonful and stir it into their soup.

BLUEBERRY DESSERT OMELETTE

This recipe serves 2-3 people. Make two for 4-6, keeping the first one in a 190° oven while you do the second.

Ingredients for blueberry sauce

¾ cup fresh blueberries, picked over
⅓ cup fine granulated sugar
1 tablespoon fresh orange juice, strained
zest of ½ orange or more

Ingredients for omelette

4 eggs separated
½ teaspoon fine sugar
pinch salt
1 tablespoon heavy cream or crème fraiche
1 tablespoon butter
powdered sugar
¼ cup fresh blueberries

Method for sauce

Combine the blueberries, sugar, orange juice, zest in a heavy enamel saucepan and boil very gently for 5 minutes. Keep warm.

Method for omelette

In a bowl, beat the egg whites until stiff. In another bowl, lightly beat the egg yolks, sugar, salt, and cream with a fork. When well mixed, fold in whites very gently.

In an omelette pan melt the butter. Add the eggs. Lower the heat as the eggs begin to color on the bottom. Shake to loosen, but do not disturb it until the center is spongy.

Spoon on enough blueberry sauce to cover the face of

Continued on next page

GEORGIA



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WHEN WRITING TO THESE HOTELS OR RESORTS FOR LITERATURE OR RESERVATIONS, MENTION HOUSE & GARDEN MAGAZINE.

HEARTY DINNER

continued from preceding page

the omelette. Fold omelette in half and remove to a heated platter. Spoon the rest of the sauce on top. Sprinkle on some powdered sugar and the fresh berries. Serve. Serves 2-3.

MRS. SULLIVAN'S FRESH SALAD LUNCH

continued from page 137

EGGS MIMOSA

Ingredients

10 eggs, hardboiled, halved, yolks removed
mayonnaise to taste
strong Dijon mustard to taste
salt
pepper

Method

Sieve the egg yolks and reserve some for garnishing the finished stuffed eggs.

Mash the rest of the yolks with the mayonnaise and mustard. Season to taste with salt and pepper.

Stuff the egg whites and sprinkle them with the sieved egg yolk.

LENTIL SALAD

Ingredients

1½ cups lentils
1 medium-sized onion, diced
1 bay leaf
pinch of thyme
2 cloves garlic, minced
salt, pepper
vinaigrette dressing

Method

In a heavy pot cook the lentils in water to cover with the onion, bay leaf, thyme, garlic, and salt and pepper to taste. Simmer over low heat about 30-40 minutes for American lentils, 1½-2 hours for European lentils, or until tender.

Drain and remove bay leaf. Cool. Toss in a bowl with vinaigrette and serve at room temperature. Serves 8-12.

GRATED CARROT SALAD

Ingredients

2 pounds carrots, coarsely grated
2 cloves garlic
vinaigrette dressing made with lime juice and olive oil

Method

Press garlic cloves over grated carrots and toss together.

Toss carrots again with a light sprinkling of the vinaigrette and chill. Serves 6-8.

GARDEN BEET SALAD

Ingredients

3 dozen small beets, cooked, drained, peeled, and cut in julienne strips
vinaigrette dressing
salt
pepper

Method

Toss the beets with the dressing and salt and pepper to taste and chill. Serves 8-10.

CELERY REMOULADE

Ingredients

3 medium-sized celery root, peeled and cut in julienne strips
very hot mustard
homemade mayonnaise
salt, pepper

Method

Toss the celery root with mustard and mayonnaise to taste. Season with salt and pepper. Chill. Serves 8-10.

CHESTNUT SOUFFLÉ

recipe from Joyce Goldstein

Ingredients

2 cups chestnut purée (sweetened kind)
4-8 tablespoons rum
8 egg whites, stiffly beaten
1 cup heavy cream
2 tablespoons dark rum
2 tablespoons sugar
½ teaspoon vanilla
½ cup chopped preserved chestnuts in syrup

Method

Thin the chestnut purée with 4-8 tablespoons rum. Fold in the beaten egg whites, gently but thoroughly.

Pour the mixture into a 2-quart soufflé dish and bake in a preheated 350° oven for 40 minutes.

Meanwhile, whip the cream in a large bowl until it begins to hold a shape and flavor it with the dark rum, sugar, and vanilla. Stir in the preserved chestnuts.

Serve the soufflé immediately with the whipped, flavored cream. Serves 6-8.

TORTELLINI WITH CREAM

recipe from Emalee Chapman

Ingredients

100 fresh tortellini, available from Italian specialty shops
1 quart canned chicken broth

½ pints heavy cream
lt
epper
ash cayenne
armesan cheese, freshly
grated

ethod

a large pot undercook the tor-llini in the chicken broth for -7 minutes at a rolling boil. rain.

a large skillet add the cream nd the tortellini. Heat for a few inutes over low heat. Remove rtellini with a slotted spoon nd keep warm.

dd salt, pepper, cayenne, and armesan to taste to the cream nd boil vigorously for 5 min-tes. Add the tortellini and cook r a few more minutes. Correct easoning and serve on a hot latter. Be sure the plates are ot, too. Serves 6 as a main ourse.

Release your creativity

ontinued from page 88

was forced to make of the little ggestions here and there a total rm.

"Perhaps in our age we need to e driven to find some kind of eauty in ugliness, to find our own rm. In classical Greece, when so-iety was organized around sym-ols and forms that were part of he culture, the people were sur-ounded by beautiful forms, such s the Parthenon. They sought or-er out of chaos through propor-ion and harmony and the golden ean. Today, we do not have these eautiful forms. We have to work ard to find them. Modern art, for nstance, has to speak to us often or us to begin to understand it. oday, you must find your mean-ngs in the heterogeneity of things round you—in them, you should e able to perceive the form, and ope that there will be beauty in it.

"If you do not express your own riginal ideas, if you do not listen o your own being, you will have etrayed yourself.

"It is very difficult truly to ex-ress yourself. In a time of transi-ion, such as we are now living in, eople are anxious. They tend to onform, because they are scared. They herd together like sheep. This is very understandable. In a time of insecurity, it is hard to find the courage to follow your own ideas, your own impulses, your own imagination. There are no walls, no guideposts, no mooring places to moor your boat.

"That is why I think conformity is the major sin of our day. *If you can learn to have confidence in your own senses, and to express yourself as fully as possible, you are fulfilling your own being in the world—for creativity is basically the process of making, of bringing into being.* Conformity is the thing that most mitigates against creativity.

"Whatever sphere we are in, there is a profound joy in the realization that we are helping form the structure of the new world. This is creative courage, however minor or fortuitous our creations may be.

"I believe that deep down there is working out of our collective unconscious new forms, new ways of life. The movement back to the earth; the lessening importance of money; the choice of work as vocation rather than career; women's liberation; racial integration—all these are good signs—signs of the future. Signs of a new age struggling to be born.

"I'm working for that new age. I think we are going through a very difficult period, with the disintegration of the symbols of rationalism and the emerging movement toward feeling—the suffering will be greater before we get through this. I happen to believe that we will come out with a renaissance in the future. I think we'll survive. But the transformation has only just begun." ■

Take a tax break

continued from page 130

rights except the right to develop the property—which you relinquish for a set number of years, or in perpetuity. In return, a community that agrees to the arrangements will cut your property taxes by as much as 60 percent. For further information, contact the Nature Conservancy (1800 North Kent St., Arlington, Va. 22209) or the Trust for Public Land (82 2nd St., San Francisco, Cal. 94105).

A shaggy rug story

If you're about to buy a house, write a separate check for any personal property, such as wall-to-wall carpeting or air-conditioners, included in the sale. The cost of these items then won't increase the assessment on the house you're buying, which means your property taxes will be lower. ■



For the healthy adult, six to eight glasses of fluid a day is a good rule—
lukewarm, plain or flavored

Water—the essential element *continued from page 36*

and humidity influence this water loss. Persons who work hard in high temperatures, such as laborers, soldiers, athletes, and miners, experience excessive water loss. For these individuals there is an increased need for water and sometimes for salt, as there is an excessive loss of this important element in perspiration.

Heat cramps, heat exhaustion, fainting, and heat stroke can result from salt and water imbalance. Heat cramps in skeletal muscles often occur after excessive sweating and drinking large quantities of water. They can be prevented by using small amounts of ordinary table salt in drinking water. All of the above disorders are preventable in healthy individuals if free access to water is provided. Only in profuse sweating is increased intake of salt necessary.

The human adult body contains 30 to 50 liters of water. (A liter is 1.057 quarts.) Total body water as a percentage of body weight is higher in infants, children, and lean adults than in obese individuals. In health, intake and output of water balance closely. If you weigh nude on arising, after voiding, your body weight rarely varies as much as 2 percent and usually less than 1 percent. Water need for the healthy adult is about 1.5 to 2.5 liters a day. Solid and semi-solid foods provide 1200 to 1500 milliliters. Beverages account for 1000 to 1500 ml. and water of oxidation supplies about 300 ml. from the body's metabolic processes. Water of oxidation may come from several sources.

100 grams of protein produce
41.3 grams of water
100 grams of starch produce
55.1 grams of water
100 grams of fat produce
107.1 grams of water
100 grams of alcohol produce
117.4 grams of water

If no food or drink is taken, protein, fat, and glycogen stored in the body tissues are used to supply important amounts of water. It is common knowledge that the camel's hump, made up largely of fat, is a potential source of water.

It is easy to see that many factors influence water balance—many many more than there is space for in this limited discussion. As the Food and Nutrition Board of the National Research Council so succinctly summarized it, "Special attention must be given to the water needs of infants on high protein formulas; of comatose patients; of those with fever, polyuria, vomiting or diarrhea; of those who are taking diuretics or consuming high protein diets; and of all persons in hot environments." It should be understood that in most of these circumstances the patient would be under the care of a physician who would determine the required procedure based on the individual's condition.

For the healthy adult, six to eight glasses of fluid a day is a good rule. If you are a slow eater and chew your food thoroughly until it is moistened with sufficient saliva to start the digestive process, liquids may be taken with meals. For those who eat rapidly it is best to take the major part of fluids between meals as fluids make it easy to swallow food without chewing it sufficiently.

Whether the fluids are hot, cold, or luke warm, plain or flavored is a matter of personal preference and individual physiological response. If you are overweight, choose water. It is free. Tea, coffee, or low calorie liquids such as artificially sweetened lemonade or limeade might be included in the total daily amount of liquids. If you are on the slender side choose fruit juices and milk as they add nutrients as well as fluids.

The person who is constipated may find drinking two glasses of water (12 to 16 ounces) on arising helpful. The water should be swallowed rapidly. This activates a quiet gastro-intestinal tract and promotes peristaltic waves which propel the fecal mass along the intestinal tract.

For health water is vital. Yet we often take water for granted. It's hard to believe but true that wars were once waged over water as wars are now waged over oil. Water is a main stream of life. A healthy person can live only seven to ten days without it. Don't ever take the value of water for granted, do take it in, regularly every day. ■



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Professional tips to help you wallpaper like an expert

Professional paperhanger Abe Gershbein, who teaches wallpapering seminars, tells you how to estimate quantity, what tools you need, and techniques that will give your wallpapering a professional look. For a step-by-step demonstration of the basics, turn to page 107.

How to find the amount of wallcovering you need

For each wall, multiply the height by the width in feet and divide by 30. Add 2 feet to the height and 2 feet to the width in your calculation to allow for overlap. If you prefer to compute in square yards, multiply the height by the width and divide by 9. Order an extra roll to be safe.

The tools you need

- A table (don't use one whose value could be destroyed by nicks and scratches; any table used for work should have protective covering) or the floor for the cutting and pasting surface.
- Paste and paste bucket. Ladder or step-ladder.
- Wide wallpaper brush; seam roller; pasting brush or low nap roller.
- Wide, shallow tray for paste if you apply paste with roller. (The same kind you would use for paint.)
- Level or chalked plumb line.
- Putty knife to serve as straight edge.
- Mat knife or wallpaper cutter for trimming.
- 2-inch brush to reach hard-to-get-at places.
- Sponge and warm water.
- Drop cloth for the floor.

Suggested supply list by Janovic/Plaza, New York.

To prepare the wall

"It's 90 percent of the job." Remove the hardware from the wall; switch and lock plates, electric outlet plates should be covered over with paper or newspaper to protect your hands from live wires, especially if you work with metal tools or foil papers. Vacuum to remove dust and wipe ceiling, walls, doors, woodwork, whatever is being papered with a clean, dry cloth. Wax and grease must be removed as paste won't adhere to slippery surface. Spackle cracks and sand smooth; vacuum again for dust. Apply sealer over the clean wall. **If you're wallpapering over old paint:** Determine whether the paint is water- or oil-based. Sealer may be put directly over an oil-based paint, but an oil-based "prep-coat" sealer must be applied over water-based paints. Latex paint contains an ingredient which combines with the chemicals in wallpaper paste to break down the paint. The result is that the paper falls off the wall. The appropriate sealer prevents this from happening. **If you're combining a painting project with a wallpapering project—paint first.**

Tips on hanging wallcovering

Direction for pretrimmed paper: Determine the "focal point" of your room—that wall either first seen when entering the room or that wall which you wish to emphasize. That's the wall to be covered first.

(A) Measure the wall height at both ends because what looks equal often isn't. Take nothing for granted. Floors slope, ceilings dip. The measuring stick is more accurate than the eye in a case like this. The penalty for not measuring can result in a strip cut short at the end of an expensive roll of paper! The 2-inch overlap at the top and bottom of each strip allows you to play, within certain limits, with positioning the pattern on the wall. You may wish to hang the first cut strip and do your subsequent matching by taking the roll to the wall. Some think they save time by matching and cutting the strips all at once. Should you do this, simply number the strips as they're cut from the roll. This is particularly helpful if you're using solid-colored wallcovering where slight changes in the tint will show if the strips are out of sequence.

(B) For the first strip, measure the wall ½ inch short of the width of the paper, assuming that you're working from a corner. This allows ½ inch that goes into that corner to make a small "cuff"—an overlap that will be incorporated into the final strip of paper applied to the adjacent wall (the same corner). Working left, the first strip's outside edge will butt the second strip, the second's outside edge the third, and so on. Only corners overlap widths. Check every wall with a level to determine straightness. Some walls in older buildings bow out, which can effect the way a pattern looks.

(C) Apply a generous amount of paste to the back of each strip working from the paper's center to its edges. Spread it over the back evenly. Should you be interrupted at some point during pasting, the wet-to-wet method of folding the paper will keep the paste wet for hours.

(D) Be gentle when applying paper to the wall. Wet paper is pliant and very flexible and responds well to shifts and gently pulling off the wall if a change becomes necessary. But it also tears at the edges and will wrinkle if handled roughly.

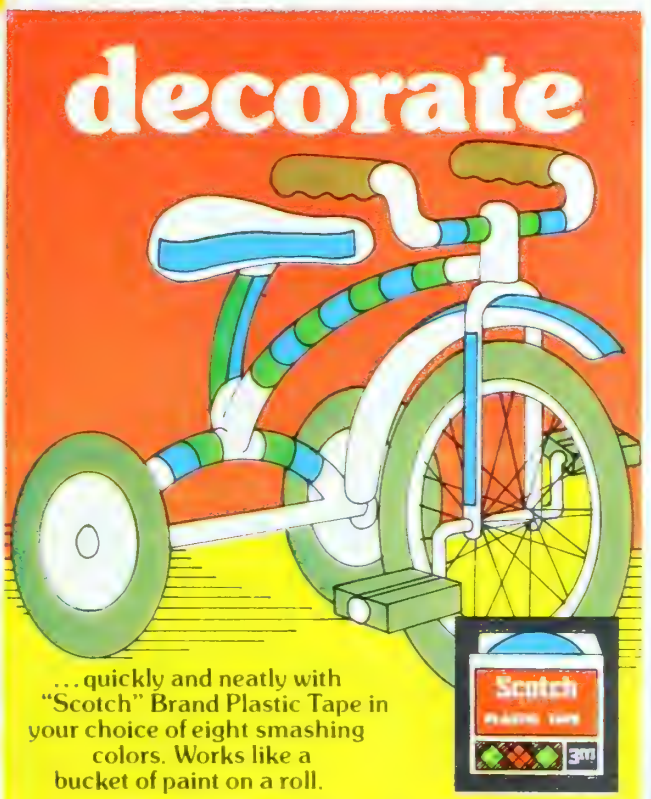
(E) With the wide wallpaper brush sweep diagonally down the surface of the paper. Avoid horizontal strokes. Air pockets form little bulges, paste little lumps that indicate their position. Remove as much paste and air as possible. The sweeping action also helps distribute the paste more evenly and less densely. The seam roller helps the seams butt firmly.

(F) A straight edge keeps the paper taut and in place while you trim overlap. A mat knife gives a clean edge. Cut with firm, even strength. Sponge the surface of the paper and adjacent molding to remove any incidental paste after each strip is hung and swept smooth. Let dry. The paste doesn't stain but it should be removed anyway.

More about papers, pastes, and solving problems

Read the instructions carefully on the labels of each product. Follow them exactly.

If you've selected Mylar, a vinyl, a paper-backed vinyl, a heavy canvas, or burlap, use vinyl cement. Wheat paste and celluloid paste are quick-drying and appropriate for paper-stock and fabrics. **When in doubt, call the manufacturer. Wallcoverings such as grass cloth, silk,** foil, and delicate antique papers should have liners and *(Continued on page 156)*



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Shopping Information

All prices approximate. *Consult your interior designer or store decorating department. Postage indicated by ( ).

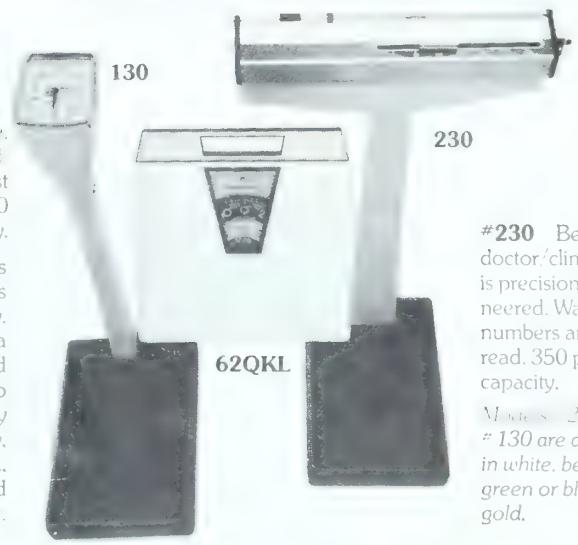
WALLPAPER POWER
Page 107
"Buttons & Bows" vinyl wallcovering: 27" wide, 18" repeat, pretrimmed, from the Matchmakers collection. $10.95 a roll. By Wall-Tex. At Janovic/Plaza.

BALDWIN DESIGNS
Pages 112–113 and cover
Sofa: 80" x 34" x 29" high. $1695.
Ottoman: 26½" square x 18" high. $395.
Bleached oak step table: 30" x 18" x 25" high. $665.
Large slipper chair: 29" x 26" x 29" high. $685.
Small slipper chair: 26" x 18" x 29" high. $480. All furniture designed by Billy Baldwin for LCS.*
"Tessulatus" cotton fabric: covering sofa, ottoman, chairs, roman shades, 53½" wide, 25¼" repeat. $18 a yd.
"Tessulatus" vinyl wallcovering: 27" wide, 25¼" repeat. $22.50 a roll. Fabric and wallcovering designed by Billy Baldwin for Woodson Wallpapers.*
Boyd brass standing lamp: $295.
Ceramic tree lamp: to order in a selection of colors. $150.
Striped beige and white throw pillows: $45 each.
Pure wool throw: $375. All from LCS.*
Handwoven wool and linen rug: $20 a sq. ft. To order from Nantucket Looms.
Ivory box with pewter lid: $600.
Victorian fruit plates: $36 each.
Porcelain box with pewter trim: $240. All from Garvin Mecking.*
Straw basket on floor: containing magazines, one-of-a-kind design by Normand Maxon. $135.
Lacquered black table: 47" x 22" x 16" high, a choice of lacquered colors. $1425. From Paul M. Jones.*
Wicker sewing basket: Mexican cotton lined. $85. At Woolworks.
Pages 114–115:
Bleached oak bar: 24" x 19" x 28" high, bronze glass, bronze colored trim. $545.
Étagère: 36" x 14" x 84" high, steel with bronze finish, glass shelves. $1805.
Travertine-topped oak desk (not shown) 60" x 24" x 29" high, steel trim. $1650. Designed by Billy Baldwin for LCS.*
Vinyl wallcoverings:
Photos 2 and 8, "Marmoreus"
Photo 4, "Mitra"
Photo 5, "Amoria"
Photo 7, "Melo"
Photo 10, "Gloriosus"
Photo 12, "Volute"
Photo 14, "Tessulatus"
All vinyl wallcoverings 27" wide, 25¼" repeat, $22.50 a roll, designed by Billy Baldwin for Woodson Wallpapers.*

DECORATING WITH SHEETS
Pages 126–127:
"Tranquility Poppy" cotton and polyester top sheet: no-iron percale.
"Tranquility Stripe" cotton and polyester bottom sheet: no-iron percale. Both in blue, green, rose, and sand.
"Tranquility Poppy," "Tranquility Stripe," "Sophisticated Poppy," "Sophisticated Stripe" pillowcases: polyester and cotton no-iron percale.
"Tranquility Stripe" acrylic blanket: in green, blue, rose, or sand.
"Sophisticated Poppy" comforter: reversible to black and white basket weave pattern; black and white basketweave dust ruffle not shown.
"Sophisticated Poppy" pillow shams: in blue, green, rose, or sand. From the "Mixed Emotions" collection designed by Missoni for Fieldcrest. At Bloomingdale's.
Mattress: by Sealy Posturepedic.

READY DECORATING
Pages 128–129:
"Tuba" armchair: 28¾" x 25" x 35" high, polyester duck sling seat, back, chrome frame (as shown) or electrostatically plated epoxy frame to match colors. $125. Imported from Belgium by Shore Industries. At Imagination in Concept.
Cotton covered pillows: "Star Leaf," "Fern," "Frog," and "Tri Leaf," 15" sq., polyester filled, zippered covers are hand washable. $15 each. From The Greenhouse collection by Nettle Creek. At Nettle Creek Shops.
"Oui Oui" vinyl wallcovering: 27" wide, pretrimmed, scrubbable, companion fabric available. $16.95 a roll. From the Little Things collection by WHS Lloyd.
"Directa" chair: 22" x 28" x 35½" high, tubular steel frame in epoxy powder baked finish or chrome, seat available in canvas, denim, natural linen, and "rain dry" vinyl coated nylon mesh (shown), designed by Fred Kumm. From $50 to $60. By Karema USA. At The Workbench.
"Blocks" cotton and polyester sham: pattern available in quilted bedspreads, custom draperies, quilted and unquilted fabric by-the-yard. Sham, $11.50 each; twin throw-style bedspread, $90. By Kirsch.
Ottoman/coffee table: 30" sq. x 17" high with cushion; 28½" sq. x 8¼" high as game table, oak frame, velvet cushion. $159. From a sectional seating system by Howard Family Room Furniture.
"Heirloom Collection" Anso nylon carpet: 12' widths, 6 color combinations, also available in area rugs, 4' x 6', $75, 6' x 9', $135, 9' x 12', $260. With a 5-year wear guarantee by Allied Chemical; **six crewel kits:** suitable for chair seat, pillow, or wall hanging, with embroidery yarns dyed-to-match carpet colors. $15 each. By Wellco carpet. At Frederick & Nelson.
Folding floor screen: bamboo, each panel measures 23" wide, in 66" or 76" heights, vertical pole (as shown) or diagonal pole pattern, in 3 or 4 panel versions, screen shown $300. By Vaccaro-Smith. At Bloomingdale's.
"Universe" nylon rug: available in six colors, 3'8" x 6', $50; 6' x 8'8", $90; 8'6" x 12', $149. From a collection of Rya rugs by World. For nearest World Carpet dealer call toll free (800) 243-6000.
"Youth Dew Golden Hours" candle: glass base, silver-toned metal top. $6.50. By Estée Lauder.
"Berry Pickin' " vinyl wallcovering: 28" wide, 22" repeat, pretrimmed, scrubbable. $10.95 a roll. From the Outasight-II collection by James Seeman Studios.
"Bubble" lamps: both of scratch-resistant, shatter-proof ABS plastic. Write Crayonne/Janus 2 for nearest store.
"Jardin" Kodel and cotton bl spread and pillow shams: polye filled, available in quilted throw s bedspread, lined or unlined drape pillows shams, dust ruffle, vala comforlet, throw pillows, table rou Twin bedspread, $43; pillow sham, $ each. By Croscill Curtain.
"Holiday" chair: 32½" x 42" x high, 3-position back, cotton sailc cushion, natural finish pine. $119. Burris. At The Workbench.
Towel ring: scratch-proof ABS p tic; **hooks:** both ABS plastic. Crayonne/Janus 2. Write for nea store.
Dining room in a box: 6 fold chairs, silver/china compartment, p finish oak table folds up from ba vinyl-covered-seat chairs store insi on casters. $446. By Moreddi.
Guatambu wood side chair: 18 17½" x 32" high, leather seat, ba buckle detail, easy to assemble; wal or natural finish. $55. Imported by O Gerdau. At Macy's.
Clamp-on portable lamp: 12" wi white reflector shade. $149. By Arc tectural Supplements.*
Corner and ottoman: from a secti al seating system by Howard Fam Room Furniture.
"Headlight" lamp: for wall, par tion or headboard mounting, removal pressure clip, on-off wheel switch, watt reflector bulb included. $19.95 Luxo Lamp.
Step table: 28½" x 24" x 24¼" hig glass top, white lacquered hardwo veneers and solids. $150. From t Gazebo collection by Lane.
"Yoruba" nylon rug: 4' x 6', $17 5' x 4" x 8', $295, Rohm & Haas Ra dom-tone nylon fiber. From the Afric Collection by Regal Rugs. "Yoruba" The Boston Store; other patterns in t African Collection at Macy's, S Francisco.
"Berry Farm" vinyl wallcoverin 27" wide, 27" repeat, designed Everett Brown. $31.50 a roll. From t Our Country collection by K B Design
Window blind: round bamboo, 2'6" 6' long, $45; 3' x 6', $55; 4' x 6', $6 By Vaccaro-Smith. At Bloomingdale's
"The Raeburn" color TV: 27⅛" 17¾" x 17½" high, with RCA XL-1 ColorTrak System for automatic col adjustment, calculator like electron remote device, plastic cabinet wi Brazilian rosewood finish. $725. RCA.
"Input 11" plastic drinking glass 9" high; "Input 8" individual servi bowl; "Input 12" ice bucket-like co tainer. All scratch-proof, shatterpro ABS plastic. By Crayonne/Janus Write for nearest store.
"Scandia" nylon rug: in 4 colors, 4 x 6', $49; 6' x 9', $79; 9' x 12', $13 From a collection of Rya rugs by Worl Carpet.
"Group Opal" folding table an chairs: table, 30½" x 31½" x 27¾ high; chairs, 17¼" x 18" x 31¼" high beech with red lacquered finish. $17 for table and 4 chairs. By Eurosedi and imported by Ida Stein Associates At Fischel's.
"Drop Cloth" cotton bedspread Dacron filling, quilted throw. Twin $50. By Wamsutta TruCraft. At Abra ham & Straus.
Love seat: 56" x 35" x 32" high, loos seat, back, arm pillows, white lacquere finish, hardwood solids and veneers $570. From the Gazebo collection b Lane.
Acrylic bookends: black with black initials, clear with opaque initials white with white initials, $23 a pair; tortoise acrylic with black initials, $25 the pair. By ISA Designs. At Henri Bendel.
Flip-top table/desk: open, 48" x 36" x 29" high, closed, 48" x 18" x 30" high, natural finish maple hardwood butcher-block top, base. $199. By Otto Gerdau. At Bloomingdale's.

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ling lounge chair: 25½" x 44" " high, 3-position back, linen cov- cushions. $140. By Tradewind De- s. At Bloomingdale's.
brella lamp: chrome collapsible from 45" to 63" high, or white ball with extension 28" or 55" high, fabric shade, choose from 6 fabrics. s 3-way, 150-watt bulb. Designed Bob Van Allen. $45. By George acs. At Bloomingdale's.

FUSS FOOD

es 134–135:
amic tile floor: made in America, e glaze. By Structural Stoneware.
rden Flower" handpainted : over walls and hood, 5⅝" sq., im- ed from Portugal. At Country rs of Westport.
tom countertops, cabinets, ves: by Hunter-Kleiber, New naan, Conn.
arner restaurant range: grill, ovens, black, stainless. By Garland.
rigerator/freezer: automatic ice er, painted wood front panels ch cabinets. By Sub-Zero Freezer.
hwasher: painted wood front pan- y KitchenAid.
nd system: by Boulton.
d Processor: by Cuisinarts.
ole linens: from Porthault.
ctric coffee maker: by Wigomat.

uilding Facts

House on pages 122-125

ITECTS: William Morgan Archi- s
ERIOR DESIGNERS: William Morgan itects
TRACTOR: Ross Construction Co.
OF HOUSE: 2 living units, 750 are feet each
OF LOT: 173 by 50 feet

RUCTURE

ndation: Thickened slab edge ncrete
ming: Gunite shell applied over nch-diameter steel reinforcing bars 12-inch centers.

TERIOR OF HOUSE

terior walls: 4- to 5-inch-thick nite shell.
terior finishes: Pigmented water- l by E. A. Thompson Co., Inc. on osed concrete; Rez preservative on od surfaces by The Rez Co.
ofs: Cold mopped asphalt water- ofing by Celotex Corp. with 22 hes of earth backfill stabilized with Augustine grass sod.
ulation: In entry wall only, 6-inch ss fiber batts by Owens-Corning Fi- glas Corp.
ndows and doors: Bottom hinged, swinging Plexiglas windows; sliding ss doors by Armalite; custom-built plywood entry door.

TERIOR OF HOUSE

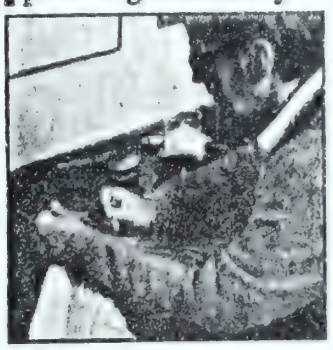
terior walls: Sand finished Gunite.
ilings: In major rooms and baths, d finished Gunite; in kitchen, 1-by- nch fir wood strips equally spaced.
terior finishes: Pigmented water- l by E. A. Thompson Co., Inc. on osed concrete; Rex woodlife on od surfaces.
ors: Acrylic carpet by Patcraft lls, Inc.
ghting fixtures: Recessed cylin- ical lighting by Lightolier, Inc.
rdware: Plated satin chromium by ton Corp., Lock & Hardware Div.
tchen and bathroom cabinets: stom-built birch wood.
tchen and bathroom counter- ps: White plastic laminate
umbing fixtures: Kohler Co.

QUIPMENT & APPLIANCES

pliances: Oven, range, refrigerator- ezer by Westinghouse Electric.
ating and cooling system: Water- oled reverse cycle heat pump by orida Heat Pump Corporation.

Do-it-yourself crafts *continued from page 63*

Making up needlepoint geometry

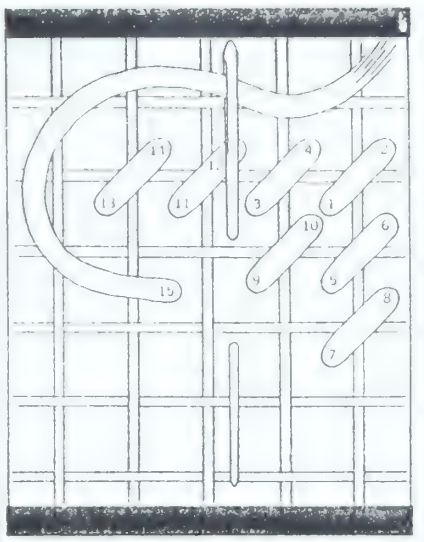


Sol Kent works in basketweave

The basketweave stitch is one of two basic needlepoint stitches. It is worked on a diagonal (see diagram). The needle is in a horizontal position as you work rows up, and vertical as you work rows down. Don't stop work at the end of a row or you won't be able to tell which way you were working, and two rows worked the same direction will leave a noticeable ridge. Stop in the middle, and be sure that you leave the threaded needle aimed the right way in the canvas.

For all its geometrical precision, Mr. Kent's work is largely a mystery to him when he starts. "I know the first shape—a cube or a square or a rectangle," he says. "But I don't know how it's going to turn out." So for work like his, the first step is to start. Graph paper? Or compass and protractor? "No, no, no, no. It would take all the discovery out of it."

Begin at the center of the canvas; work your first geometric figure, and inch out smoothly from there. This allows you to keep your freedom of choice until the last minute. If you started at one side or in a corner, says Mr. Kent,



In basic basketweave stitch, needle is vertical as you work rows down.

Continued on page 202

Arthritis sufferers: are you cheating yourselves?

Four out of five arthritis victims get less medication with every tablet.

You probably have arthritis or you wouldn't be reading this. And if you do, you want all the pain reliever you can get. But if you are not using Anacin®, the chances are four out of five you can get more help with every tablet than you are getting now. Anacin gives you twenty-three percent more pain reliever/anti-inflammatory medication than Bayer, twenty-three percent more than Bufferin, twenty-three percent more than ordinary aspirin tablets.

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Don't cheat yourself. Get more pain reliever/anti-inflammatory medication with Anacin.

"Don't look for a magic pill to pop into your child's mouth... The 'magic' is in your attitude"

—*Child Health Encyclopedia*

Continued from page 34



Woman architect and, below, *pilot, from film* People Who Work.

ples, Fla. recently did. Grant money has spawned a television series about work for nine to twelve-year-olds—"Bread and Butterflies." Developed by the Agency for Instructional Television, the series is now being broadcast over 147 educational stations in 36 states.

The most imaginative classroom program produced so far on work is for the youngest age group: *Scholastic Magazine*'s early childhood department has recently released a new sound filmstrip series for three to eight-year-olds, "Beginning Concepts/People Who

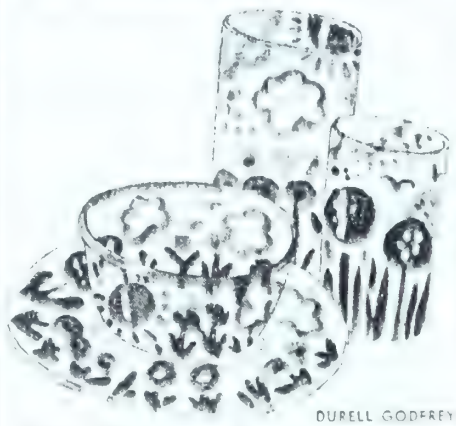


TANA HOBAN

Work." The series of ten color filmstrips presents real people at work —a baker, a quiltmaker, farmer, toy manufacturer, airline pilot, photographer, architect, petshop owner, doctor, and a naturalist—a refreshing departure from the traditional "Meet our community helpers" approach. Photos by Tana Hoban, award-winning photographer-creator of nine children's books, accompany the lively narration and music. Schools can obtain the film strips from Scholastic Magazine Early Childhood Center, 904 Sylvan Avenue, Englewood Cliffs, N.J. 07632. The price is $79.50 for five; $159 for ten.

Bunnies beware

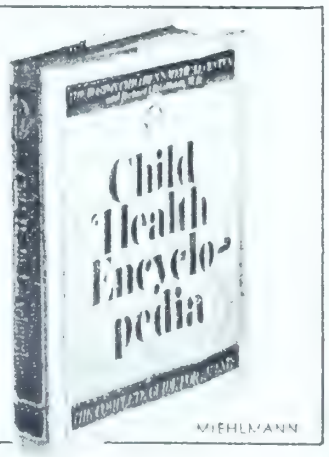
Are the inescapable bunny-decorated children's dishes right for contemporary kids? Without saying Beatrix Potter has had her day (claps of thunder and lightning), jeans-clad tots, be they ever so small, seem stylistically suited to something more modern. Atelier Vitreon has created it, with this delightful set of dishes artlessly painted in bright red, yellow, blue, and green on clear glass. (The handpainting is glazed on.) Shown, bowl, $4; Plate $4.25; glasses, $2 and $1.75. The Atelier Vitreon set is sold at Rosenthal Studio-Haus in New York City, and at department stores across the country.



DURELL GODFREY

Move over, Dr. Spock

It has already sold 35,000 copies since its October publication, and the hefty Child Health Encyclopedia *(Delacorte Press/Seymour Lawrence, $15) will probably become part of many parents' basic shelves. Written in clear, jargon-free prose, the* Encyclopedia *is a superb reference book for parents on childhood diseases both common and uncommon, with practical advice for coping at home, and when to call the doctor. Entries range from acne and allergy to choking, dizziness, emphysema, head injuries, hepatitis, spinal defects. Under "Anemia," for example, five pages detail the disease, its types, the diagnosis, and treatment. The* Encyclopedia *is written by doctors on the staff of the prestigious Boston Children's Medical Center and Dr. Richard Feinbloom, of the Center, who is medical director of the family health care program at Harvard Medical School.*



MIEHLMANN

HOUSE & GARDEN GREAT AMERICAN IDEA CENTERS

You can buy many of the decorate-it-yourself items shown on page 128 at any of the House & Garden Great American Idea Centers listed below:

Alabama
Birmingham ..... Pizitz

Alaska
Anchorage ..... Nerland's
Fairbanks ..... Nerland's

Arizona
Phoenix ..... Goldwater's

California
Los Angeles ..... Bullock's
San Francisco ..... Liberty House

Colorado
Denver ..... May-D&F

Connecticut
Hartford ..... G. Fox

District of Columbia
Washington .... Woodward & Lothrop

Florida
Miami ..... Burdine's
Tampa ..... Maas Bros.

Georgia
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Hawaii
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Illinois
Chicago ..... Carson Pirie Scott

Indiana
Indianapolis ..... L.S. Ayers

Kentucky
Louisville ..... Stewart Dry Goods

Louisiana
New Orleans ..... D. H. Holmes

Maryland
Baltimore ..... Hutzler's

Massachusetts
Boston ..... Jordan Marsh

Michigan
Detroit ..... J. L. Hudson

Minnesota
Minneapolis ..... Dayton's

Missouri
Kansas City ..... Edward Keith
St. Louis ..... Stix, Baer & Fuller

Nebraska
Omaha ..... J. L. Brandeis

New Jersey
Newark ..... Hahne & Co.

New Mexico
Albuquerque ..... American Furniture

New York
Brooklyn ..... Abraham & Straus
Buffalo ..... Adam, Meldrum & Anderson
New York ..... B. Altman & Co.
Rochester ..... Sibley, Lindsay & Curr

North Carolina
Charlotte ..... Ivey's

Ohio
Akron ..... O'Neil's
Cincinnati ..... Shillito's
Cleveland ..... Higbee's
Columbus ..... Lazarus
Dayton ..... Rike's
Toledo ..... Lasalle's

Oklahoma
Tulsa ..... Froug's

Oregon
Portland ..... Meier & Frank

Pennsylvania
Ardmore ..... O'Neil & Bishop
Philadelphia ..... Strawbridge & Clothier
Pittsburgh ..... Kaufmann's

South Carolina
Greenville ..... Ivey's

Tennessee
Knoxville ..... Miller's

Texas
Dallas ..... Sanger Harris
Houston ..... Joske's of Houston

Utah
Salt Lake City ..... Z.C.M.I

Virginia
Richmond ..... Thalhimer's

Washington
Seattle ..... The Bon Marche
Spokane ..... The Crescent

Professional wallpaper tips

continued from page 153

it's recommended that they be hung by a professional. If you're hanging solid-colored fabrics, vinyls, or delicately tinted paper reverse each strip for an even color distribution. **Scrubbable** papers may be washed with warm water and a mild soap. **Strippable** papers remove easily. **Prepasted** papers need be only dipped in water. **Pretrimmed** papers require no selvage cutting. Look for these qualities when selecting a paper for a do-it-yourself project. **Work in a heated room.** The temperature at which paper is applied can effect the paste. Cold, damp rooms won't hold their paper. **Papers with selvages:** Remove the selvage after the strip has been cut to wall height. Don't try to cut away a selvage right on the roll. Be sure to match it to the next strip at "match points" before cutting selvage. Then hang the strip just like a pretrimmed wallcovering.

Should you find that after two seams have been butted an overlap has occurred, trim the overlap directly on the wall before the paper dries. Be very careful to make a straight cut to prevent distortion of the pattern.

Papering a ceiling is a two-man job and should be done before the rest of the room is papered. The strips on the ceiling won't match the direction of the strips on the wall. Run seams in the longest direction of the ceiling to make them invisible.

Should you find you've cut a piece short, find a small piece that fits into the pattern and underlap to short top or bottom seam. The eye will not detect the error.

The professional advice for this article was provided by Abe Gershbein, 3030 Emmons Ave., Brooklyn, N.Y. 11235. ■

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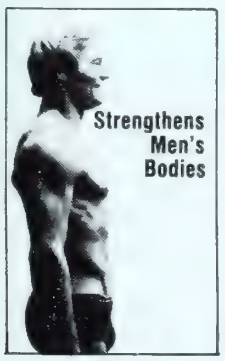
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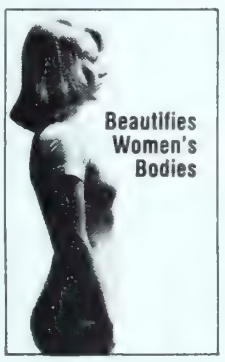
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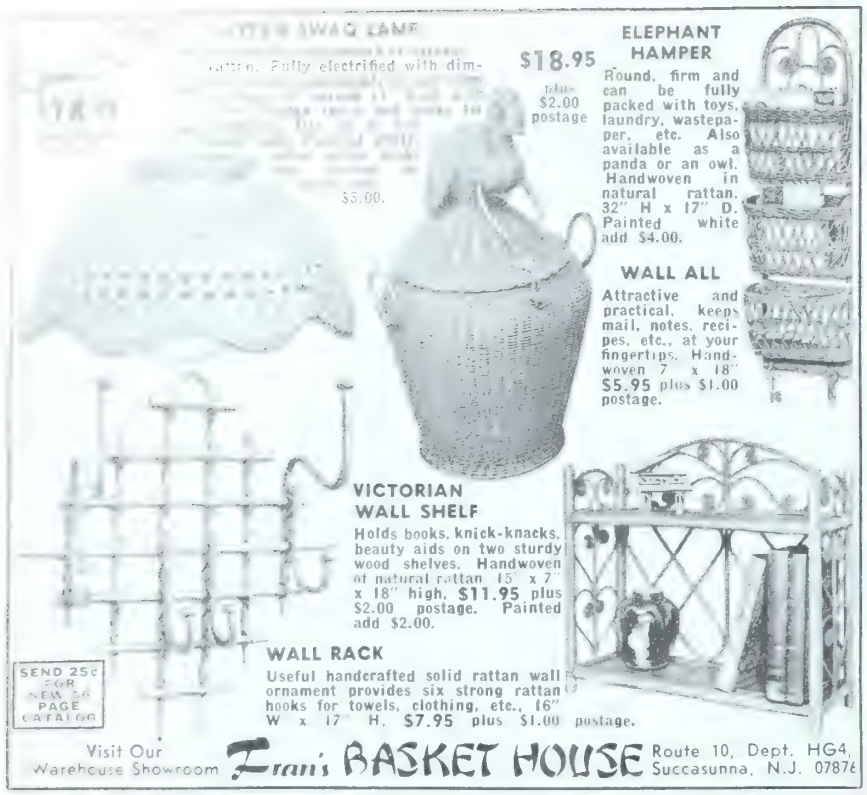
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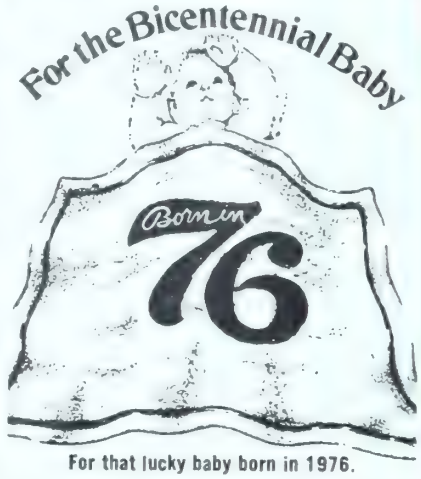
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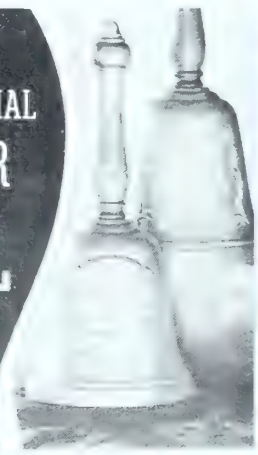
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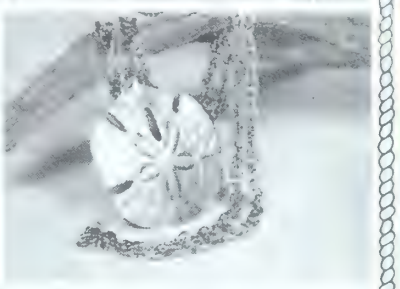
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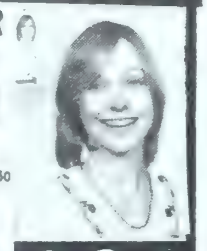
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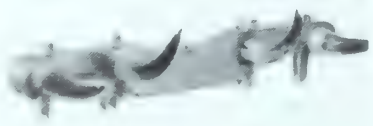
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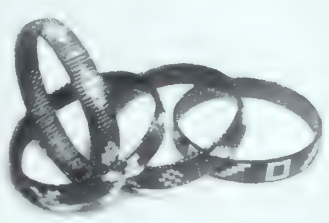
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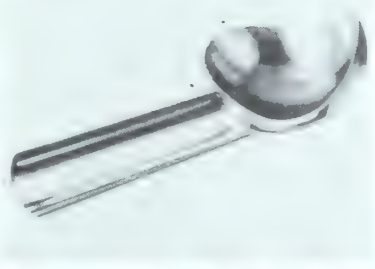
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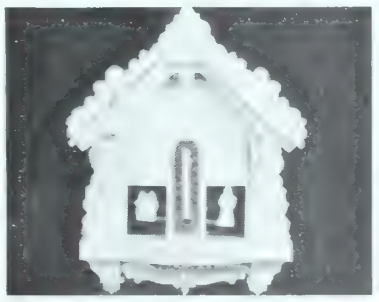
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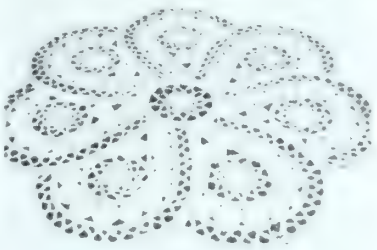
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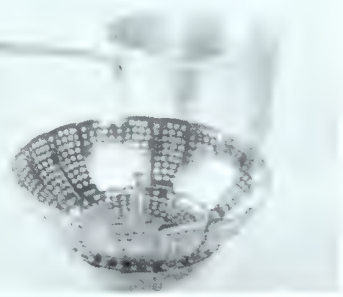
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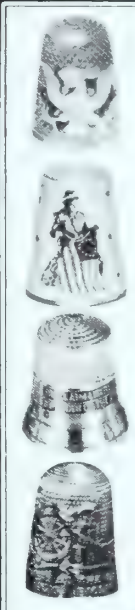
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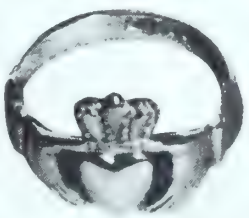
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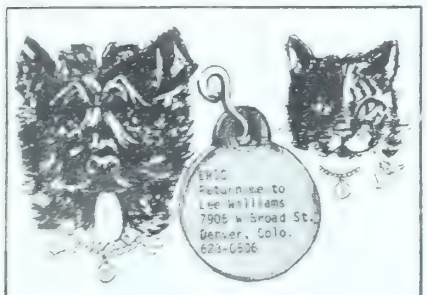
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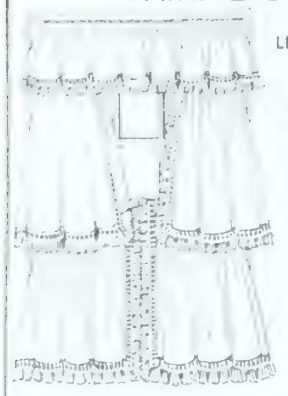


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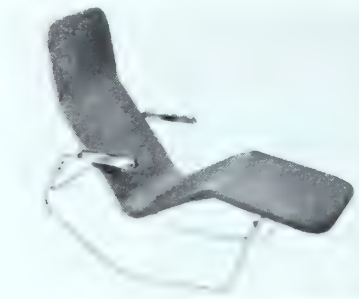
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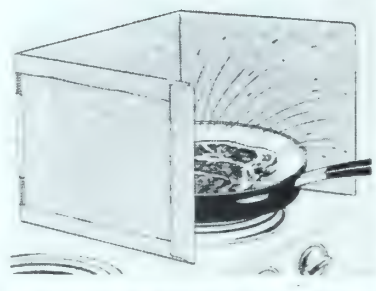
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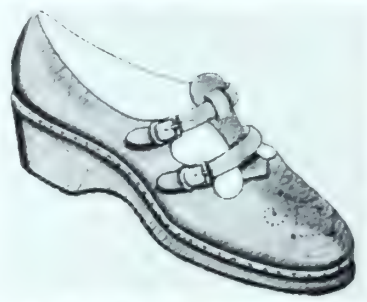
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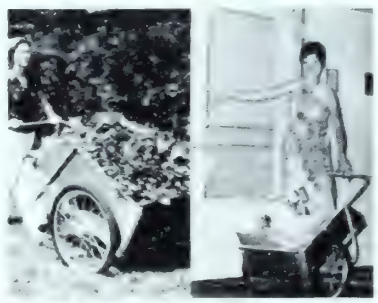
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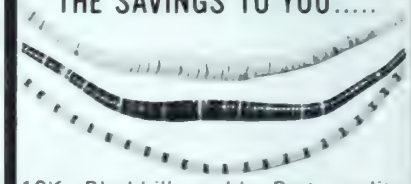
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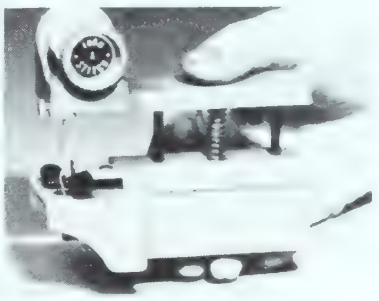
Chains, up-to-the-minute fashion news, are glamour by the inch. These four in 14k yellow gold are 15″ long (each extra inch is 90c). A (scroll), $13.50; B (regular cable), $11; C (S), $15; D (fancy cable), $11. Add $1.50 post. Mardi, HG4, Box 421, Old Bridge, NJ 08857.

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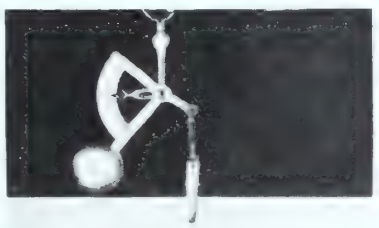
Dexter hand machine can baste, tack, zigzag, sew on buttons and zippers. Blind-stitches hem what you're wearing. Does draperies and curtains while they're hanging. With needle threader, booklet. $6.98 plus 75c post. Anthony Enterprises, HG4, 556 Mission St., San Francisco, CA 94105.

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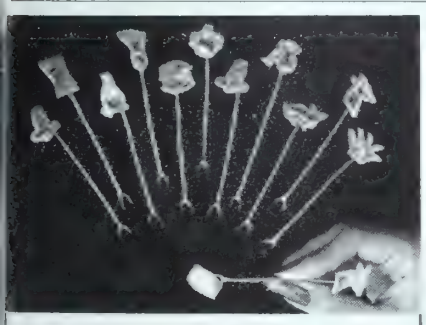


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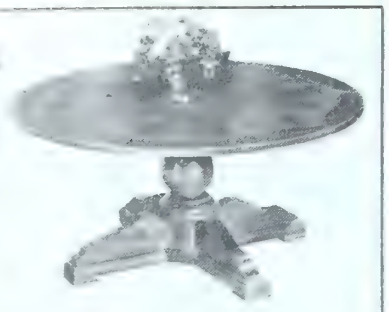
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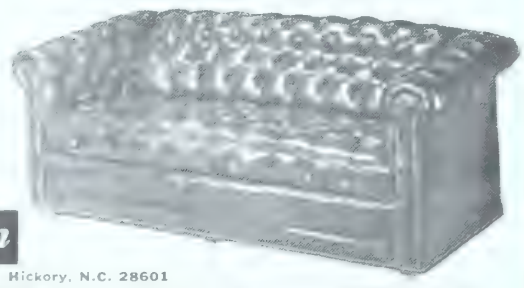


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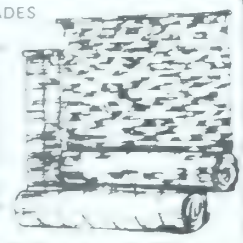
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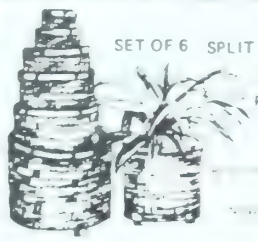


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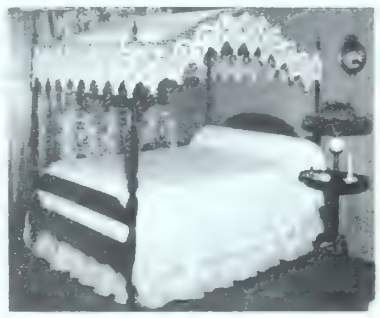
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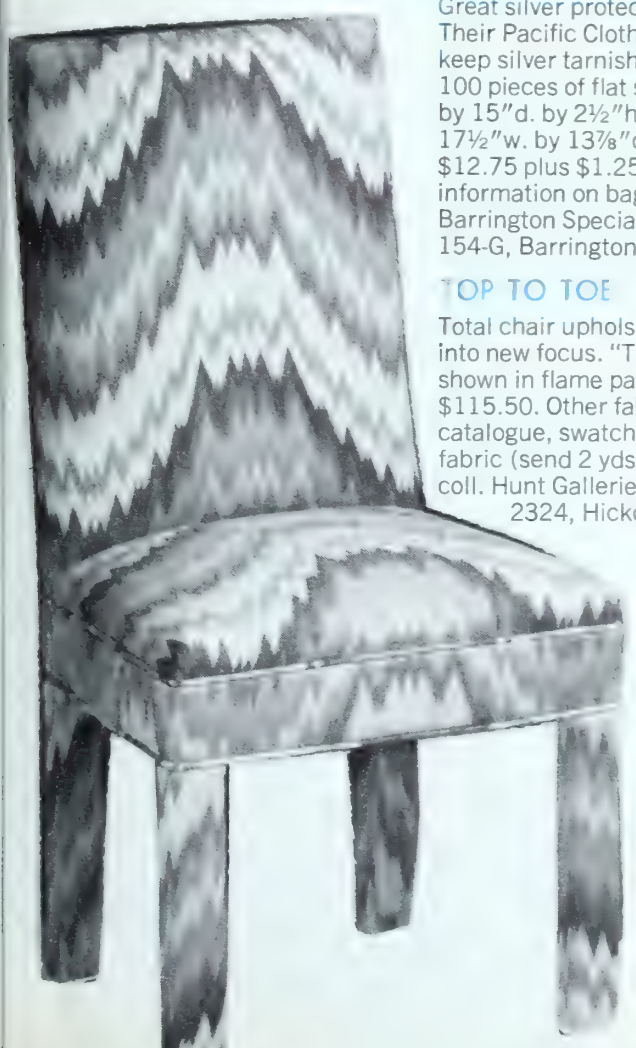
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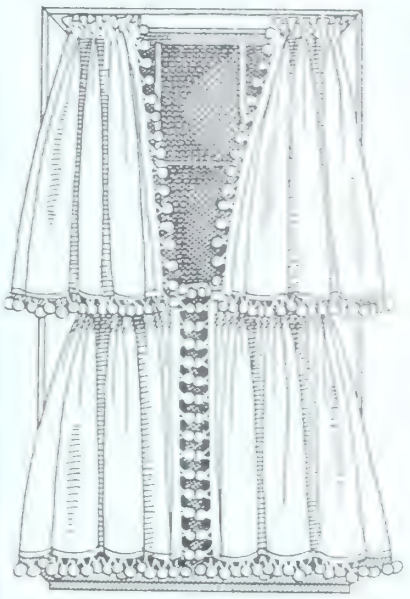


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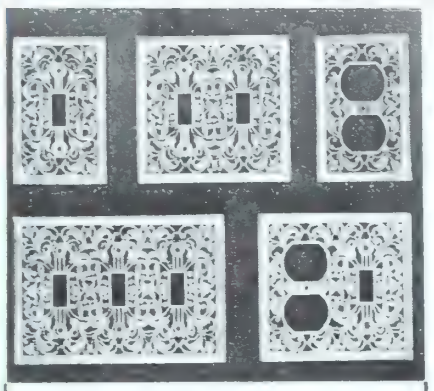
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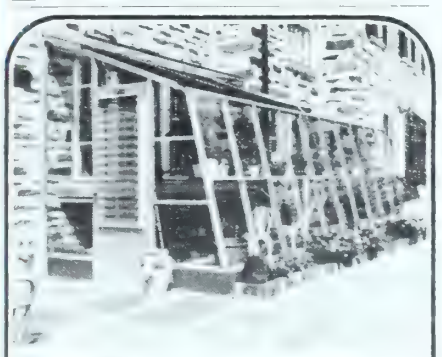
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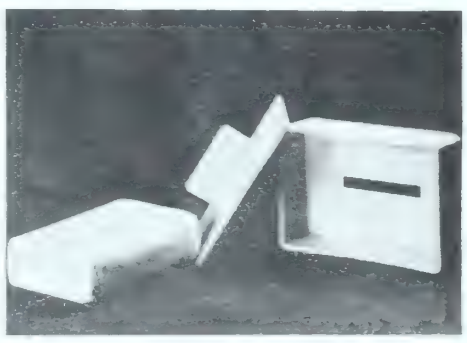
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STRATFORD HOUSE, HG-4
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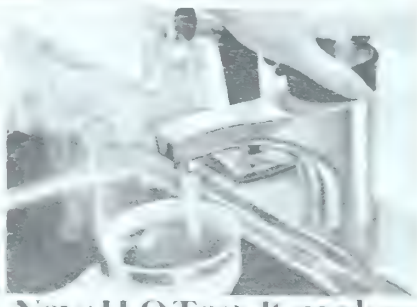
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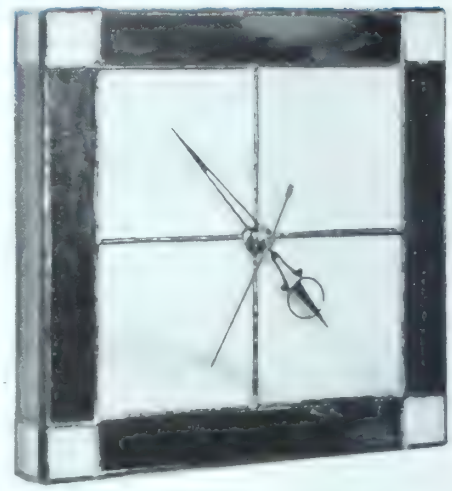
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DESIGN NEWS

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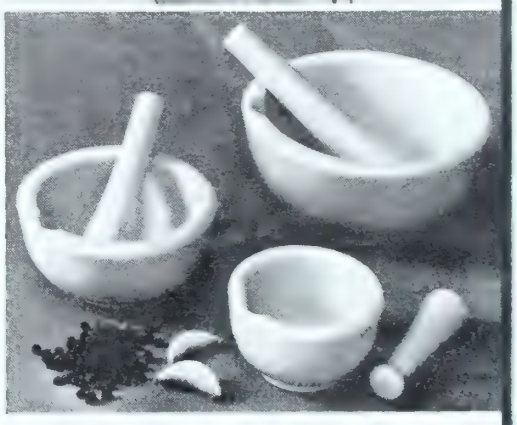
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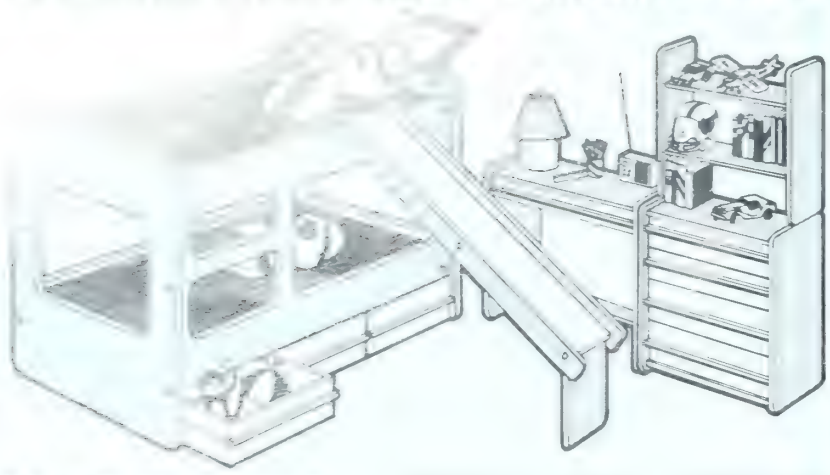
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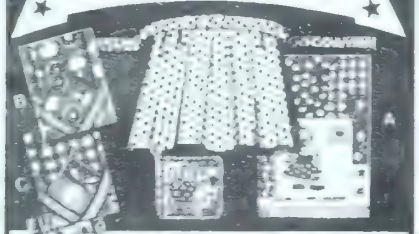
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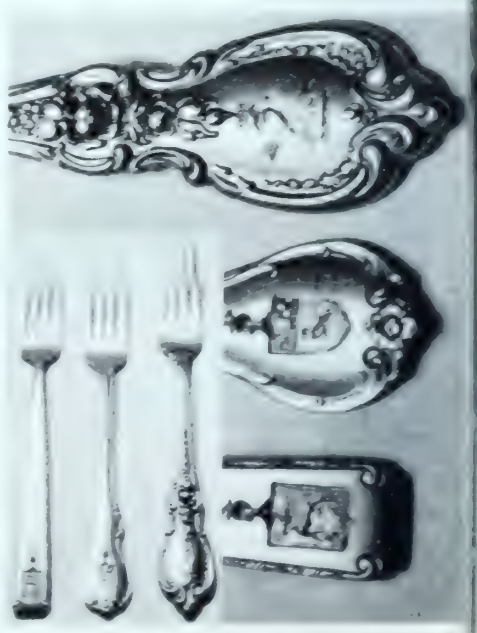
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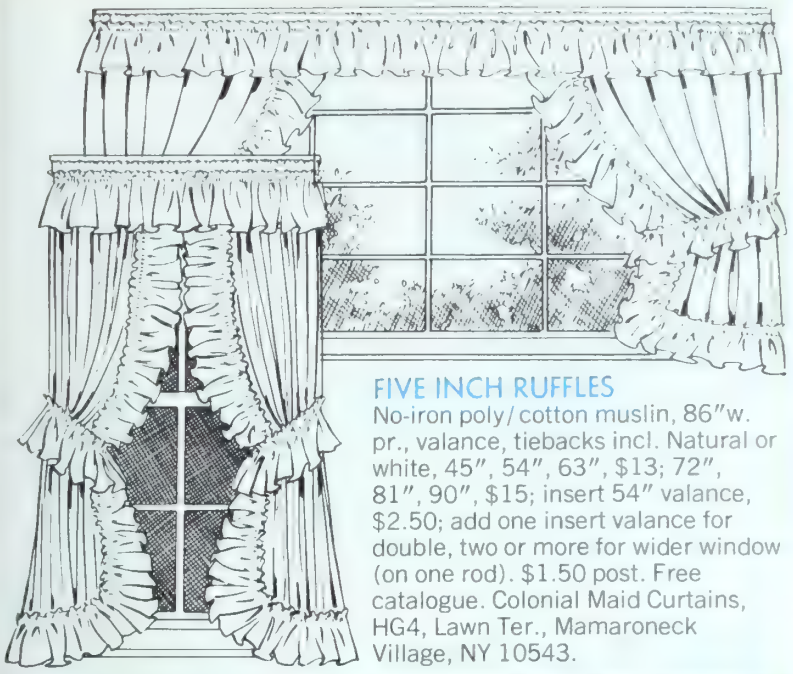
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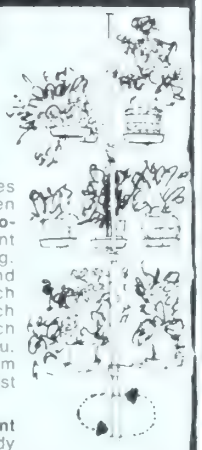
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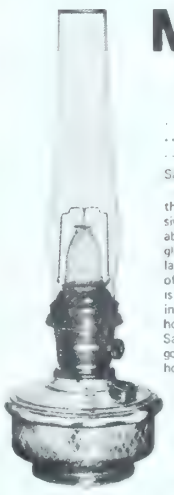
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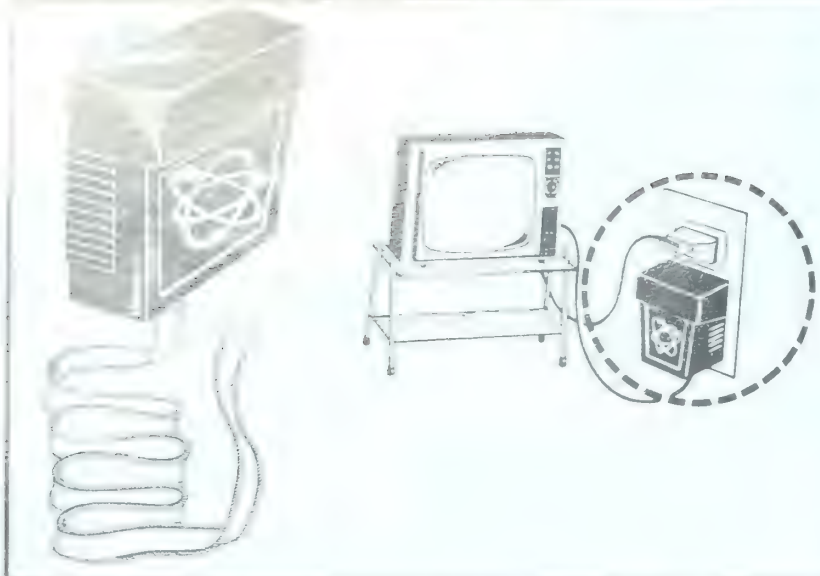
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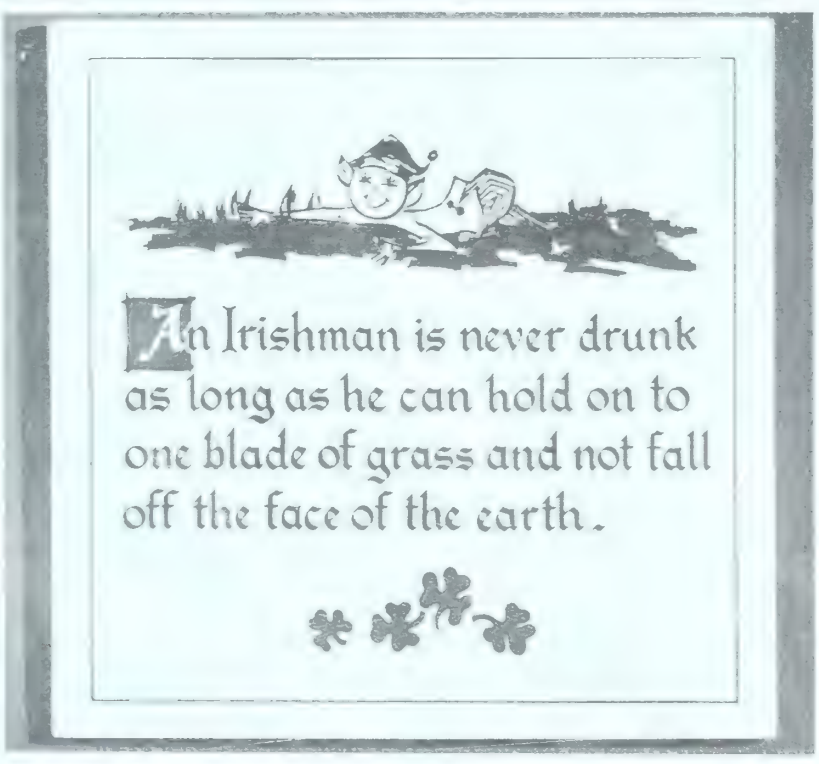
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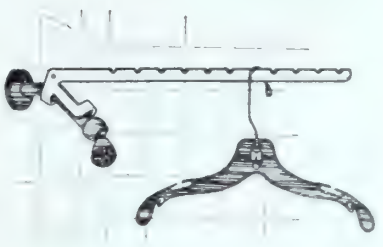
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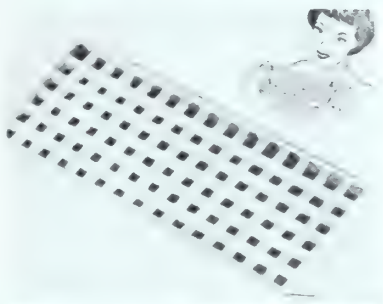
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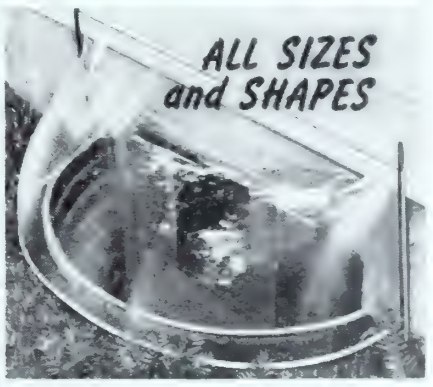
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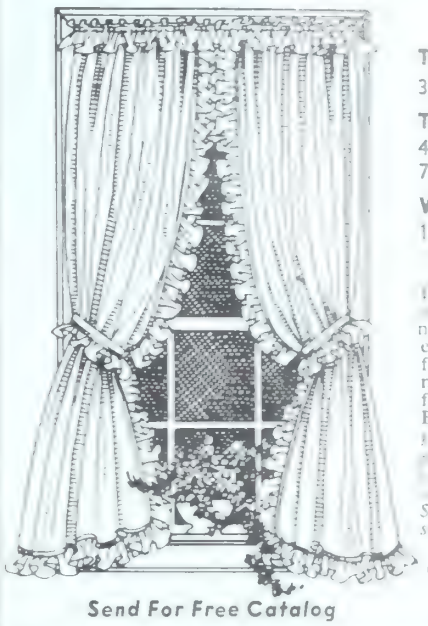
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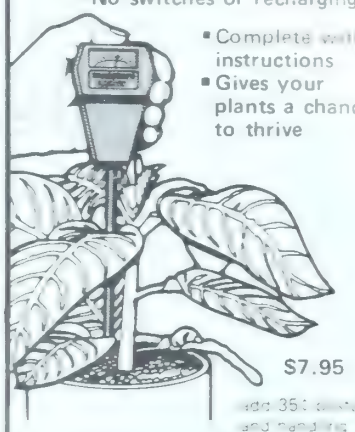
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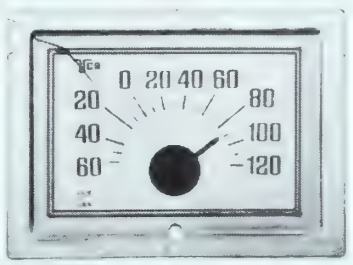
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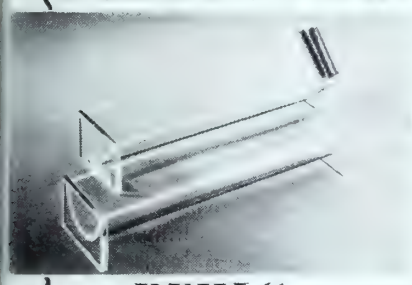


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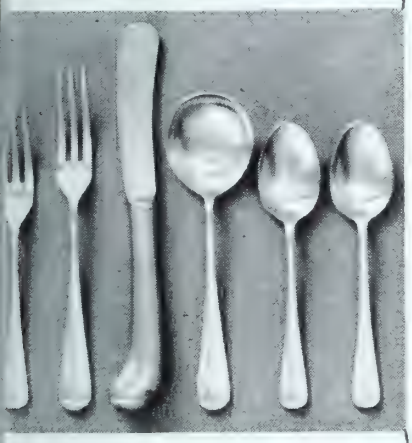
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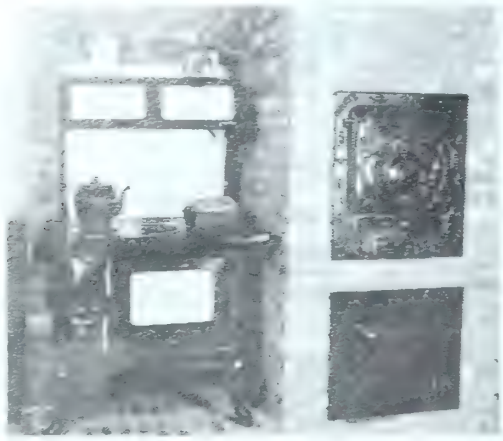


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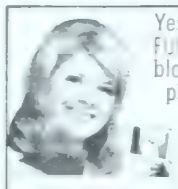
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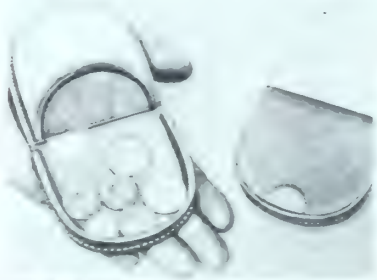
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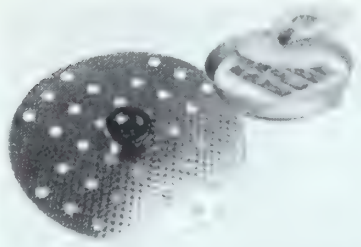
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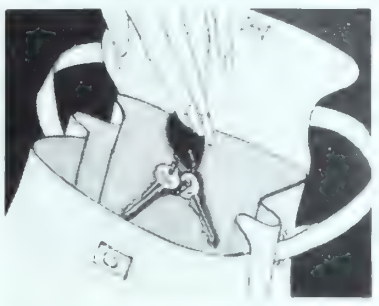
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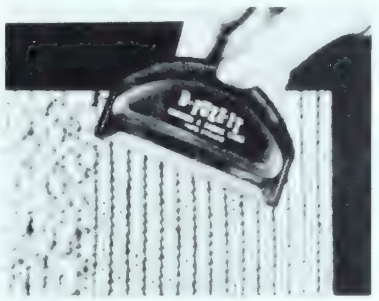
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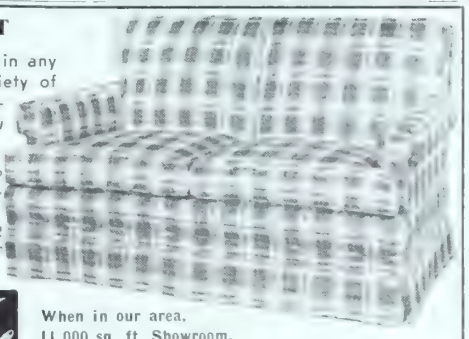
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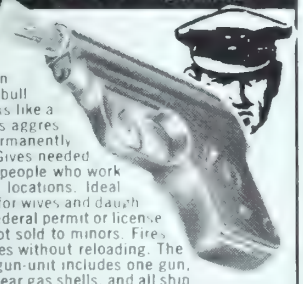


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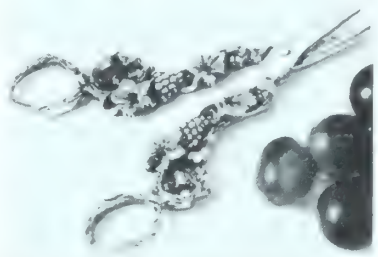
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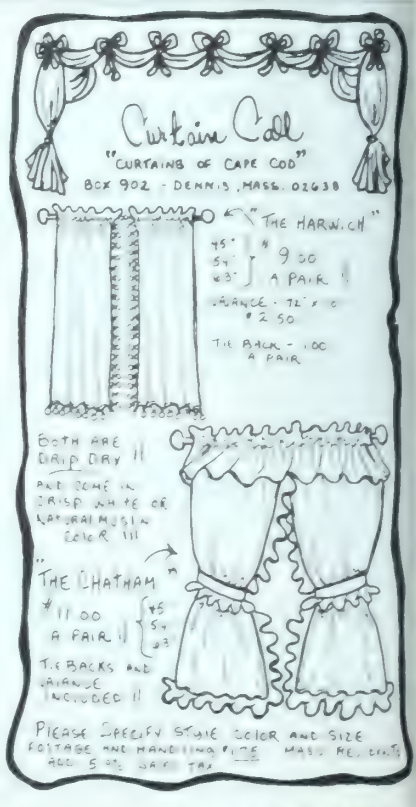
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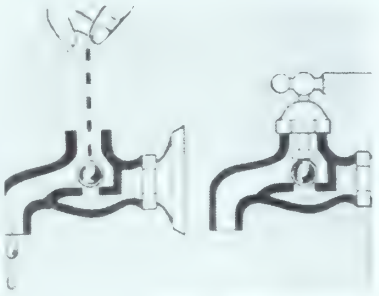


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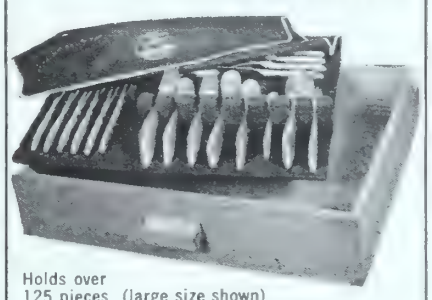
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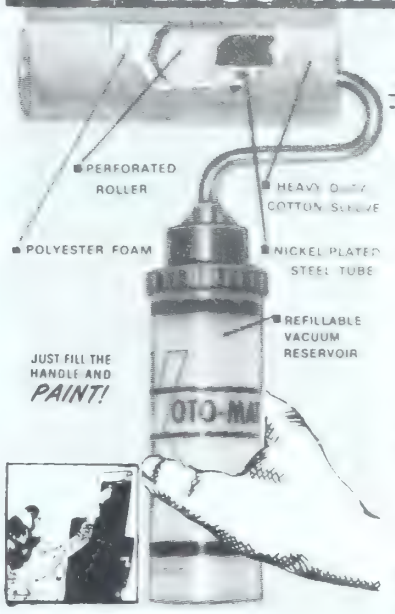
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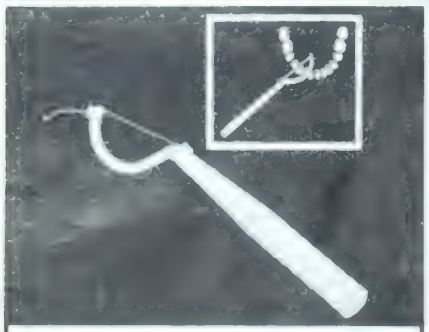
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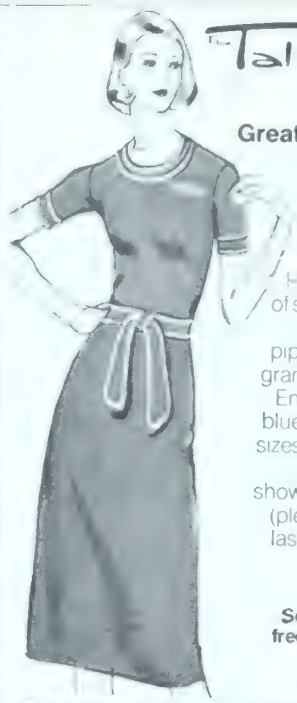
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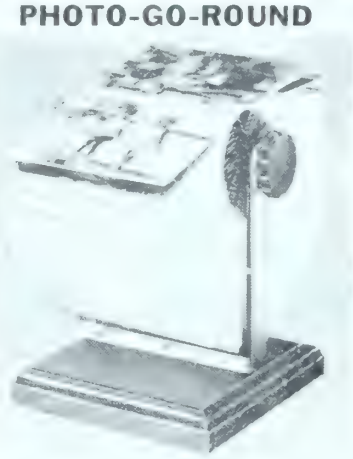


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PHOTO-GO-ROUND



Take treasured snapshots out of hiding. Display them in this revolving photo file! No gluing! No mounting! Simply slip photos up to 3½" x 5½" into the protective transparent windows suspended on the sturdy wooden base. Envelopes for 160 pictures are included. **$14.95 plus $1.25 postage.** Deluxe model (not shown) has round wooden base, 2" wooden turning knobs, Plexiglas frame, envelopes for 240 pictures. **$19.95 plus $1.50 postage.** Both models will hold up to 600 photos. Envelopes for each additional 32 photos are $1.50.

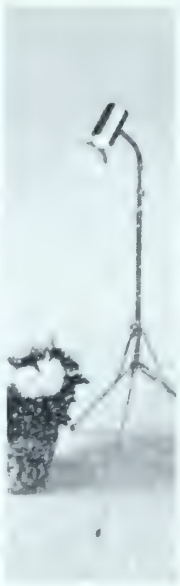
FERRY HOUSE Dept. G-476
Briarcliff Manor, N.Y. 10510

SHOPPING AROUND



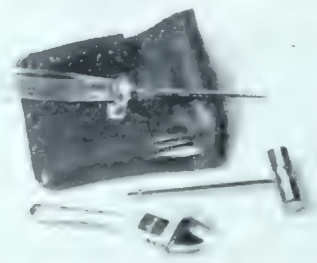
DO IT YOURSELF

With grandfather clock kit and a screwdriver, you can create your heirloom classic. Has handcrafted precut ¾" walnut cabinets, solid brass movements, photos and drawings in detailed instructions. Free brochure. Hentschel Clock Co., HG4, 16 Atlantic Ave., South Dennis, MA 02660.



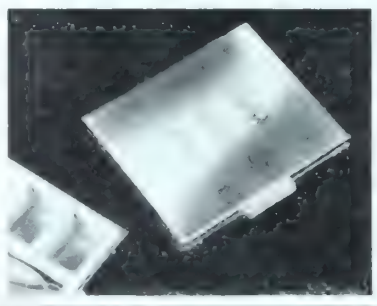
STRETCH LAMP

Telescopes from 24" to 54", neck swivels to any angle. For plant growth, reading, spotlighting a treasure. Folds compactly. Cord 7'. Chromed aluminium. With 60W reflector-type bulb $17.98 plus $1 post. Lillian Vernon, G4E, 510 So. Fulton Ave., Mt. Vernon, NY 10550.



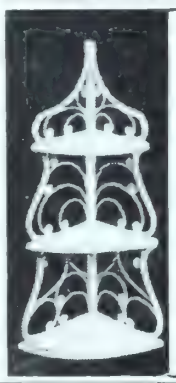
MINIATURE TOOL KIT

Kit with five handy tools. Besides a wrench, a mallet, screwdriver, awl and Phillips screwdriver share a master handle. Keep a set upstairs and save running to hubby's workshop. $2.49 plus 25c post. Anthony Enterprises, HG4, 556 Mission St., San Francisco, CA 94105.



PIERCED EARRING CASE

Your earrings will be untangled and ready to put on when kept in a case for pierced types. Holds drops and studs together in 7 velvety compartments, 2 sizes. Brass, engraved with 3 initials. 2¾" by 2½" by ½". $4.95; two, $9.50 Ppd. Bruce Bolind, HG4, Boulder, CO 80302.



THE TIERED CORNER SHELF

Only $11.95

Liven up a quiet corner with this elegant three tiered shelf of handwoven wicker. It holds knick-knacks, cosmetics, books, even plants and floral arrangements. And it has all the warmth and glow of natural rattan. Easy to mount, it's a full 36½" high. Order No. 75040. Please add $4.50 postage and handling. Virginia residents add 4% sales tax. Send 25¢ for complete catalog.

The Wicker Tree
Dept. HG-10, 124 College Place, Norfolk, Virginia 23510



PERSONALIZED

PET DISH

Sturdy, non spill, molded plastic dish for the 4 legged people in your family.

Paws 'N Shop

Name printed in large white letters (Limit 10) on a red or blue dish (Please Specify)

KITTY 12 oz—$2.98
PUPPY 32 oz—$3.98
KING SIZE 72 oz—$4.98

dd 1.00 postage & handling —orders shipped within 24 hours

Paws 'N Shop
HG-4
Birchwood Circle
Bedford, N.H. 03102





Weed Easily With WEEDER-ROOTER

Unable to find a reliable weeding tool? This new weeder was designed to grip the roots in the tapered tines. Used like a claw hammer pulling nails, stubborn weeds and creeping grass are pulled with little effort. Beveled edge has many uses from planting, trimming, getting roots to cleaning bricks. Hardwood 15" handle is permanently locked to the tempered steel blade. Satisfaction guaranteed. Send **$6.95** to:

LUCAN Dept. HG-2
16862 Stagg St., Van Nuys, CA 91402
Calif. residents add 6½% sales tax

SHOPPING AROUND

YOUR OWN SIGN

Wear a genuine pewter pendant with minutely detailed zodiac symbol on a matching 18" chain. Looks just right with today's natural fashions. #P-27649. Specify your sun sign or birthday. $5 plus 45c post. Spencer Gifts Jewelry Collection, E29, Spencer Bldg., Atlantic City, NJ 08411.



DASH CASH

Something to soothe the nerves of the dashing commuter is a coin dispenser that attaches to the dashboard, helps out at parking meters, tolls, pay phones. $1.98 plus 25c post. (#714) Anthony Enterprises, HG4, 556 Mission St., San Francisco, CA 94105.



WALKABOUT WEDGIE

Wedge your way into comfortable feet with "Diana." Soft baby calf: black, filly brown, white, malt chocolate, bone malt, navy, light blue strips. Wedgie is 1¼". AAAA to EE, 2½-10 $26.95; 10½-12 $27.95. Add $1 post. Free catalogue. Solby Bayes, HG4, 45 Winter St., Boston, MA 02108.



NICE ICE

Something different for icing your drinks. Set of two round ice circle trays, just like those a bartender uses. Flow-through cubes freeze fast. Made of sturdy plastic, each tray makes 12 circles. $1.98 plus 35c post. Anthony Enterprises, HG4, 556 Mission St., San Francisco, CA 94105.



CHARMING WIDE-RUFFLED "NO-IRON" MUSLIN CURTAINS!

Enjoy old-fashioned charm PLUS today's easy care . . . with these W-I-D-E ruffled Perma-Press priscilla tieback curtains.

Styled like those which adorned windows in the Colonies, they're made of modern KODEL® polyester and combed-cotton muslin . . . in natural (eggshell) or white. Fully 86" wide to the pair, with extra-wide, extra-full 6" ruffles and attached ruffled valance.

EASY, EASY CARE! Fabric is specially treated so curtains IRON THEMSELVES in the dryer! BONUS FEATURE! They're pre-shrunk. Maximum shrinkage only 1%.

Avoid delay. Order style "SALEM" Specify Natural or White.

45" long	$12.00
54" long	13.00
63" long	14.00
72" long	15.00
81" long	16.00
84" long	17.00
90" long	18.00

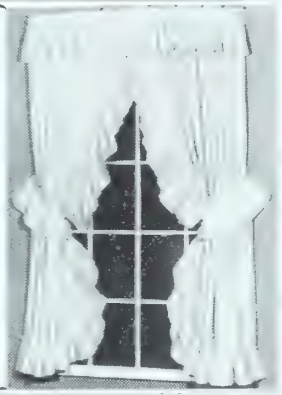
ADD $1.75 FOR PSTG. & HNDLG!

Extra widths (to 272") Write for prices.

G646, Box 759, Westfield, N.J. 07090

OLD COLONY CURTAINS,

Money back guarantee. Send check or money order. Delivery in N.J., add sales tax. FREE illustrated brochure available.



Grow Your Own

Leaf of Life

Amazing! Mystical!

The Leaf of Life is so amazing the Yogis of India believe that these mystical leaves possess the Secret of Life.

Wherever a leaf falls, a new plant starts to grow . . . on air, water, or soil.

Yes, the Leaf of Life can start to grow on air alone. New plants grow from the edges of each leaf.

After it starts, put the leaf in a pot. The bigger the pot, the bigger the plant will grow — from one to six feet tall. You can have the size you want and it grows in sun or shade.

It blossoms with fragrant pink & lime bell-like flowers that look like jeweled, oriental lanterns.

The Leaf of Life makes a thoughtful gift, symbolic of wishing your friends a long life and happiness.

It comes with complete instructions and is easy to grow.

Three Leaves of Life for $1.00 Nine for $2.50

Please add 25c for handling and postage

ROBERTA'S Dept. HA-6

P. O. Box 3000, Shelbyville, Ind. 46176

Box 2221, Walkerville, P. O., Windsor, Ont. Canada



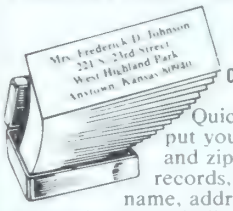
1000 RETURN ADDRESS LABELS

$1.00

CRISP WHITE PAPER
FREE HANDY BOX

Quick, handy way to put your name, address and zip code on letters, records, books, etc. Any name, address and zip code up to 4 lines beautifully printed in black ink on crisp white gummed labels. 1¾" long.

S717 1000 Labels $1



250 Self-Stick
RETURN ADDRESS LABELS

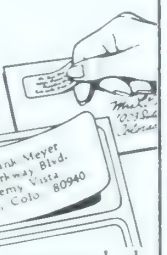
- Self-stick – just peel off and put in place

$1.00

Self-stick labels with your name and address are the smart, easy way to personalize letters, books, etc. Any name and address up to 4 lines beautifully printed in black type on the finest white self-stick paper. 1 7/10" long.

P5032 250 Self-Stick Labels. $1

Walter Drake 3024 Drake Building Colo. Springs, CO 80940



USE YOUR TALENTS! SAVE ON UNFINISHED LAMPS

Perfect for decorating! Real thrifty, too. The handsome Wickford Candlestick Lamp is yours to antique, decoupage, or stain. Handcrafted from native hardwood and sanded satin-smooth, this stately lamp stands 30" tall. Comes completely wired with 3-way switch and 8-ft. cord. YOUR CHOICE OF SHADES in white or beige Shantung; oyster or natural Burlap. Satisfaction guaranteed!

*(Add $2.00 postage, West of Rockies add $2.75 per lamp.

$17.50 ea.* Unfinished

$25.00 each* FINISHED in walnut, colonial maple, or in antiqued brick red, olive, mustard, Wedgwood blue.

FREE Color Brochure

18 lamp styles, finished & unfinished, plus decor accessories.

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Dept. HG-64 P. O. Box 7012,

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ew DRI-GUARD Disposables . . . for lack of control!

5% increased capacity insures hours dry comfort for only pennies per day!

Anywhere! Sit Anyplace! With Complete fety! Our new DRI-GUARD disposable liner th "Can't seep - Can't leak" edges closed in soft vinyl holder prevents the espe of any moisture. NON-WOVEN surface ays dryer longer. Cool, undetectable, completely effective for both men & women. underable liners also available. Money-ck guarantee! *ORDER BY WAIST SIZE.*

INTRODUCTORY OFFER: 1 complete DRI-Guard (holder & belt) & 24 disposable liners, $8.95 ppd.

Launderable liner, $3.50; 2/$6.75 ppd.

48 Disposable liners, $8.95 ppd.

DRI-GUARD, Dept. 609

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(Sold by Mail Since 1965)



1976 Leyendecker Mother's Day Plate

$24.50 ppd.

A First edition, limited to 5,000 plates. Hand made in American Fine China by Ridgewood China Co. Lifelike colors, 8⅜" in diameter, trimmed in 24 Karat gold, boxed. From an original painting by Joseph C. Leyendecker.

Send for Platter chatter with price list. Mastercharge & Bank Americard accepted with complete number and expiration date.

Edd, the florist, inc.

Hickory House, Collectors Division HG
823 N. Court, Ottumwa, Ia. 52501.
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GLASS COMES ALIVE!



Hidden light in the elegant walnut-finished solid hardwood base radiates up through your glass (crystal, cutglass, paperweights) making it glow as if with its own luminescense. Forms and facets are accented; your glass becomes a vibrant showpiece. Comes complete with 6 ft. cord, on-off switch and bulb. (Figure not included)

4W 4"x4" (illust)	$12.95
4R 4" Round	12.95
5W 5"x5" wood footed	19.95
8W 8"x5" wood footed	29.95

Add $1.25 ea. unit for postage.

Money back if not delighted.

WORLD'S WINDOW Dept. HG4

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CLAM SHELL

for dips, chips, nuts and stuff

Gorgeous, shimmering, foam white shell with a touch of color, just as nature made them. Unique decorator touch for your parties. Use as server for candies, snacks, shrimp and sauces . . . make elegant individual salad bowls . . . as a planter, a bright spot to cheer up any room. Added unobtrusive feet make them stand firm. You'll love them! Satisfaction Guaranteed. THREE SIZES:

SM 6 to 7" $4.95-MD 7 to 8" $6.95

LG 8 to 10" $8.95 add $1. ea. post.

(Save $5. GET ALL 3 $15.85 add $2. post)

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Send for your guaranteed-to-bloom Dutch Tulips, Daffodils, Hyacinths, Crocus and many smaller, hard-to-find bulbs. All chosen by our own experts in Holland. Beautiful, blooming Dutch Spring Magic at our fantastic low Advance Sale Savings.



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FlexPort

Why be a doorman for your pet? FlexPort ends scratched doors and whining. Keeps out flies, wind, rain. Gives you and pet complete freedom. Soft plastic triangles close gently and tightly. Easily installed. Send for free folder.



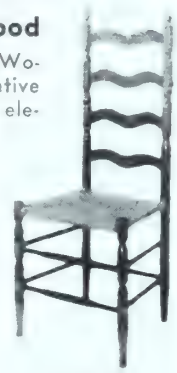
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Danvers, Mass. 01923

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JENNY'S LADDER BACK

Native Hardwood

Fibre Rush Seats—Woven by hand. Decorative Turnings—To add elegance.



Weight—10 lbs.
Height—42½ in.
Seat height—17½ in.

Unfinished—Sanded **$21.95**
Walnut—Maple—Pine **$25.95**
Matching Arm Chair—Add **$4.00** to above

Send Check or Money Order
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50¢ for Catalogue

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The Amazing **STRONGITES BY-THE-YARD!**

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16" Chain, 3 Strongites - $39
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FREE catalog of rings, and earrings

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Dept. G, 2 West 47th St.
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(212) 582-4188



Tread Lightly, Tre... ...tly

MARSHMALLOW W...

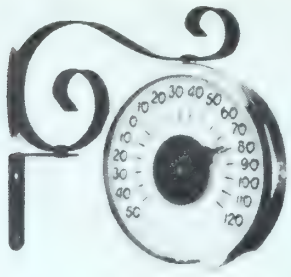
Foot relief—at last! These wedges ... ..., pliant, and comfortable, they're called ...sh mallows. Treat your feet to a pair. F... ...ion insoles, crepe outer soles, they ... ...n white, sand, teak brown, navy, red, gre... ...d yellow. Sizes narrow 5½ 12. Medium ... Wide 5-12.

$11.99 as shown $12.99 with ...ack strap

Add 90¢ for postage. No charge for larger sizes. No half sizes over 10.

Morgan's Cove

Andy Morgan, Prop.
Dept. HG46
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E. Brunswick,
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WHAT TO WEAR

An outdoor thermometer answers with black numbers on a white dial. Gives minus 50° to 120°. The black wrought iron bracket swivels to face you. Attach to outside wall where seen easily. Screws included. $4.98 plus 75c post. Ferry House, Dept. GOT, Briarcliff Manor, NY 10510.



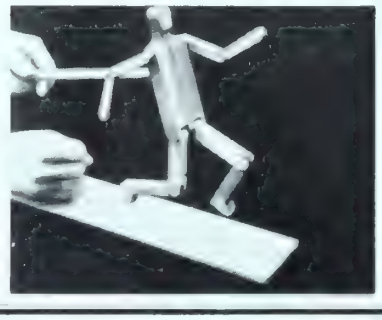
BICYCLE KIT

For city or distance problems. Patch-and-seal puncture repair, two tire levers, end and socket wrenches, cloth. Black ground-leather case 5⅛" by 3¾" by 1¼". Gold initials (print) on snap-flap. $6.98 plus 50c post. Lillian Vernon, G4E, 510 So. Fulton Ave., Mt. Vernon, NY 10550.



HAVE A LOOK

Handy magnifying mirror offers a good look wherever you need it. A large all-rubber suction cup holds mirror firmly to any smooth and clean surface. 3½" dia. Convenient for traveling. $3.98 plus 70c post. Anthony Enterprises, HG4, 556 Mission St., San Francisco, CA 94105.



JOLLY JUMPER

Yankee Doodle Dancer is a copy of a toy used in colonial days and appropriate for our '76 celebrations. In carved wood, he comes with pole and paddle to set him swinging and tapping his legs. Completely assembled. $7.98 ppd. Plan-It-Kit, Inc., Dept. YHG, Box 429, Westport, CT 06880.

NEW HUMMEL BOOK

$27.50 ppd.

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Dept. HG 201 W. 1st
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READ-EAT-WATCH TV



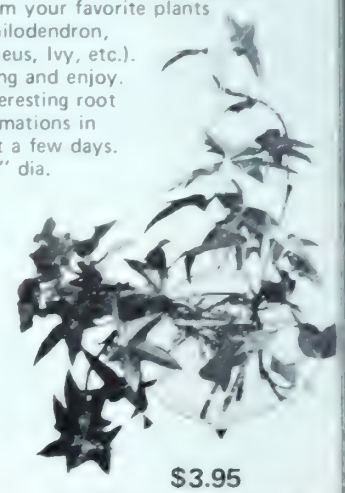
IN RELAXED COMFORT

A joy for bed readers, a must for convalescents and a welcome gift for all. This elegantly grained mahogany plywood **Folding Back Rest** is super size 16" by 24" high. A full 4" to 6" higher than other back rests, it gives full pillow support to head and back for firm sitting-up comfort. 5-adjustable positions for your maximum comfort. Vertical elastic cords hold your own pillow securely in place, just where you want it. Anchored by non-skid base. Conveniently light, it folds wafer-thin—no storage problem. **$11.98.** We pay postage, ship gifts direct and mail in 6 hours. NJ residents add 5% tax. Send your check or money order to:

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handblown by German craftsmen, was designed for a practical and decorative way to root plants. Fill with water and insert cuttings from your favorite plants (Philodendron, Coleus, Ivy, etc.). Hang and enjoy. Interesting root formations in just a few days. 3¼" dia.

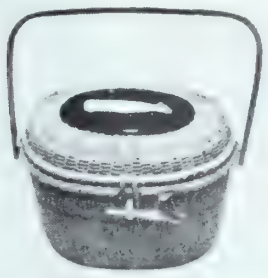


$3.95
add 25¢ postage and handling

BERKSHIRE HOUSE
5711 Berkshire, Dallas, Tx 75209

NANTUCKET BASKET

Whalers made scrimshaw and wove baskets for their wives. Reproductions of famous original topped with handcarved ivory sperm whale. 7¼"h by 9½"l by 6½"w., $44.95 plus $1.50 post. Catalogue, 50c. Pat Baird Ship's Wheel, Inc., HGA6, Nottingham Sq. Rd., Epping, NH 03042.



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Apply liquid leather stretch to tight-fitting shoes and it makes even suede and patent conform to the foot as you walk. Simple to apply and relief is almost instantaneous. $2.49 plus 40c postage. Order from Anthony Enterprises, HG4, 556 Mission St., San Francisco, CA 94105.



SILVER PLATING SALE

For a limited time only silver plating at sale prices. 100% guaranteed; dents are removed at no extra charge. It is a perfect time to have heirlooms fixed and quadruple silver plated. Free price list. The Senti-Metal Co., Silverplating Div., HG4, 1919 Memory Lane, Columbus, OH 43209.



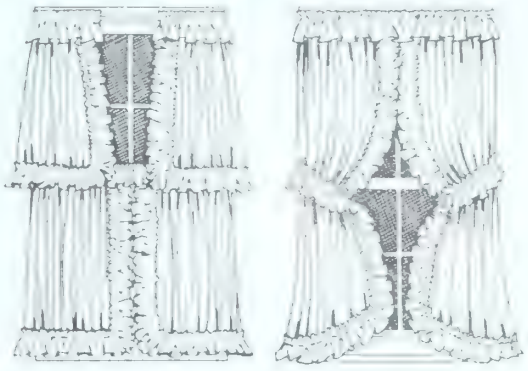
TWISTY KEY RING

Gold-finished aircraft cable key ring holds 25 keys and can withstand a pull of 150 pounds. No links to loosen, no chain to break. Its intriguing twist-lock opens easily, stays closed otherwise. $1.98 plus 20c post. Anthony Enterprises, HG4, 556 Mission St. Francisco, CA 94105.



COUNTRY-STYLE CURTAINS

NO-IRON MUSLIN IN NATURAL OR WHITE
SUPERIOR QUALITY—VALUE PRICED!



◀ 3 RUFFLES (Style CC3)

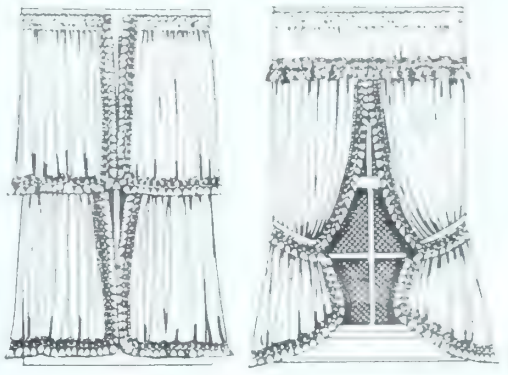
Reproduced from Provincetown, Cape Cod. Extra-full 3" Ruffles. Extra wide 80" to the pair.

TIERS
24", 30", 36" long 7.00 pr.
WITH TIEBACKS
45", 54", 63" long 10.00 pr.
72", 81", 90" long 12.00 pr.
EXTRA TIEBACKS ..... 1.00 pr.
EXTRA VALANCE 11"x72" ..... 3.25 ea.

2" BRUSH FRINGE (Style K9) ▶

EXTRA-WIDE 90" to the pair. Hang them straight or tied back with or without valance.

TIERS
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STRAIGHT OR TIEBACK
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72", 81", 90" long 12.50 pr.
TIEBACKS ..... 1.00 pr.
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The charm of country-style curtains no longer need the drudgery of ironing. Practical, long-wearing, crisp and beautiful. Machine wash and dry, 50% Polyester—50% cotton muslin (preshrunk maximum shrinkage 1%) of unsurpassed quality that we back with **"satisfaction unconditionally guaranteed."** Specify style and color, natural or white. *Add $1.50 post. & hdlg. Please enclose check or m.o. Sorry no C.O.D.'s. N.Y. Res. add sales tax.*

Master Charge and BankAmericard accepted

COLONIAL MAID CURTAINS *Since 1947*

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Quality Kitchen Shears
$14.95 ***PLUS FREE —— Paring Knife Worth $2.98!***

High Carbon No-Stain Steel—Lasts a lifetime. By J.A. Henckels of Germany. Tough, Multiple use shear for kitchen and garden. Dishwasher proof. Cal. Res. add sales tax. Postage 75¢. Catalog only $1.00.
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AMERIMPEX, INC., Dept. HG-46, 40 East 34 Street, New York, N.Y. 10016

KITTI-POTTI

YOUR CAT WILL LOVE IT, AND SO WILL YOU!



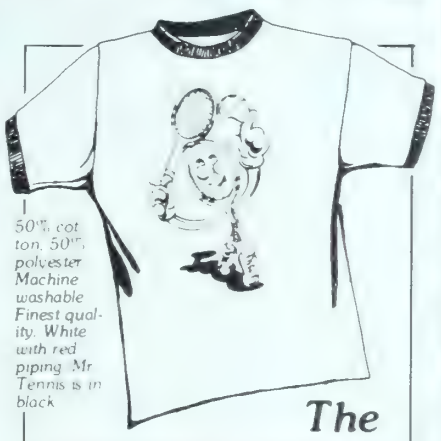
Now Comes In 2 Sizes

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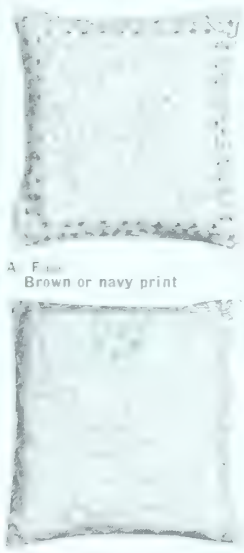
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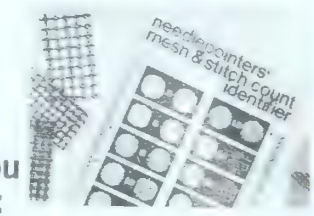
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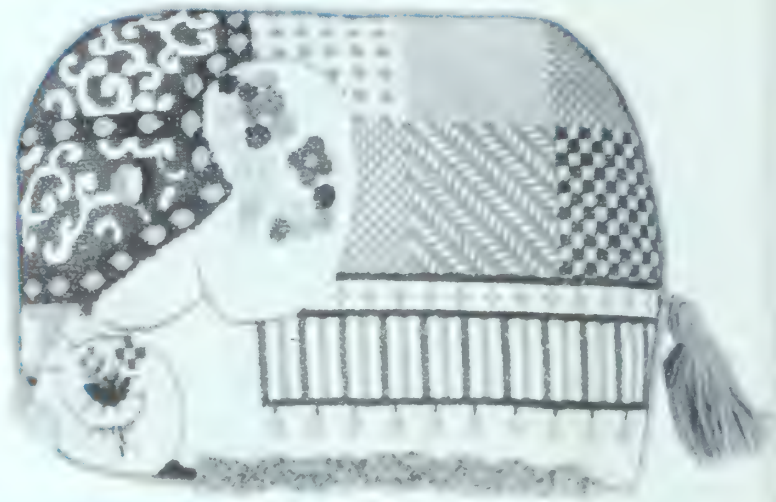


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NEEDLEPOINT PREMIERE

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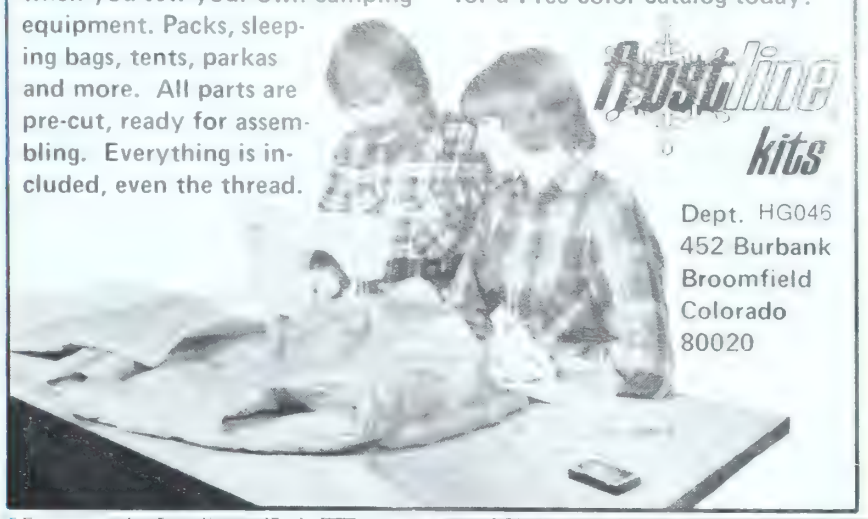
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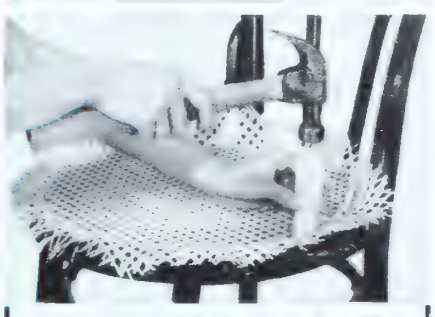
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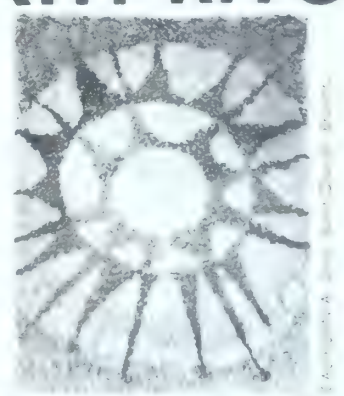
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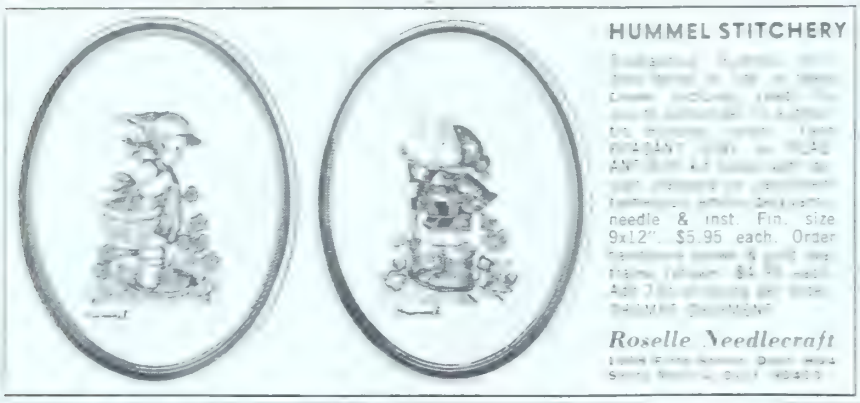
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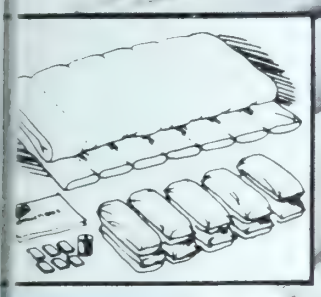
... contemporary magazine ... features a "Stitch of the Month" and a needlepoint pattern "centerfold". Also: designer interviews, book reviews, source lists, general how-tos, letters, project ideas (cover here shows child's artwork in needlepoint). Subscription: $6 in USA, $7 Canada. Needlepoint News, Dept. H, Box 683, Evanston, IL 60604.





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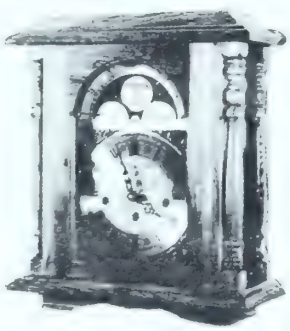
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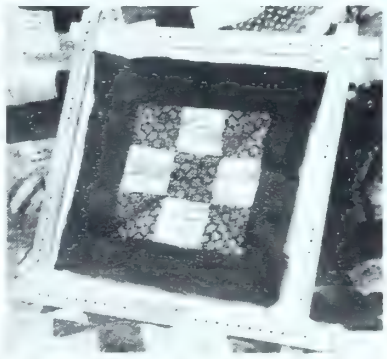
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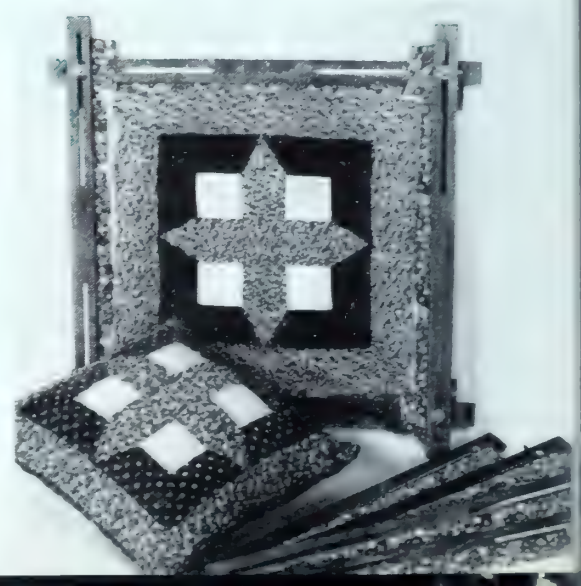
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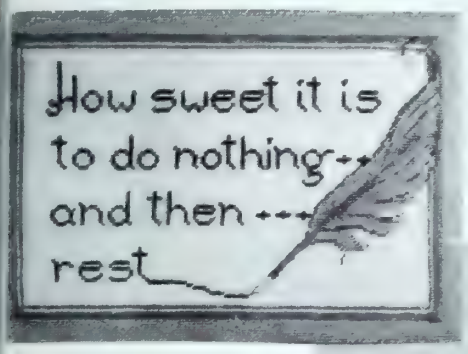
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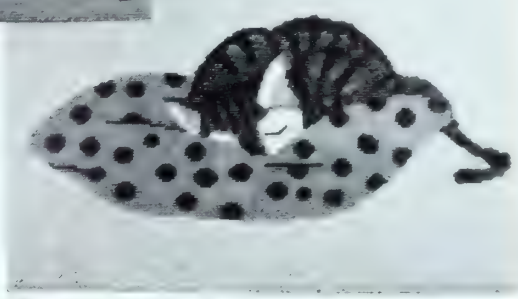
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Learn quilting skills and techniques by making accent pillows. Ten favorite patterns including Crazy Quilt, Double Wedding Ring, Dresden Plate, Drunkard's Path, Dutch Doll, Eight-pointed Star, Grandma's Flower Garden. Pattern pieces actual size. Yardage estimate given. Pillow Book. $2. Contemporary Quilts, HG4, 3466 Summer Ave., Memphis, TN 38122.



HAND-EMBROIDERED CREWEL FABRIC BY THE YARD FOR IMMEDIATE DELIVERY

That fabulous fabric from India you've always yearned for, sensationally priced, direct from the Importer! Multi-color wool flowers hand-embroidered on natural hand-woven cotton for draperies, upholstery, slipcovers!

50" wide **$14.00** yard ppd.

Ready-Made Bedspreads

Twin $70 .....Full $80.
Queen $90.....King $100.

Tablecloths

70" Round $50 90" Round $60.

All prices postpaid. Money back guarantee.

SEND 50c IN COIN FOR SWATCH AND COLOR CATALOG.

GURIAN'S

276 Fifth Ave., Dept. HG46, N.Y., N.Y. 10001



TEE CADDY

Colorful needlepoint caddy laces on your [illegible] Persian wool, two tees, elastic, needle, and instructions. Size, 2" x 3".

Ball on Tee Kit	$1.95
Fore Kit	$1.95
Crossed Clubs Kit	$1.95
T Up Kit	$1.95
Flag and Pin Kit	$1.95
Golf Bag Kit	$1.95
Any Six Kits	$10.95

PLUS 40c POSTAGE & HANDLING

Pa. Res. Add 6% Sales Tax

VICTORIA GIFTS

12-H Water St., Bryn Mawr, Pa. 19010

WANT YOUR OWN YUM-YUM?



NEEDLEPOINT a deliciously-colored ribbon-like purse in sherbet colors of pink, yellow, green and turquoise. Kit includes screened color design of finest #10 mono canvas, needle, French yarns, gold chain and finishing instructions. $29.50 Ppd. Check or money order only, allow four weeks for delivery.

Customer may return completed needlepoint to shop to be put together for $12.00.

WHICHCRAFT?

625 N. New Ballas Rd. St. Louis, Mo. 63141



New Patented Method

Quilt on-the-go! Make quilts or pillows without frames. **Quilt Easy** metal templates kit includes 3 templates with easy-to-follow illustrated instructions for **Cathedral Window** design and **Petal** design. $4 postpaid.

Special **Pillow Kit**. Includes the above templates kit plus materials for 1 lace trimmed **Cathedral Window** pillow. (Stuffing not included.) $11 postpaid.

Quilt Easy

P. O. Box 321

Stone Mountain, Georgia 30083

Our Showcase Plant Stand



Send For Your Free 1976 Catalog

Cleverly designed to hold 6 of your most luscious plants on swiveling, adjustable shelves. And it's portable, so you can follow the sun from room to room! 39"H, of pine and hardwood with a brass carry ring. **Unfinished (to paint your way) $19.95. Fully finished in Antique Satin, $29.95 (add $2 post. ea.)**

Yield House Dept. G64A, Box 1000 N. Conway, N.H. 03860



macramé wall hanging

Complete this dramatically beautiful 48"x18" wall hanging using only 3 simple knots. Kit contains jute cording, dowel, hoop, stoneware beads, and easy step by step instructions. Only $14.95 postpaid. Send check or money order payable to Tumbleweed, Dept. HG4, Box 80358, Los Angeles, Ca. 90080.



WATER THIRSTY PLANTS WHILE ON A TRIP

Planning a trip but worried about your thirsty plants? Amazing wicks feed just right amount of water up to 8 weeks. Can be used all year around with all plants. Will not rot or mildew.

SET OF 4 PLANT NURSEMAIDS . . . $2.98 + 45¢ Mailing Each Set.
SET OF 2 EXTRA LONG PLANT NURSEMAIDS FOR LARGE PLANTS . . . . . $2.98 + 45¢ Mailing Each Set.

No COD's or Billing *California Residents add 6% Sales Tax*

Satisfaction Guaranteed Or Your Money Back

Anthony Enterprises Dept. HG-46 556 Mission, San Francisco, Calif. 94105

Comfort SO-LITE "For women on the go"



This is the shoe that's designed with you in mind. Genuine glove leather upper, boater type action sole, tricot lined for added comfort. Satisfaction Guaranteed. In black, brown, tan, navy, white. Sizes narrow, medium or wide in 5 to 13 or extra wide in 5 to 12. whole and half sizes

$18.99

Please add $1.00 for postage and $1.00 over size 10. Allow 2 weeks for delivery

Send check or money order to LENOX TRADING 1491 Dorchester Avenue, Boston, Ma 02122

WICKER WONDERLAND



CHAIR $44.95
SOFA $79.95
OBLONG TABLE $44.95.
END TABLE $32.95.
Seat & Back Cushions

Stock ... Set of ... $29.95. ... & ... Dia. ... Wide ... Deep ... $2.00 per Item.

WILLOW FERN STAND

Proudly display your flower plants and greenery in this hand-woven jardiniere 10" dia. x ... $17.95 $2.00 per Item

BAMBOO SHADES

Bamboo roll up shades in natural Matchstick or Tortoise Shell ... wide bamboo slats. Perennially popular. Handmade in Taiwan

Sizes	Matchstick	Tortoise
...	$ 4.50	$ 7.00
...	5.50	8.00
...	6.50	10.00
...	8.00	11.00
...	9.50	13.00
...	11.50	16.00
...	12.50	19.00



Fran's Basket House

SEND 25¢ FOR CATALOG
VISIT OUR WAREHOUSE SHOWROOM

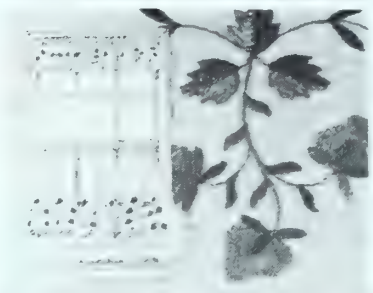
Route 10, Dept. HG4, Succasunna, N.J. 07876

SHOPPING AROUND



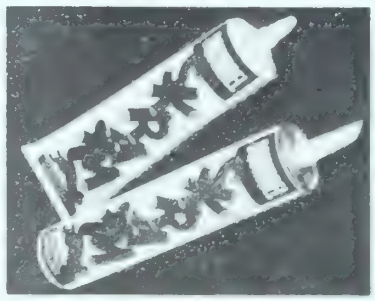
WILLOW THE WALL

For plant arrangements, hand woven willow baskets with metal liners. In three sizes: 10" by 7" by 6½"; 9" by 6½" by 6"; 8" by 6" by 5½". Hang on terrace wall. $9.95 for set of three. Add $1 post. Catalogue 25c. Fran's Basket House, HG4, Rte. 10, Succasunna, NJ 07876.



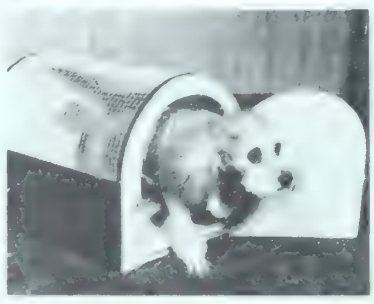
STRAWBERRY ACCENT

Charming tiers with bright red strawberries and green leaves embroidered on white. Blend of permanent-press polyester and rayon. 66" w. pair. 24", 30", 36" l. $15; matching 11" by 70" valance $8. Add $2 post. Free catalogue. Country Curtains, HG41, Stockbridge, MA 01262.



SQUIRREL'S DEFEAT

New repellent doesn't do harm to pesky rodents; it just has a distinctive odor that keeps them away—it does not hurt birds at the feeder or bulbs in the ground. 15 oz. package, $3.49; three, $9.95. Add 50c post. each box, $1 for 3. World Garden Products, 4HGE, Saugatuck, CT 06880.



TRAVEL COMPANION

Pet carrier with rustproof screening all around avoids that closed-in feeling. Inside: wall-to-wall carpeting! Pet carrier of pressed wood, three sizes: 9" x 16" x 12", $19; medium, 12" x 18" x 13", $28; 16" x 16" x 20", $38. Ppd. Turen, Inc., PC-4, 2 Cottage Ave., Danvers, MA 01923.

Personalized Puppy Plaques

$7.95 plus $1.00 postage and handling

A truly unique gift . . . cast in rugged pewter, mounted on a handsome 4" by 6" wood plaque and personalized with your dog's name. Personalized puppy plaques add a warm touch to any decor. All major breeds available. Please send dog's name and breed along with check or money order to:

T & T PRODUCTS

P. O. Box 168 Narragansett, Rhode Island 02882

Rhode Island Residents add 5% sales tax
Please allow 4 to 6 weeks for delivery



Smoke Magnet™ clears a roomful of smoke.



Just push button. Cigarette and cigar smoke start to vanish—automatically! All that remains is a beautiful fragrance. Patented Smoke Magnet™ has 2000 spray charges for months of use. Also absorbs annoying odors from bathroom, or any room. Great for home, office, smoky card games. Great gift. Money-back guarantee. Send $5.00 (-50¢ postage and handling) to AIR SUPERB, P.O. BOX A, GRACIE STATION, N.Y., N.Y. 10028.

GENUINE JADE JEWELRY



(SHOWN HALF SIZE)

This beautiful jade jewelry, carefully crafted in the Orient, is now available to you at incredibly low prices. Choose a delicate 14 karat gold plated leaf pin highlighted by a jade stone and packaged in a velvet gift box for only $4.99. Or a handsome jade elephant with a 24-inch gold plated chain, in a lovely paper gift box for only $2.99

Great gift ideas. Order several. Money back guarantee!

Add $1 postage and handling for each order

J. C. COMPANY

Dept. H-4, 6440 S. Claiborne Ave. New Orleans, La. 70125, (504) 866-2869

SPACE-SAVING GARDEN



Floor to ceiling pole holds six plants in pots or hanging. Adjusts to 8'9"; includes clamp, three 9" metal arms, drip proof trays. Black or white, $14.95; chrome, $16.95. $2 post. Extra set arms, trays, $6.99. Home Plant Displayers, Inc., Dept. C204, 51 E. 42 St., N.Y., NY 10017.

CLOSET ORDER



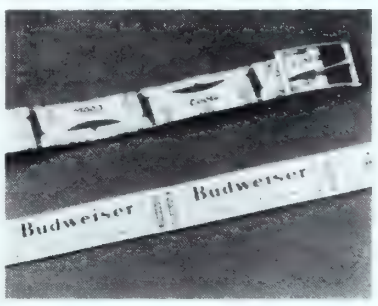
Get your guest closet ready for holiday entertaining. These lustrous gold anodized hangers, 3/16" thick, keep garments neat. Excellent for drip-dry use. Lifetime finish. Set of ten, $13.95 plus 75c post. Ultimate Designs, Dept. HG4, 16 Yale Terrace, West Orange, NJ 07052.

STOOP STOPPER



PiPeer shoulder brace; lightweight, puts posture on the straight and narrow. Three-ply ventilated material; padded invisible arm bands. Men measure around chest; women below bust. $6.95 plus 75c post. Piper Brace, Dept. HG-46SH, 811 Wyandotte, Kansas City, MO 64105.

BREW BELTS



Authentic color labels display beer taste. "Bud" is on white leatherlike vinyl, and Coors is on fabric reversible to white vinyl. Both 1⅝" w., with goldtone metal buckles. S(26-30"); M(30-36"); L (36-40"). Bud, $6.50; Coors, $7 Ppd. Miles Kimball, 100 Bond St., Oshkosh, WI 54901.

Sleep on air



Introducing an incredible new sleeping discovery an inflatable bed that uses a series of unique, patented air coil cells' to evenly distribute the air inside

Air is better than water. When the bed is fully inflated you get the therapeutic support of the best mattress with no hard spots. A little less air gives the feel of a waterbed. All the sensuality of water with none of the hassle.

Soft, velvet-tufted finish. The bed is tough, made of the same rugged material as used for inflatable boats. But the surface is soft and velvet-like. Made of electrostatically impregnated rayon, it's colorfast and fully washable.

Total portability. Take it anywhere. It inflates in minutes using a vacuum cleaner. Folds to drawer size. Weighs less than 10 pounds. Great permanent bed, guest bed, travel bed, or the most luxurious pool float ever.

Fully guaranteed, order now. Guaranteed for a year against defects in materials and workmanship.

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Please send inflate-a-bed(s) as specified. I realize if not satisfied I can return in 10 days for **immediate refund.**

How Many? _____

Circle color: Red Green Black

Circle size: Twin @ $59.95 Full @ $79.95
Queen @ $89.95 King @ $114.95

Add $3.95 for shipping and handling. Ks. residents add 3% sales tax.

Check or M.O. enclosed

Mastercharge BankAmericard

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Mail coupon to: Inflate-a-bed, KR Mktg., 3634 East Roanoke Drive Kansas City, MO 64111

INFLATE-A-BED

Next to breathing, it's the most fun you can have with air.

HG-2

AUTHENTIC PARK BENCH

Dress up your yard for summer. Imported decorative bench ideal for patio, yard or porch. Unfinished cast aluminum. Natural redwood slats ¾" thick. Weatherproofed. 48" l., 23" d., 27" h. (Weighs 30 lbs.) Easy to assemble.



$119.95

Texas Residents please add 5% sales tax.

Send check or money order to

Aldo Enterprises, P. O. Box 17493, San Antonio, Texas 78217



BENTWOOD ROCKER

Imported directly from Europe. The true Bentwood Rocker, fashioned from steam-bent Beechwood in lustrous walnut finish, with natural hand woven cane seat and back. 22" wide. 41" high.

Send 50¢ for complete Danish Furniture Catalog.

No C.O.D.'s. Shipped unassembled. Shipping charges collect.

ONLY $79.95

RED, BLACK, OR WHITE FINISH $89.95

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Dept. 4J
P.O. Box 204, Teaneck, N.J. 07666
N.J. residents add 5% tax.



COMMUTER COFFEE CUP

For that second cup while driving to work. Velcro plastic fastener anchors cup holder to any surface—metal, plastic or carpet. Drink-thru lid prevents spillover or splashing. Easy-to-grasp handle. $3.55 each, 2 for $6.35 postpaid.

Quality Gift Catalog, 25¢

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Falls Church, Va. 22042



NO MORE WET HAIR

Keep hair dry while bathing or swimming. Absorbent Dry Band protects against moisture. Keeps hair-do safe, dry. Easy to use —practical for all ages. Simply wrap poly-foam band around head to cover hairline. Wear under shower or bathing caps. Adjustable.

DRY BAND ..... $4.98 Plus 45¢ Postage & Handling

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Satisfaction Guaranteed or Your Money Back

Anthony Enterprises Dept. HG-46 556 Mission, San Francisco, Calif. 94105



SHRINK STOMACH

Waist Watchers will feel muscle tighten and see stomach shrink from first day you use the Waist Wheel. A few rolls back and forth from knee position equals 100 sit-ups.

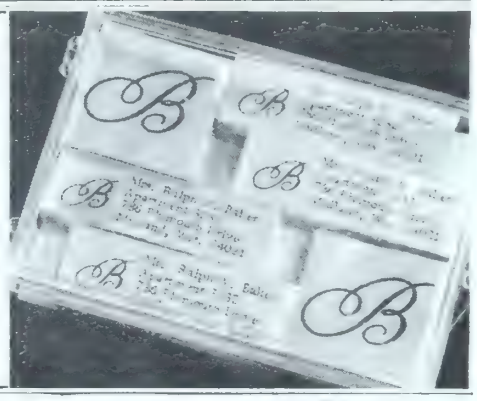
Single Waist Wheel ..... **$7.98 + 80¢ Mailing Each**
Dual Waist Wheel ..... **$9.98 + $1.00 Mailing Each**

No COD's or Billing *California Residents add 6% Sales Tax*

Satisfaction Guaranteed or your money back.

Anthony Enterprises Dept. HG-46
556 Mission, San Francisco, Calif. 94105

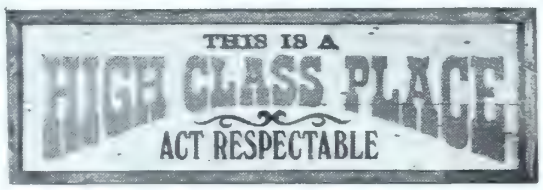
GOLDEN OPPORTUNITY to stock up on a supply of elegant name and address labels. The set includes 250 black on gold 1½x ½" script initial address labels and 125 matching gold initial 1x1" envelope seals. [To 20 letters per line, 4 lines] We use them to personalize everything—stationery, checks, to identify books. Packed in 2x3" plastic box, $3.50 ppd. Via 1st add 48¢. 80-page gifts catalog, 25¢. Bruce Bolind 24 Bolind Bldg., Boulder, Colo. 80302. Thank you kindly!



SIGNS of the good old days!



Have fun with these classy old-time plaques, designed to lend a lively, zingy look to walls and doors! Each of the clever spoof-y messages is inscribed in colorful old-fashioned lettering that has a nostalgic charm all its own. "High Class Place" features a [illegible] wood look. "The Lord Giveth" is crafted of real pine . . . "No Reading" is lettered on an actual mirror. All three come framed and ready to hang. Sign up today for the ones you want!





"**High Class Place**" **Plaque**, 7½" x 3½" (85530) @ $1.99 plus .65 postage and handling.

"**The Lord Giveth**" **Plaque**, 10¼" x 7" (94821) @ $3.99 plus .95 postage and handling.

"**No Reading**" **Mirror Plaque**, 18½" x 6" (95174) @ $3.99 plus .95 postage and handling.

Examine for 15 days FREE. If not completely satisfied, return for full refund.

Send check or money order for cost of merchandise, postage and handling, and sales tax (chart).

Spencer Gifts D-26 Spencer Bldg
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Bringing You Direct Mail Savings for Over 25 Years

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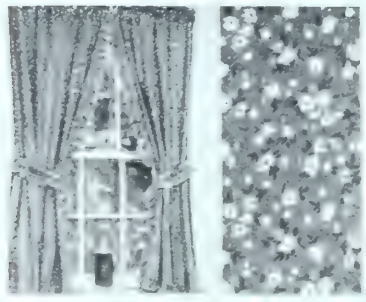
COLOR CHANGES

Golden yellow leaves sprout from Croton bare cane, turn brilliant green and mature into crimson foliage. Can grow to 1½ ft. first year. Croton bare cane, $1. Three bare canes, $2.50 plus 50c post. Gromantic Gardens of Florida, Dept. R2, Box 6234, Pompano Beach, FL 33060.



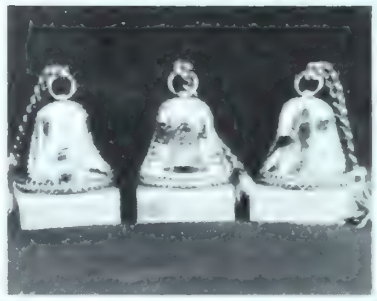
THE FRENCH WAY

Cool and smart, espadrilles imported from Jacques Cohen. Colorful canvas uppers. crepe soles, rope trim. Sand, navy, yellow, green, sky blue. pink, white or red. Whole sizes 5-10 in N and M widths. $15 plus $1.75 post. Catalogue free. The Talbots, Dept. XN, Hingham, MA 02043.



CALICO CHARMERS

Red, gold, green, blue, brown or black ground on no-iron cotton blend. 70" w. a pair, 2½" ruffle; 30" l., $6.50; 36", $7; 45", $8; 54", $9; 63", $10; 72", $11. Valance, $3; tiebacks, $1; post. $1.75. Brochure 50c. Mather's, HG4, 31 Main St., Westminster, MD 21157.



REUGE MUSICAL BELLS

Red/white/blue velvet; gold-brocade trim. Built in music box. Swiss make. Tunes (L to R) Battle Hymn., God Bless America, Stars and Stripes. 3": Ea. $35: all three $100. Ppd. Edd. the Florist, Inc., HG4, 823 North Court Ottumwa, IA 52501.

The LAZY DAZE



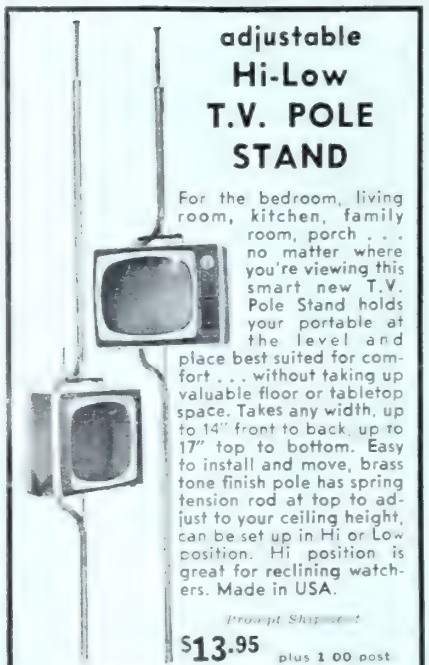
The *Lazy Daze* invites you to relax [illegible]

Upholstered in various grades and types of fabrics—stripes, solids, prints; cut, antique, crushed and plain velvets; etc. YOU specify type and colors desired. $222.00 as shown; $150.00 in your fabric—send 9 yds. 54" material. Ship. chgs. extra. Satisfaction guaranteed; no C.O.D.

Send $2. for furniture Catalogue and Request Form for FREE, hand-selected decorator fabrics. When in our area, visit our new 11,000 sq. ft. showroom.

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Hi-Low T.V. POLE STAND

For the bedroom, living room, kitchen, family room, porch . . . no matter where you're viewing this smart new T.V. Pole Stand holds your portable at the level and place best suited for comfort . . . without taking up valuable floor or tabletop space. Takes any width, up to 14" front to back, up to 17" top to bottom. Easy to install and move, brass tone finish pole has spring tension rod at top to adjust to your ceiling height, can be set up in Hi or Low position. Hi position is great for reclining watchers. Made in USA.

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[illegible] FREE catalog of gifts.

Holiday Gifts Dept. 304-A
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$6.98 POST PAID WITH FIVE QUAIL EGGS
($5.25 Without Eggs)

You get the new clear plastic dome CHICK-HATCHER with 5 Quail Eggs (available year-round) and Egg Hatchers Guide Book. Complete—nothing else to buy. Send check or Money Order today. Send 25¢ for catalogue of larger models for home, classroom and display. Also quail breeding equipment and how to produce and sell quail year-round.

G.Q.F. MFG. CO., DEPT. CG
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SAVANNAH, GA. 31402

MODERN SCULPTURE

Heavy gauge steel with brass accents is welded together in a variety of ways to make handsome wall sculptures. Max Levine is the sculptor of the piece shown. Prices start at $40. Free brochure. B. Levine, Dept. HG4, 19-18 Saddle River Rd., Fair Lawn, NJ 07410.



LIBERTY IN CRYSTAL

Unique collector's item for our bicentennial is a miniature Liberty bell in 24% lead crystal and it has a clapper, too. 5½" high and 3¾" in diameter. Sparkling star for dining table or treasure shelf. $19.50 plus $1.50 post. The Gift Horse, HG4, 69 Maryland Ave., Annapolis, MD 21401.



BEAUTY BAR

Cabinet with mirrored doors that swing out to form a three-way mirror is a handsome solution for gals and guys. 25" by 16" by 6" deep with adjustable shelves, trays for storage behind doors. $52 plus $2.50 post. T-Square Designs, Ltd, HG4, 152 Berkeley Pl., Brooklyn, NY 11217.



HAPPILY APPLE-Y

Applesauce and apple trifle perfectly served in clear crystal apple-shaped dishes. Use them for hot or cold soups, salads, cereals, desserts. Each dish 6½" in diameter. $6.95 plus 75c post. for set of eight. Colonial Garden Kitchens, HGE 4, Valley Stream, NY 11582.



Pillow Scent-sa-tions

Three fabulously fragrant pillows, a heartshape, triangle and square, covered in romantic chintz. In a blend of soft floral colors, they're charming as an accent piece or to cozy up to almost anywhere! Velvet Ribbon-wrapped and right for anyone who adores especially lovely things!



Pillows approximately 10 inches in diameter. Price: $20.00 per 3 pillow set; 3 sets for $55.00. Postage is included.

Gift orders accepted, but please remember to enclose name and address of recipient.

You have full return privileges.

Marina Pillows

Send check or money order to:
Marina Pillows, Dept. HG46, Box 549
Harrison, N.Y. 10528

Check background color desired:
beige ☐ rose ☐ blue ☐

Name_____

Street_____

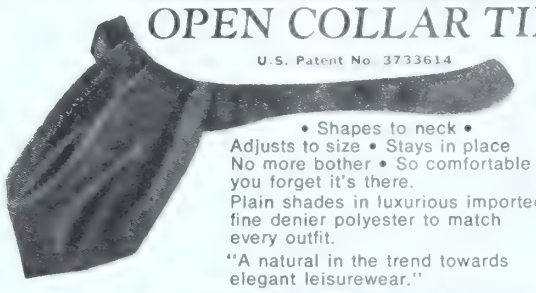
City_____ State_____ Zip_____

Please allow 3 weeks for delivery. U.P.S. delivery where possible.

NAVY
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TAN
RUST
COPEN
YELLOW
WHITE
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OPEN COLLAR TIE

U.S. Patent No. 3733614





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Plain shades in luxurious imported fine denier polyester to match every outfit.
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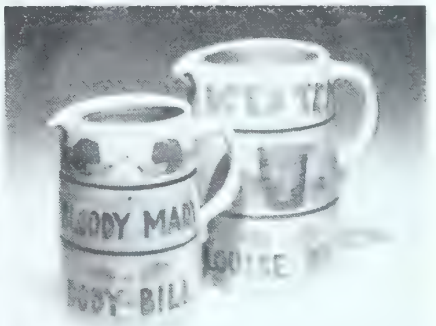


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Beautiful Uplift. No straps, bones or wires.

Nude color.
A, B and C cups.
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ADD 50c Mail & Hdlg.
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505 Fifth Ave., Dept. 466
New York, N. Y. 10017



HANDMADE OLD-FASHIONED CROCKERY PITCHERS

Colorfully painted and glazed with the name(s) of your choice. Perfect for mixing your favorite beverage! ½ gal. size $22.50 ppd. 1 gal. size $27.50 ppd. Specify size, type—Bloody Mary (with recipe on back) or Iced Tea—and name(s) to be painted on front. (Maximum 14 letters). Please print.

No COD's please. Texas residents add 5% tax. Allow 3 weeks for delivery

DODY HG 10
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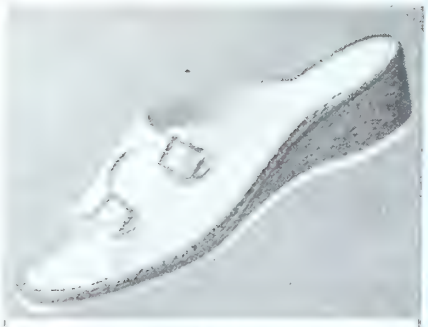
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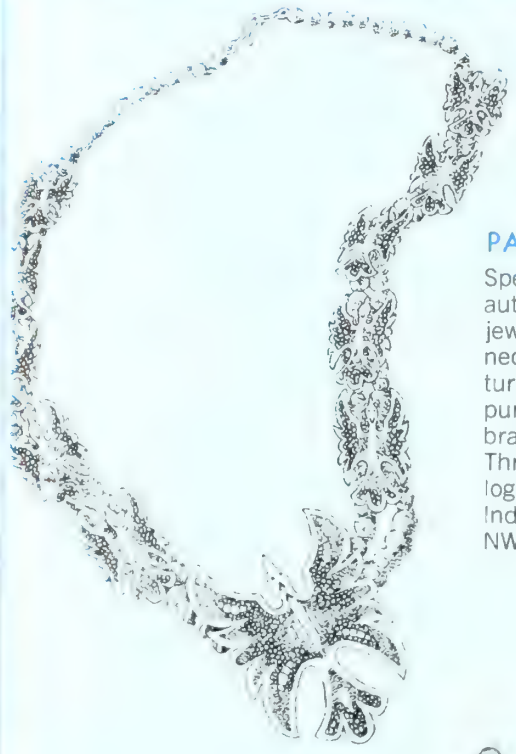
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Beautiful hand-embroidery accents the feminine charm of long, graceful sleeves, buttoned cuffs. Hem edge side-slit to wear as over-blouse as well as tuck-in; washable dacron, white with multicolor embroidery. Sizes S(30-32), M(34-36), L(38-40). $22 plus $1 post. Old Pueblo Traders, 600 S. Country Club, H4A, Tucson, AZ 85716.

PRINCESS LIMUU

Authentic Hawaiian print on silky polished cotton designed with fitted midriff shape to flatter you. Gathered back, billows from a deep U neckline. Washable. Blue, red, green, gold, pink. Sizes P,S,M,L,XL. $27. In floor length, $31. plus $1 post. ea. Vicki Wayne, 600 S. Country Club Rd., H4L, Tucson, AZ 85716.



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Wear-with-all jacket from Guatemala. Striking Indian designs in full-bodied cotton handwoven by natives on traditional looms. In pomegranate, turquoise, brown or black woven on white. Sizes 10-20. Wrinkle resistant, it's a joy for traveling. $20 plus $1 post. Old Pueblo Traders, 610 S. Country Club, H4J, Tucson, AZ 85716.



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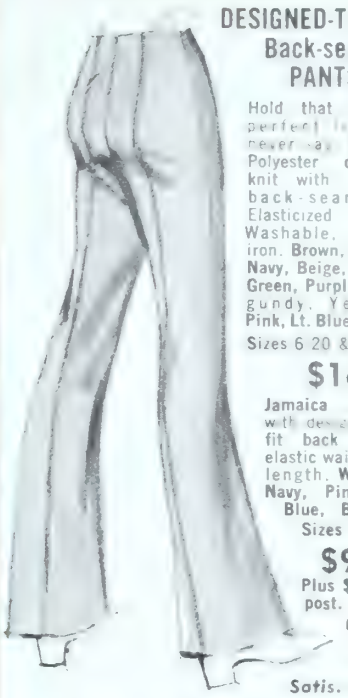
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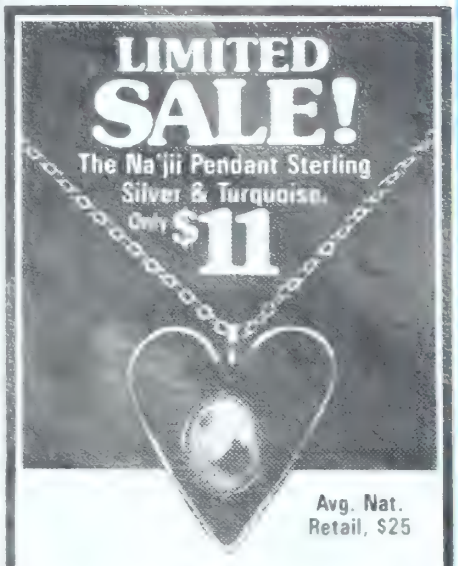
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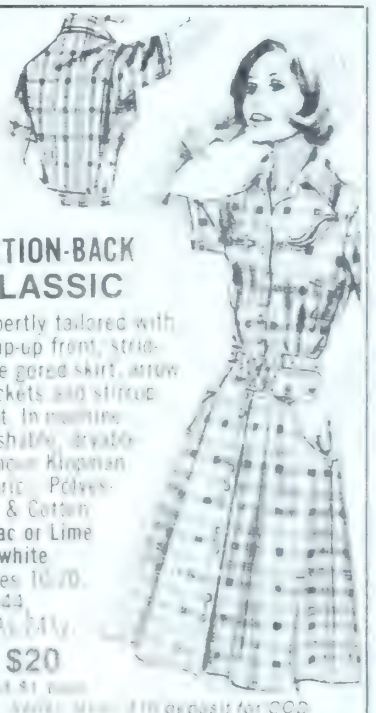
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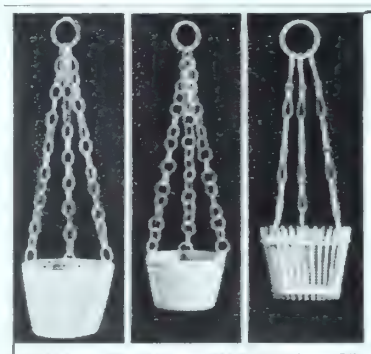
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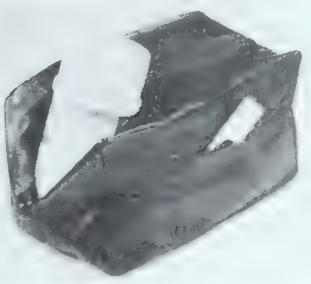
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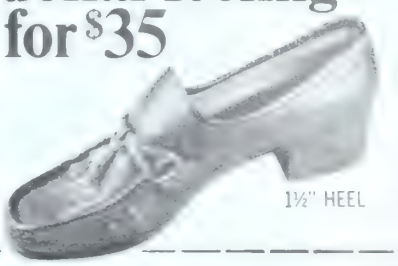
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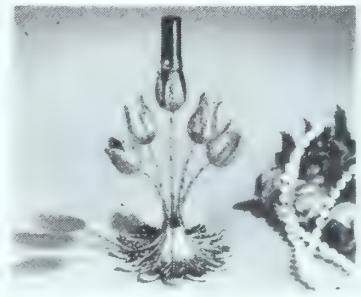
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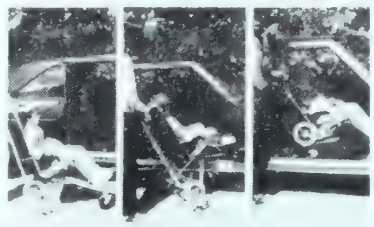
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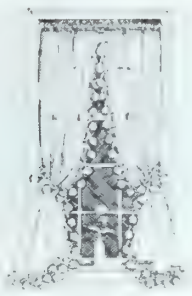
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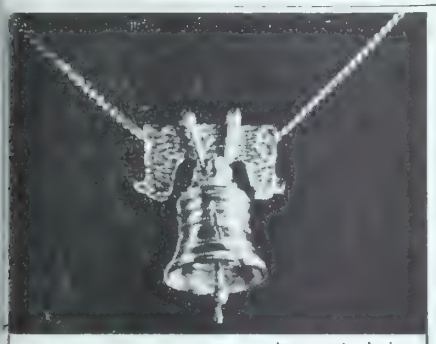


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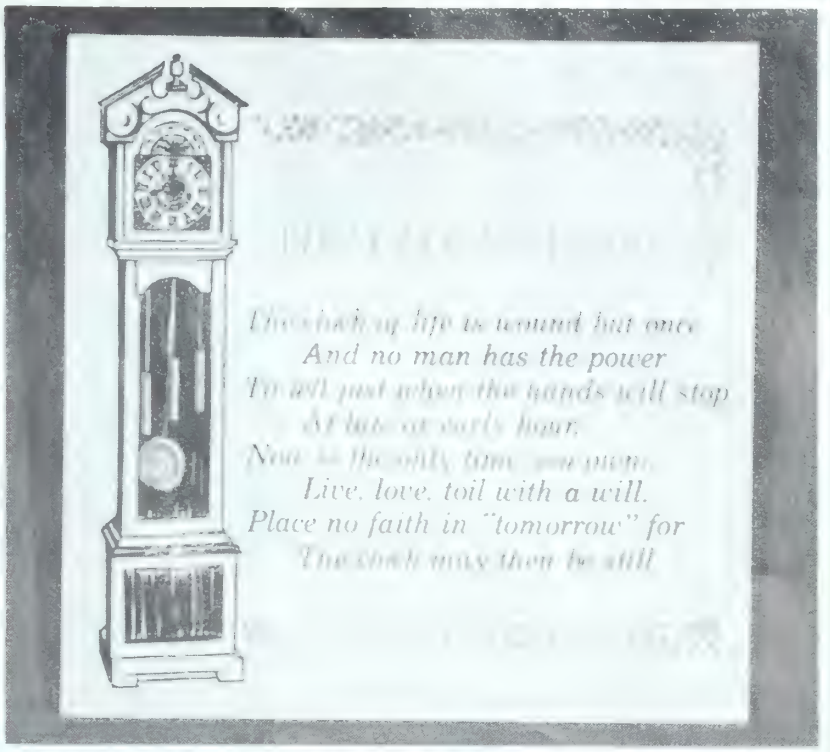
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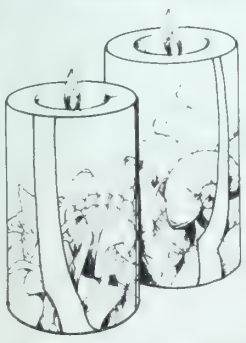
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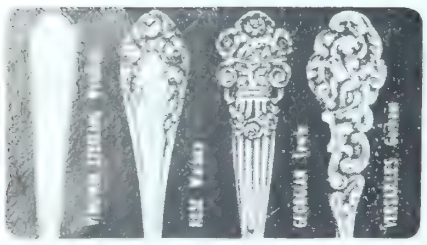


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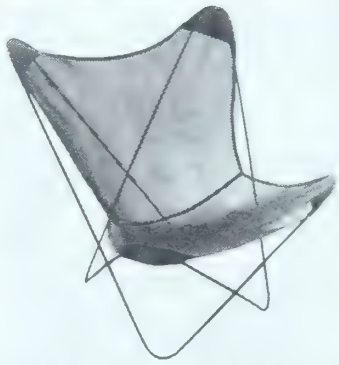


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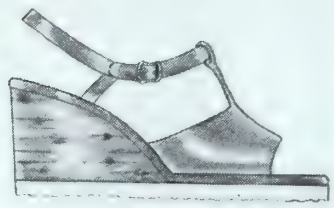
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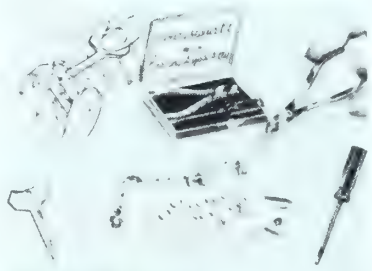
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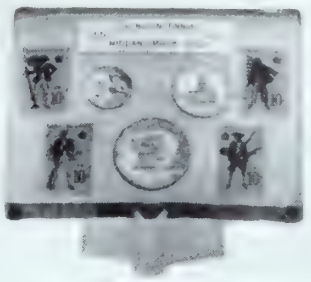
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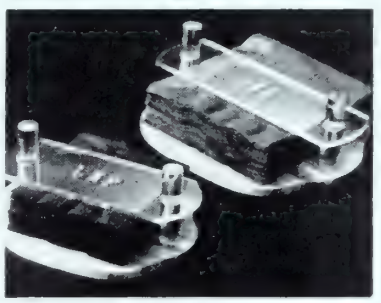
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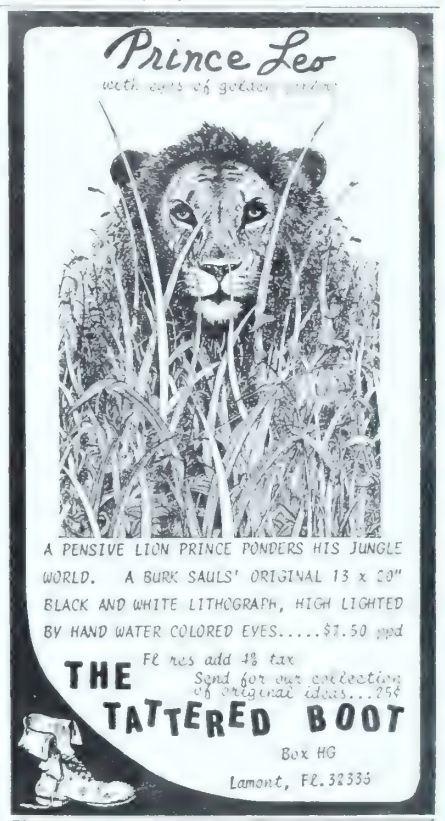
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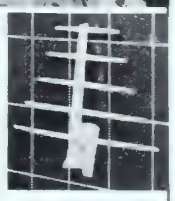
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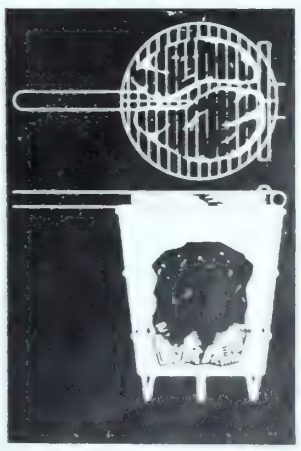
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Do-it-yourself crafts

continued from page 155

you'd find yourself boxed into a design in no time, while working from the center allows you to introduce new variations constantly. A new variation, however, must never be an attempt to cover up a mistake. "Needlepoint," he says, "is a matter of patience—and a mastery of ripping out."

For materials, Mr. Kent prefers 14-mesh canvas, and a size no bigger than 22 inches square. He also prefers to work with two or at the most three colors ("though once I did one with five colors, so close you could hardly tell they were different colors") . . . Near-monchromatic designs he finds soothing.

Next to last step is his signature, worked unobtrusively in a corner, sometimes—"if I think it would disturb the design"—in the same color he is working for its background, "like Braille." Final step: cleaning, sewing, inserting the pillow—or, for his newer works, framing.

GARDENER'S NOTES

Ready, get set, garden!

Spring news: the latest books, garden edibles, seasonal sight-seeing, and a hollyhock that steals the show

By James Fanning

Cranberry, queen of the bog

No holiday feast since Pilgrim times has been complete without its share of dishes featuring the bright, crisp cranberry. Botanically *Vaccinium macrocarpon*, the cranberry grows naturally in boggy areas over much of the North American continent. Time was when every well-run farm had its own cranberry bog. Fruit was harvested from the low, straggly plants in autumn with rake-toothed wooden scoops and the whole bog was later flooded to protect the plants through the winter. Nowadays cranberry production is a commercial operation in Wisconsin, New Jersey, Massachusetts, and a few other states with suitable terrain. Simply as a decorative plant, though, the cranberry is well worth growing, particularly at the edge of a pond or in any low, boggy spot where not much else will thrive. The narrow-leaved, wiry-stemmed evergreen plants produce delicate, pinkish-white flowers in spring, followed by the red fruit, which lasts a long time if it is not eaten. Also, the plants are small enough to grow in a medium-sized terrarium, where they are at home among ferns and mosses. Cranberry plants are available from Gardens of the Blue Ridge, Ashford, McDowell County, N.C. 28603. The Blue Ridge catalogue, which is free, also lists practically every native plant worth growing in the eastern or northern U.S.

MASSACHUSETTS DEPT. OF AGRICULTURE



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CRANBERRY PLANTS HAVE DELICATE FLOWERS IN SPRING

ARUGULA BY ANY OTHER NAME

Venturesome gourmet gardeners are always on the lookout for new flavors, new textures, or new ingredients for exotic recipes. These are often hard to find for no other reason than a confusion of names. The salad green called *rucola*, *rugula*, or *arugula*, for instance, is on seed counters everywhere—all you need to know is that it is usually labeled *roquette*. Seafood dishes from the Mediterranean area often call for Spanish or Chinese parsley, or, as it is most frequently called, *cilantro*. American seedsmen don't know it by that name, though, and you have to look for *coriander*. So labeled, it will be found in the herb section of any packaged seed display. And just coming over the horizon is the salad green called field salad, or lamb's lettuce. Known to French salad lovers as *mache* or *doucette*, this is like a small-leaved lettuce with its own flavor. Several varieties—including a red-leaved one—are grown in Europe, but few American seed houses list it for 1976. One of few is Stokes, whose catalogue includes as wide a variety of vegetables as may be found anywhere. For a free copy, write to Stokes Seeds, Inc., Box 548, Buffalo, N.Y. 14240. All three of these leafy vegetables—cilantro, rugula, and corn salad—grow best in cool weather, so plant in early spring or late summer.

Thalassa's latest

As a small child in England, Thalassa Cruso learned that no garden is complete without vegetables. So now her list of books on growing things has been extended to include *Making Vegetables Grow* (Knopf, $8.95). Beginning with the basic tasks of soil preparation, Mrs. Cruso explains, in her easy-going, thoroughgoing way, all you need know to grow food crops of all kinds.



Seeds

Increasing favorite plants is something we have all tried to do—with varying success. H. Peter Loewer, by applying diligent common sense, has succeeded where most of the rest of us have failed, and manages, by one means or another, to increase whatever he sets his hand to. Never one to keep his ideas to himself, Mr. Loewer has set down all his hard-won information in a book titled simply *Seeds and Cuttings* (Walker, $6.95; $3.95 paperback). From houseplants through spring bulbs to forest trees, the list of plants and methods of increasing them is exhaustive. The author's crisp, handsome line drawings, such as that of a cyclamen, *left*, make every point as clear as daylight.

Majorette wins a prize

Applying its customary rigorous standards, All-America Selections has decided that only one flower rates an award for this Bicentennial year. Given a bronze medal, the Majorette strain of hollyhock has flowers in a wide range of colors, mostly double, on stalks no more than 2½ feet high. Planted indoors in late winter and set in the garden after there is no more danger of frost, Majorette hollyhocks will flower in late summer, right up to the first freeze-up of autumn. In addition to Majorette, of course, AAS award winners of previous years are available. These range from pansies to broccoli and watermelon, and may be found as started plants as well as seeds. Just look for the red, white, and blue All-America Award shield on seed packets or seedling labels.

Touring the White House gardens

America's No. 1 tourist attraction is, of course, the White House in Washington. Visitors who throng the rooms are always impressed, but garden-minded people are seldom aware that the grounds alone make the White House worthy of a special visit. There are, for instance, trees planted by presidents as far back as John Quincy Adams and Andrew Jackson. The rose garden and the Jacqueline Kennedy topiary garden, both designed by Bunny Mellon, are outstanding examples of small-scale landscape design. And a more recent addition to the White House grounds is the children's garden created with loving care by President and Mrs. Lyndon B. Johnson and landscape architect Edward D. Stone, Jr. The grounds are not included in regular White House tours, but are open to visitors for one weekend in each of the warm months.

For 1976 the dates—all Saturday-Sundays—are:

April 24-25; May 29-30;
June 19-20; July 17-18;
August 7-8; September 18-19;
October 16-17.

Visitors should apply at the East Gate between 10 A.M. and 2 P.M. on Saturdays and 2 to 5 P.M. Sundays. The garden tour includes the State Floor of the White House.

MUMS THE WORD

The National Chrysanthemum Society has taken cognizance of the fact that when it's spring up here it's fall Down Under. Two fall flower shows are being staged by the New Zealand Chrysanthemum Society in April, 1976, which is their autumn, and the American society is planning to attend. The group will be limited to thirty-two people, who will also do some extended touring of New Zealand and other Southern Pacific islands. The tour will leave Los Angeles April 14 and return there May 7. Tahiti, Moorea, and Fiji are islands to be visited, and the per-person price has been tentatively set at $2650. A full itinerary and application blanks may be had from the National Chrysanthemum Society, Inc., R.D. 1, Box 212, Hancock, N.Y. 13873.

Getting the bugs out

Neatly rectangular and easy to operate with just one hand, the Hudson Cordless Electric Sprayer is amazingly compact, with the easy-to-use efficiency we have come to expect from cordless electric devices of all kinds. There are three sizes—1 quart, 2 quarts, and 1 gallon—all easy to maneuver and all good for three quarters of an hour or more of spraying after an overnight charging from the household electricity. For gardeners who like to know just how everything works, Hudson includes with each sprayer an easy-to-understand sheet of technical information. This is a great help in getting the best service and long life from the sprayer. It goes without saying that a sprayer of this type is as useful indoors as out, so it's really a year-round part of the gardener's tool kit. Hudson Cordless Electric Sprayers, as well as the hand-pumped kinds, are available in garden shops and hardware stores everywhere.

SMALL-SPACE GARDENS



A jewel box of a book—*House & Garden's* 26 *Easy Little Gardens* (Viking) filled with personal ideas for small, spare-time gardens complete with detailed plans and plant lists. For a copy, send $15.95 plus 55c for postage and handling to Condé Nast Books, P.O. Box 3308, Grand Central Station, New York, N.Y. 10017.

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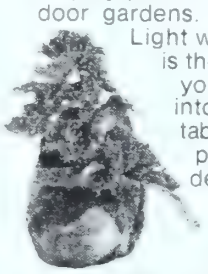


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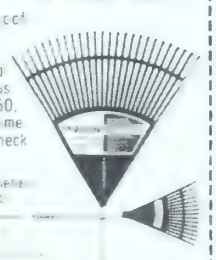


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Building and Remodeling

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But don't delay — mail the coupon at once! The sooner you start to follow and benefit from this amazing program, the sooner you'll have the trimmer, slimmer figure you've always wanted. Mail your order today!

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Dr. Castaldo has been a practicing physician for over 30 years. A graduate of the University of Maryland, he received his medical degree at Tufts University, then interned and was a resident at Stamford and Bridgeport Hospitals in Connecticut and Bellevue Hospital in New York.

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Henredon





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HOUSE & GARDEN

(INCORPORATING **LIVING** FOR YOUNG HOMEMAKERS)

Vol. 148 No. 5



NORMAN McGRATH

ON THE COVER: the freshest, sunniest, airiest feeling in the world is evoked by this sitting/garden room. Blue and white fabric blends with summery wicker and wood, with white shutters to let the slanting sunlight in. Mark Hampton designed the room in conjunction with Lord & Taylor, where all furniture (except the coffee table) and fabrics are available. The rattan furniture is from its Hong Kong Imports collection. Glazed cotton chintz covering furniture, "Willow" pattern, with Zepel finish, from the American China Trade Museum collection by Lee/Jofa. These romantic patterns, designed by Leslie Tillett, are based on the collection of artifacts at the Museum of the American China Trade, Milton, Mass. Cedar and grain veneer table available through decorators at LCS. Vinyl tile flooring from Goodyear Tire & Rubber Co. Two small Chinese blue and white porcelain boxes from Limited Editions. Chinese porcelain herb jar from Joseph Rondina. More on accessories, page 217.

May, 1976

DECORATING, ARCHITECTURE, BUILDING

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(Maison & Jardin)
4 Place du Palais Bourbon, Paris 7

RALPH F. TIMM, PUBLISHER

HOUSE & GARDEN IS PUBLISHED BY THE CONDÉ NAST PUBLICATIONS INC.
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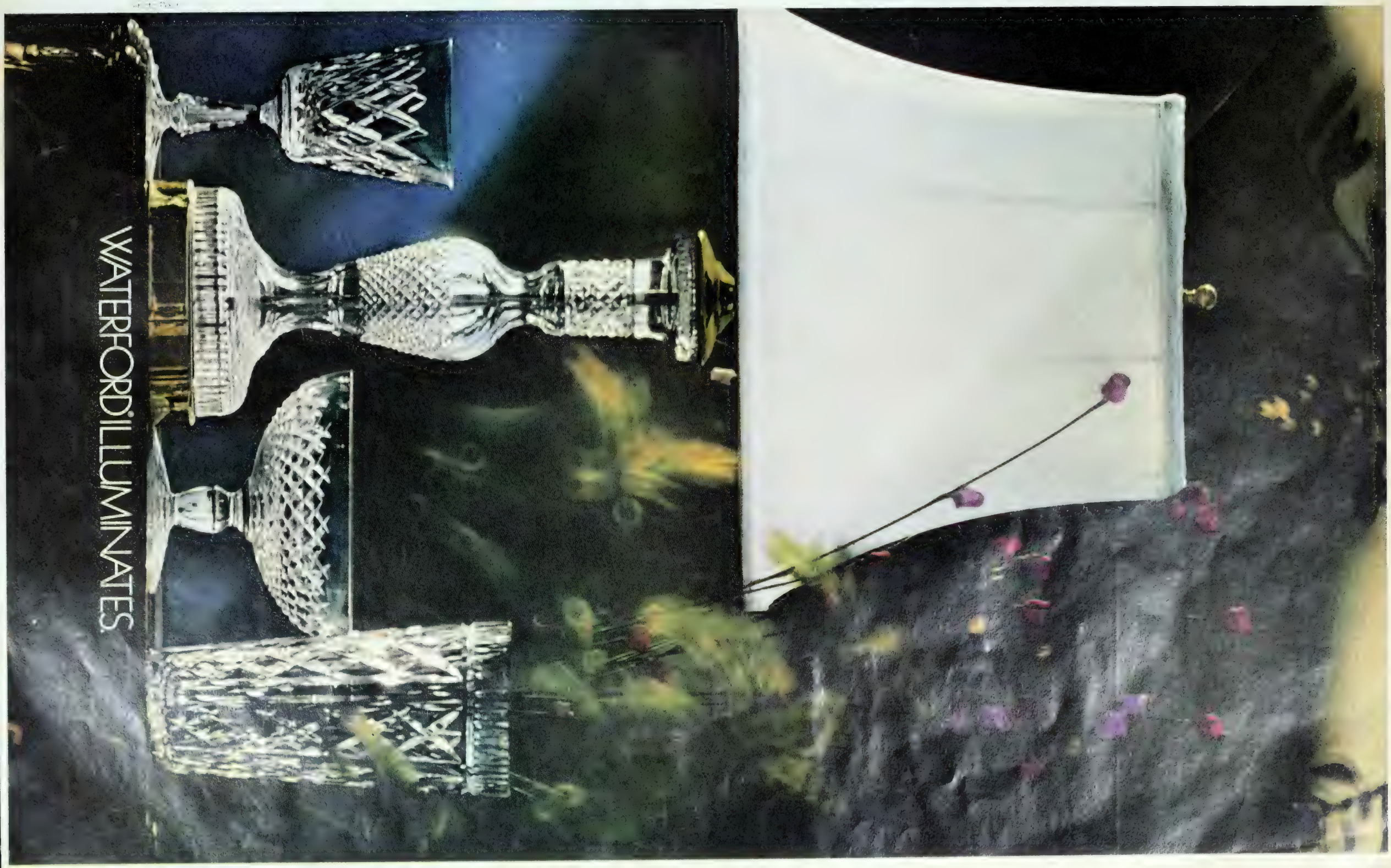
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PUBLISHED MONTHLY BY THE CONDÉ NAST PUBLICATIONS INC., CONDÉ NAST BUILDING, 350 MADISON AVENUE, NEW YORK, N. Y. 10017. SECOND-CLASS POSTAGE PAID AT NEW YORK, N. Y., AND ADDITIONAL MAILING OFFICES. SUBSCRIPTIONS: IN U.S. AND POSSESSIONS, $10 FOR ONE YEAR, $18 FOR TWO YEARS. IN CANADA AND MEXICO, $12 FOR ONE YEAR, $22 FOR TWO YEARS. ELSEWHERE, $15 FOR ONE YEAR, PAYABLE IN ADVANCE. SINGLE COPIES $1. FOR SUBSCRIPTIONS, ADDRESS CHANGES, AND ADJUSTMENTS, WRITE TO HOUSE & GARDEN, BOX 5202, BOULDER, COLORADO 80302. EIGHT WEEKS ARE REQUIRED FOR CHANGE OF ADDRESS. PLEASE GIVE BOTH NEW AND OLD ADDRESS AS PRINTED ON LAST LABEL. POSTMASTER: SEND FORM 3579 TO HOUSE & GARDEN, BOX 5202, BOULDER, COLORADO 80302. FIRST COPY OF A NEW SUBSCRIPTION WILL BE MAILED WITHIN EIGHT WEEKS AFTER RECEIPT OF ORDER.
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Martex.

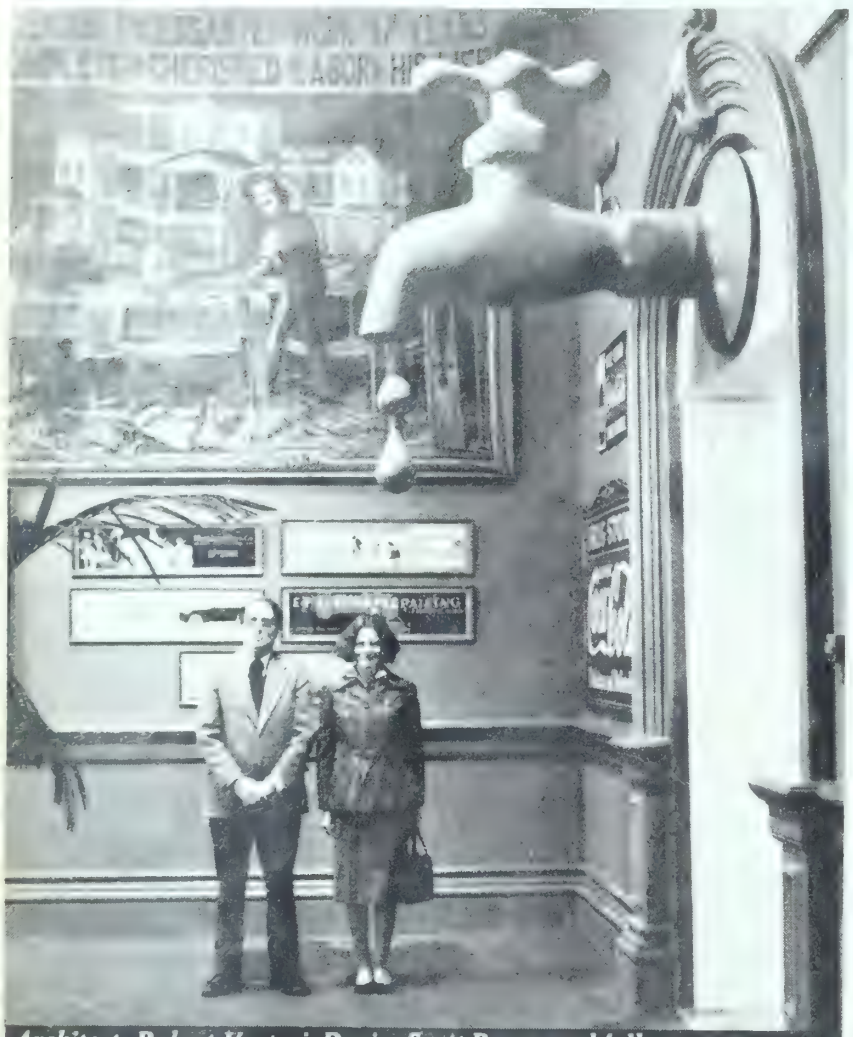
For "All About Your Home," a new instructive magazine on how to decorate with sheets and towels, send $1.50 to Martex, P.O. Box 912, Madison Square Station, New York, N.Y. 10010





LIVING

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Architects Robert Venturi, Denise Scott Brown and folk art

Sign language



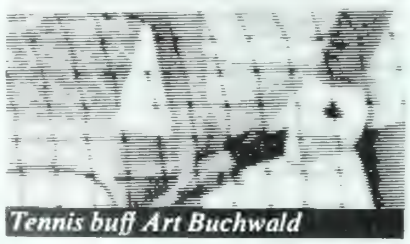
Symbols of our time

Instead of champagne and canapés to eat at the opening of *Signs of Life: Symbols in the American City* organized by the architectural firm of Venturi and Rauch at the Renwick Gallery, Washington, D.C., there were trays of hot dogs and pizzas, with Coke and beer. Appropriate for an event that dramatizes 20th-century neon communications, like the Holiday Inn sign, McDonald's golden arch, Sunoco and Shell symbols. The Venturis crammed one room full of these familiar electric signs. To have this blast of flashing color in a museum, which is the curatorial department of the National Collection of Fine Arts, gave unexpected status to objects architects usually put down. "We think they'll be seen as great works of folk art and collected avidly through the years," declared Robert Venturi. "Who's to say they contribute to visual pollution? Those architects who pronounce them bad should ask, bad for whom? They neglect to understand that many people with other value judgments like them."

Celebrity shape-up

You can find out how people like Art Buchwald, Craig Claiborne, Polly Bergen, Pauline Trigere, Arthur Murray, and forty other well-known people stay in shape in an amusing new book *Celebrity Exercise*, by ex-dancer Ann Smith (Walker, $10). Art Buchwald—"I would say I'm the Robert Redford type, wouldn't you?"—believes in mimed exercise as a technique. When he's not playing his favorite tennis, he mimes shots at home in the dressing room. Craig Claiborne, does 80 to 100 sit-ups every morning. "I wonder what my profile would be like without the daily torture." Joan Garrity, author of *The Sensuous Woman*, takes an imaginary swim every day, twenty



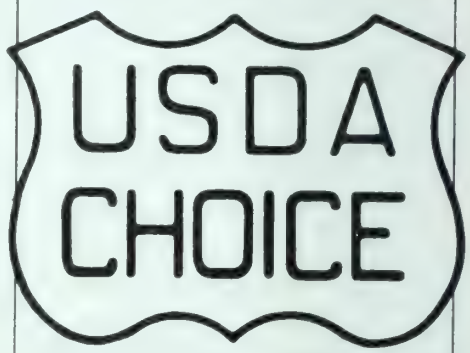


Tennis buff Art Buchwald

overarm, twenty backstrokes, and twenty vertical strokes. When you sit for hours all day, as renowned jazz pianist Marian McPartland does, hips and seat are danger points. She lifts herself out of the hips, leans slightly forward when at the keyboard—and stays properly proportioned.

Prime Time

New USDA standards that control the quality of the beef allow for leaner beef to qualify for the top



grades, "Choice" and "Prime"; ensure that the "eating quality" of beef is more uniform within each grade; and establish a stricter "Good" grade. What's basically involved is a reduction in the "marbling" required, or the percentage of fat in the beef. Cattle under thirty months old with a *low* fat content now qualify for the *high* grades. With cattle eating less grain, leaner meats should result in lower prices for shoppers.



On with the dance, Bali

Hello, Bali

Bali has attracted painters and sculptors from all over the world. It will delight you. An unblemished landscape, punctuated with frangipani and poinsettia blossoms. Terraced rice paddies cut into the sides of mountains, long stretches of unoccupied white-sand beaches and a surrounding pale blue ocean. From Sanur Beach, the location of the island's two western-style hotels (The Intercontinental Bali Beach and the Bali Hyatt) roads take you to rustic villages, each with a marketplace, temple, cockfighting arena, and pavilion for *barong* or *legong* dance and gamelan music, an exotic sound of gongs, xylophones, cymbals, and drums. Go to Bali soon, before it becomes too accessible. International Weekends, 130 Water Street, Boston, Mass. 02109, has a $699 round trip to Hong Kong. From there take an excursion to Bali.

JANET SMYTH

Some like it hot

If you like hot, spicy food, there's a splendid new cookbook *Spirited Spicy* by Beppe Bellini, the distinguished antiquarian and cook who lives in Florence. He's made certain it will reach a wide audience. It's written in three languages, English, French, and Italian. Zesty recipes by him and other inventive Italian chefs are laced with amusing cartoons to illustrate the dishes. Having a strong personal taste for spicy food, Beppe loves



Indian cooking, but still feels Italian food—"so quick to do"—is best suited to modern living. His favorite recipe in this collection: an onion soup with red wine and brandy. "I don't care for the onion soup in Paris, because the onions are usually underdone. I like my onions brown, but not burned. Count on an hour of stir-frying." To get the book, write Beppe Bellini, 50124 Firenze, Lungarno Soderini 5 Italia. It costs $8.

During Queen Anne's reign, cabinet-makers reflected English taste in their selection of fine woods. For those who appreciate this 18th Century fashion, reproductions are available through Baker Furniture retailers.

You are invited to send two dollars to Baker Furniture, 462 Merchandise Mart, Chicago, Illinois 60654 for our Queen Anne catalogue.

Baker Furniture

CABINET MAKERS

LIVING



Richard Dineger, policing the beat

A walkie-talkie to call my own

With cutbacks in the public services, what can ordinary citizens do to prevent city life disintegrating? The New York Police Department welcomes Auxiliary Police. Volunteers get ten one-evening-a-week training classes, and $75 toward the cost of a uniform. No gun, but a $1,500 walkie-talkie on loan. Auxiliaries patrol streets in twos, give a minimum of four hours a week. People with less time to spare can join the nonuniformed Block Watcher Force. Enrollment requires a three-hour course. In return, police invisibly mark all your valuables so that in case of theft, pawnshops can be circularized, and check your apartment for security, giving advice on protection. ELSPETH FLYNN

Bicentennial bash

An 18th-century evening was celebrated recently at Hampton Mansion in Towson, Md. Six young couples decided they wanted an authentic Bicentennial party to raise funds for a historic house. Hampton was chosen for its background as well as its great hall, spacious enough for 100 dinner guests. It was built between 1783 and 1790 by Captain Charles Ridgely, an officer in General Washington's Army. The Society for the Preservation of Maryland Antiquities is its guardian today. For this party, 18th-century dress


All dressed up, Hampton House

was decreed. Some costumes were inherited, some rented; many sewn by hand. Original Ridgely carriages trotted guests from car park to grand entrance of the candle-lit mansion where they were greeted with mulled wine. A harpsichord played during dinner, a balladier accompanied the after-dinner port. No minuet, however, for although Hampton has withstood time, no one was sure it could stand 200 dancing feet.

DEE HARDIE

1984 was kid stuff

How will we live in the 23rd century? It's all there in *Logan's Run,* a superfuturist movie made by Saul David, which premieres next month. An enclosed, ecologically sealed society, transportation in bullet-shaped monorail cars, the


New You shop, two-minute makeovers with laser surgery

body shop where you can change physical features in an instant, and your living room "toy" which allows you to transport anybody into your house at your whim—they "materialize" from a TV-like box. And it's more fact than fantasy. Mr. David, the science-fiction buff who made *Fantastic Voyage,* worked with research scientists and has "drawn a longbow on the things that actually exist." He believes we should look more closely into technology today, "let our intelligence bring us a better life." As R. Buckminster Fuller has said, 99 percent of the population has no idea what the other 1 percent, the scientists, are up to. At least we can get a little more clued-in through this film.


Peter McChesney: "a little money ...

One man's barn

Early this June in Williamstown, Mass., there's going to be a Bicentennial barn dance, introducing new life to a Farm Museum. A community, a college, and a Bicentennial Commission have pooled money and muscle to rebuild a hay barn, a small pocket of America's agricultural past. And it all started because of the dreams and determination of twenty-two-year-old Williams history graduate Peter McChesney. On a patch of Hopkins Forest owned by Williams College stood the mid-19th century house and hay barn of Alfred Moon, a subsistence farmer. Divided, these buildings were about to fall; united, they could be a farm museum, a project of historical worth which could live on after the 1976 celebration. Peter's idea became a Bicentennial proposal initiated by the Center for Environmental Studies at Williams, endorsed by the town. He received his first $1,500 from the Center, townspeople donated


...and a lot of enthusiasm."

LEE GRENTHOUSE

$1,950, all matched by the Massachusetts Bicentennial Commission. Grand total: $7,045. Work started in June, 1975, on disassembling both house and barn. Volunteers came from college students, professors, Williamstown residents, and Boy Scouts. The best materials were combined to create a replica hay barn. The barn was raised in August in 90-degree heat with lots of lemonade. Today it is the Hopkins Forest Farm Museum, open to all, admission free. DEE HARDIE


Linda Trinkle Wolf, optimistic

Growing business

There are times when indoor gardening can leave you so stumped you want to give up. How can you make a greenhouse in a windowless basement? Will *anything* grow under artificial light? How far from the window must you put certain plants, to make them flourish best? What thrives in a gloomy north light? This is where Linda Trinkle Wolf, a plant specialist, comes in. Eternally optimistic, "you can grow a tree in a closet," she says, "if you keep the door open." Mrs. Wolf has set up a workable potting shed in a basement for wintering plants. In a room with poor light and no view, she arranged mirrored shutters to hide reality and created an indoor garden that blooms successfully by artificial light. She'll give you an indoor landscape design, plants, custom containers, lighting, advice, everything is solved—rather as an interior designer copes with decorating problems. A consultation is $50 for 2 hours. Linda Trinkle Wolf, 63 Seton Drive, New Rochelle, N.Y. 10804.

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14 mg. "tar", 1.0 mg. nicotine av. per cigarette, FTC Report SEPT. '75.

LIVING

Two sides of the coin



Political profiles . . . Juan Carlos and General Franco

Funny money business in Spain. New pesetas show the head of Juan Carlos facing to the *left*. General Franco always looked to the *right*. Of course, no one at the Spanish Embassy in Washington dares say whether this has any political significance, or not. . . .

Believe it or not

For some time, there have been intriguing reports about a new community in Findhorn, North Scotland, whose garden is filled with super-sized specimens—42-pound cabbages, 10-foot-high foxgloves —grown with cooperation from "nature spirits," elves, fairies, and

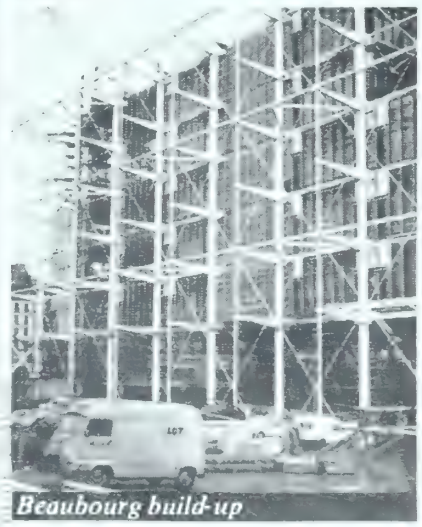


Findhorn snowdrop. A fairy tale?

personalities more usually associated with the world of make-believe and children's books. This new center might not be taken with any seriousness, if some eminent scholars across the globe, including Professor William Irwin Thompson in America and Professor R. Lindsay Robb in England, had not marked both garden and community as a place for legitimate attention. Founded by Peter Caddy and his wife Eileen, the Findhorn group has been described by the scholars as an environment where people are learning how to use inner powers productively. Progress has now been documented in a book, *The Findhorn Garden* (Harper & Row, $10). In it, Mr. Caddy describes the growth of the center from his own small gardening effort in a mobile home park, to the miniature university it is today. Courses at Findhorn offer arts and crafts as well as gardening. "But it's not a place to come to just for a rest," say the Caddys. "Bring work clothes." Findhorn, Forres, Scotland.

Parisian arts palace

The great new Beaubourg center for the arts in Paris, which has drawn Pierre Boulez away from the New York Philharmonic and will include an important musical complex as well as a new Museum of Modern Art, a library, and an industrial design center, is scheduled to open next year. An international competition was launched for its design: 681 projects judged and the final one now under construction is by an Italo-English architectural team, Enzo Piano



Beaubourg build-up

and Richard Rogers. The building is a notable engineering achievement. Its floors are slung between large steel trusses on the perimeter. Thus each level (the size of two football fields) is a great open space uninterrupted by structural support. Piano and Rogers wanted to "both entertain and inform and give people freedom from architectural form." A large piazza offers shops, flower market, chess tables, "a place for multipurpose public activities." The music department is underground with an outdoor concert space on its roof. In this department musicians and scientists will work, says Pierre Boulez "to forge a common language and contribute to the evolution of contemporary music."

PEOPLE

Zita Hawley *and* **Charlotte Morrison** *are organizing a Designers' Showhouse between May 23 and June 13 at the historic Pink Palace, Minneapolis, to benefit the Minneapolis Institute of Arts. The house, built 1914, was first decorated by Elsie de Wolfe. Her butterfly painted bed will be seen in one bedroom.*

Roy Titus, *son of* **Helena Rubinstein, Oscar Kolin,** *her*



Tchelitchew's Rubinstein

nephew, **Diane Corbin,** *and other members of the Helena Rubinstein Foundation who organized the exhibition of Madame Rubinstein's portraits, which opened at the Metropolitan Museum, New York, have arranged for it to travel the country. It is now at the Palm Springs Museum and goes on to the Los Angeles County Museum.*

Caroline Howe *has launched a new business in Malibu called "Trouble in Paradise." She's a domestic problem solver who will find, decorate, or take care of a house; find schools for children; select staff; buy food, plants, or even clothes for you. More information, P.O. Box 635, Malibu, Cal. Phone: (213) 475-7593.*

Peter and Juliet Glynn Smith, *one of England's most exciting young architectural design teams, have just finished the interior of London's newest hotel, the Tower on the Thames.*

Donald R. Taylor, *administrator of Tryon Palace restoration, North Carolina, is organizing an interesting Bicentennial venture. Tryon Palace hostesses visit England this fall, see stately houses to get a picture of "the other side," and assist them in better telling their own restoration story.*

The secret of the red zinger

Arthur Allan Seidelman, the movie-maker who wrote and directed *Children of Rage* never finds getting up in the morning a problem. He drinks an herb tea called Red Zinger, a tangy mixture

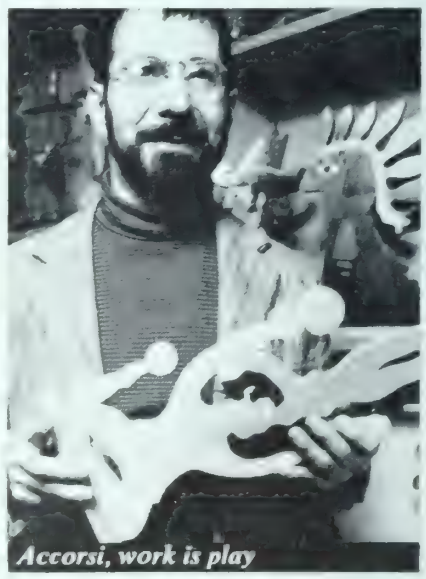


Seidelman zings on location

of hibiscus, lemon grass, comfrey, and mint. Since he became a lacto-ovo vegetarian six years ago, he's enjoyed discovering "natural" ingredients that work as pepper-uppers or relaxers. At night, he takes a tea with burdock root, comfrey, and lettuce in it to relax. On a busy day, for lunch he will eat lettuce, chopped onions with oil and vinegar, "a nerve relaxer."

Toyful news

Stepping into toymaker William Accorsi's shop, 71 Irving Place, New York City, is an adventure into fantasy. Planes made from cigar boxes float from the ceiling; there are wooden Christmas trees with spangles of lights, doll houses,



Accorsi, work is play

Indian figures, circus people, animals all shapes and sizes. Everything is made of wood, painted wonderful colors. These toys please children as well as grown-ups. Elton John buys them. President Kennedy had an Accorsi wire toy on his desk. A show of Mr. Accorsi's works opens this month at the American Spirit Gallery, at the Watergate, Washington, D.C.

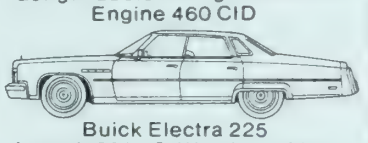
29 reasons why a Mercury Marquis was judged superior overall to an Olds 98 and a Buick Electra.

Based on tests you can do yourself, 37 out of 50 car owners picked a Marquis over a Buick, 40 out of 50 over an Olds.

Last fall, Nationwide Consumer Testing Institute formed a panel of 100 randomly selected men from the Los Angeles area—all owners of standard-size cars—and asked them to compare a 1976 Mercury Marquis Brougham with '76 models of its leading competitors, Buick Electra 225 or Olds 98 LS.



Mercury Marquis
Length 229.0" Weight 4704 lb
Engine 460 CID



Buick Electra 225
Length 233.4" Weight 4788 lb
Engine 455 CID



Olds 98 LS
Length 232.2" Weight 4786 lb
Engine 455 CID

This was a thorough comparison. Each car owner faced a battery of 29 specific tests. Each drove and rode 3.5 miles in total over various road surfaces. Each performed inspections inside and out.

They judged each car's styling. Front, rear and sides. They studied instrument panels, door trim and seating. In every test of styling, they judged Marquis superior.

They slammed doors and noted the sound. In this traditional test of solidness, an overwhelming majority judged Marquis more solidly built.



They operated window controls, door handles and locks, interior lights and the parking brake. They loaded the trunk with luggage. In tests like these, they found more convenience built into Marquis.

They drove and rode in the cars to evaluate smoothness, quietness, cornering ability and control. In all tests of handling and driving comfort, Marquis won hands down. Based on all these tests, they rated Marquis superior overall.

Make your own test. Discover for yourself why Mercury Marquis is everything the test results say it is. Test any car against the '76 Mercury Marquis. Buy or lease one at The Sign of the Cat.

Test Program	Number Preferring Marquis	Number Preferring Buick	Number Preferring Marquis	Number Preferring Olds
Styling Features				
1. Overall styling	38	12	38	12
2. Front end styling	36	14	32	18
3. Side view styling	33	17	31	19
4. Rear end styling	28	22	33	17
5. Interior styling	37	13	44	6
Ride				
6. Riding comfort	34	16	37	13
7. Handwriting on rough road	31	19	31	19
8. Quietness	40	10	43	7
Handling				
9. Overall driving ease	32	18	33	17
10. Cornering ability	31	19	33	17
11. Right front visibility	34	16	35	15
12. Parking brake	39	11	43	7
13. Windshield washer	34	16	36	14
Quality features				
14. Solidly built	47	3	46	4
15. Carpeting thickness/softness	45	5	41	9
16. Headliner padding	33	17	35	15
17. Sun visor	34	16	39	11
18. Stereo performance	40	10	45	5
Convenience				
19. Spacious/convenient trunk	39	11	38	12
20. Tilt steering wheel operation	19	31	28	22
21. Glove compartment capacity	47	3	47	3
22. Rear window convenience	45	5	50	0
23. Door handle operation	44	6	44	6
24. Comfort/practical front center arm rests	34	16	41	9
25. Ash tray accessibility	36	14	42	8
26. Assist straps convenience	28	22	40	10
27. Key design	44	6	46	4
28. Window/door lock operation	37	13	37	13
29. Interior lighting	47	3	48	2
Superior overall	**37**	**13**	**40**	**10**

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Judith Marshall, nothing...



...is better than lots

BAILEY

glorious antiques. It is now a multi-level carpeted environment with *no things in it at all.* And she's never been happier. She and her husband, Dr. Bernard Green, find it responds more to their needs, with three children under eleven. "It's a room where we can really all get together," she says, "play games, have meals, listen to music." She also finds it a good space in which to be alone, to read a book by the window. Things are taken into the room as required. Meals eaten picnic style, with place settings arranged on the stepped platforms. Architect Daniel Louis Goldner, who did the design, is not surprised that the experiment turned out so well. "People love freedom. Most living spaces are too rigid." Apart from allowing the family to use the space for any activity they wish, it's great for parties. Sixty guests came recently to listen to two people play chamber music. Judith doesn't miss her old belongings, definitely prefers the new life. And there's nothing to dust! Total cost $4,600 includes design fees, labor costs of contractor Alan Goldsmith, lumber, $1,200 worth of nylon carpeting, the lighting system between each level. As a bonus there is considerable storage space and a children's play area under the stepped platforms. Just the old fireplace remains.

Color yourself healthy

Deborah Mazzanti, a successful businesswoman who runs two health spas (more about her, page 142), has invented a calendar color-coding system anyone can use to manipulate better balance in life. Take five different colored felt pens—black, blue, green, red, and lavender—and your calendar. Then sit down and do some analysis. In the last month of your calendar, underline in *black* everything that was a total waste of time; *blue,* things that were duty; *red,* events that contributed to your health (a trip to the beauty shop or barber counts here); in *green,* the growing experiences, such as an educational movie, play, or seminar. *Lavender* is for everything that was fun. The aim is to have no black on your calendar at all, and the other colors evenly distributed. "Duty" holds an equally strong position with the rest because it represents work "and you can't have fun without money." First time tests generally record low ratings in health activities and fun. The color charting motivates a reordering of priorities. "You're driving your car. The body is after all only a motor and will only go as far as you allow." Once you realize it's in your hands to give yourself a healthier, longer life, start thinking about scoring *double* colors. Before accepting a weekend invitation, for example, you might consider what's on the program. Backgammon and bridge are fun, but if they're mixed with walking, tennis, or swimming, so much the better.

BEZUSHKO

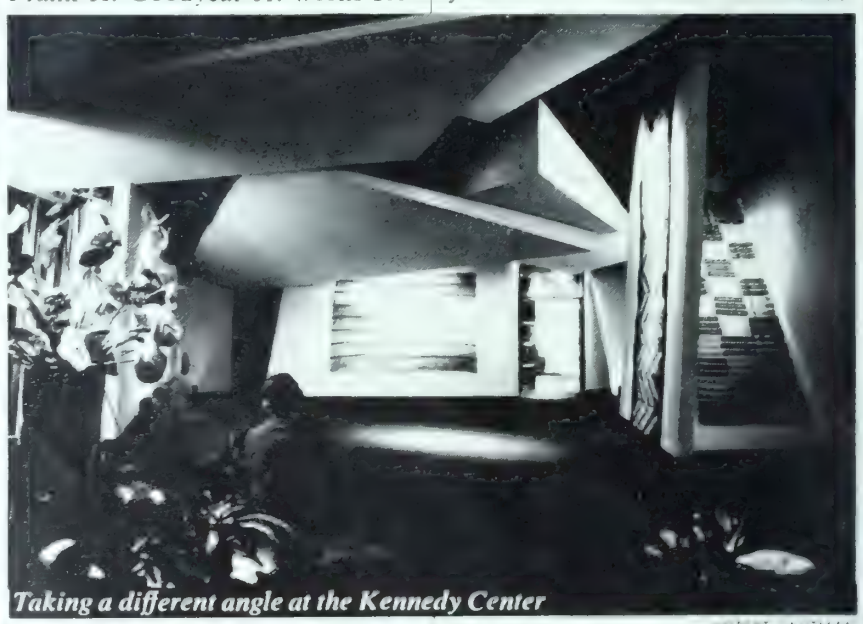


Frank Goodyear, new broom

Museum shakes off the dust

At thirty-two, possibly one of the youngest curators in the U.S., Frank H. Goodyear Jr. works for the oldest existing museum—the Pennsylvania Academy of Fine Arts in Philadelphia. The meeting of old and new is exactly his line—the Academy has just finished a 3-year, $5 million restoration by Day & Zimmermann that combines the authentic look of 1876 with the most modern museum technology around. As curator of the 3,000 masterpieces of American painting in the museum, Mr. Goodyear has a clear sense of his role: "We have an obligation to support the ongoing tradition of American art," he says, "which means increasing emphasis on contemporary art." One indication of this is that Robert Venturi is helping with the interior design of the contemporary galleries. The opening show, starting April 22, called *In this Academy,* celebrates the role of the academy in supporting American artists for over 170 years.

CAROLINE SEEBOHM



Taking a different angle at the Kennedy Center

ROBERT LAUTMAN

GARDEN ART



Scattered capparidaceae spinosa

Loose-leaf gardening

Who hasn't dug, enriched, and made ready a special bed for a difficult specimen only to find that the following year, it is languishing there but has sent out a runner, some distance from it, into an area not suited for it, but is doing even better, thank you? Allow for such happenings by planting the same variety in different spots and then letting only the healthiest continue. This curious selecting by plants affects the selfsown as well. If they flourish, leave them where they are. Happy bedfellows are also those whose roots are at different levels, whose needs for light and shade differ and whose bloomtimes are concurrent. Anemone de Caen is an early waker as is Iris reticulata, so they grow together in my garden quite conveniently close to daylilies whose roots are deeper, and foliage and bloom shade them when they need rest. Anything under roses to prevent rain from splashing up to leaves and spreading black spots is a must. Beneath mine came wind-blown seeds of dianthus. Not only did their foliage marry, but they made excellent "cover" for dropped petals. Within bounds a garden composes and makes its personality clear. We don't talk to plants. We listen. By looking.

ROBERT DASH

Out of Africa

The African Room at the Kennedy Center, Washington, D.C., soon to be officially opened, is an ingenious effort in design by Kenneth Brian Walker. Faced with a large, difficult, rectangular room, used for receptions before, during, or after performances, he has arranged angular partitions and mirrored panels to break up the space and give an optical illusion of a sloping floor. Spotlights on tracks from the black-painted ceiling shine down on magnificent African handcrafts, fabrics, and gourds. Walls are sand painted to resemble African stucco buildings. The floor is a sweep of terra-cotta carpet like the African earth. So far, fourteen African nations have contributed $65,000 toward the room. Mr. Robert H. Thayer, coordinator of foreign gifts to the Kennedy Center, insisted that the room reflect the vitality of these emerging nations and their art. "It's very much alive," he declares.

American Commemorative

The Smithsonian Institution provides design inspiration for American Commemorative, a new bed and bath collection from Fieldcrest. The design is based upon an authentic quilt which was used in the Middle West during the 19th century. The original, called a "log cabin" quilt, was fashioned from small strips of fabric, intricately cut and pieced together like the logs in a cabin to form an overall design of richly contrasting colors. Blended into the pattern is a flower motif and other designs from nature common to quilts of this type. Here, to make a lasting impression of beauty, quality and authenticity, is American Commemorative—a classic and contemporary collection of towels, sheets, pillow cases, comforter and other accessories for the American home of today.

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Look for beautifully made drawers when you want to determine the overall quality of furniture construction. It takes time, care and true craftsmanship to make drawers that will *continue* to work beautifully. Chances are, if corners are cut in drawer construction, they will be cut everywhere else.

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Ball-Bearing Slides made from strong steel to make the drawer slide smoothly.

Positive Drawer Stops to prevent the drawer from accidentally being pulled out too far.

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Look inside. Look underneath. Look behind. Don't ignore the inner construction of the furniture frame. If it doesn't include the inside strength features found in Sears Open Hearth, its outside beauty won't last as long.

Tongue-in-Groove and Mortise-and-Tenon Piece Construction. Ordinary butt-edge construction is nowhere near as long lasting.

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By Drs. Robert and Mary Catherine Tyson

How important is privacy?

Is there too much sex talk? Plus basic good-health guidelines

EDITOR'S NOTE: *The two doctors whose advice on health, psychology, and sex follows are eminently qualified to discuss these subjects. Dr. Robert Tyson, Associate Professor of Psychology, Herbert Lehman College at City University, New York, studied at Yale and the University of Vienna. His wife, Mary Catherine Tyson, M.D., an internist, has been in practice in New York for many years. She is Assistant Physician, Hematology, at The Mount Sinai Hospital, New York, and helped to start the first blood bank there in 1940. Together they wrote the recently published* Psychology of Successful Weight Control. *They married young—he was twenty-two, she seventeen—and have been together over forty years. They have one daughter and two grandchildren.*

Q: How much privacy does a person need?

A: You know this urgent need to be apart from others and unobserved by them. Periodically you want to be offstage, to refresh your mind and relax your muscles, to collect and reorganize your thoughts. It's universal because it's solidly based on the capacity and limitations of the nervous system. Up to a certain point our peripheral nerves and the brain can receive the stimulation of other people and respond with satisfying efficiency. Hearing people, seeing them, interacting with them in all sorts of ways, typically brings growing alertness, interest, and positive emotion—until the limit is reached. Beyond that limit the requirements of social or work contacts, vigilance, responsiveness, pleasant at first, overload our equipment. Anxiety, tension, irritability, and psychological fatigue follow and grow more stressful, bringing with them a strong wish to turn off. People crowding you and coming at you with insistent demands are an extreme example of such overloading. That's when you need and should seek privacy. Such stress, it's believed, activates and reactivates ulcers. It aggravates high blood pressure and is a factor in allergies and other skin diseases, including psoriasis. Recent studies connect crowding with increased susceptibility to cancer. Tumors in patients enjoying more privacy tend to be benign in a larger percentage, whereas those in persons undergoing the stress of crowding have higher incidence of malignancy.

Preferably, to insure your privacy, you should have a room of your own. Second best is a part with separate storage space. Some rooms can be divided into two. (More depends on separateness than size.) Screens, curtains, and room dividers can help. Couples who contentedly share a bedroom are better suited if there's another room for retreat. The availability itself is relaxing. A child, too, depending on age and practical limitations, deserves living and storage space of his or her own. Selection of a new house or apartment should involve careful consideration of the privacy factor. Do open surroundings almost entirely without doors fully satisfy this need?

When you want to be apart and the situation allows it, quietly excuse yourself and shut the door. *Invasion* of your privacy can be in the form of loud conversation, radio or TV noise, and smoking if you object to it; people who drop in without calling you ahead; hosts and hostesses who, with the best intensions, overdo togetherness staying with you constantly and supervising nonstop activity.

When, in your whole life, do you demand the most privacy? Certainly it's when you make love. "We'd just like to be alone for a while," is the simplest statement to make to all who are near you, including children old enough to comprehend. You may feel it necessary to secure the bedroom door, in order to act out freely what pleases you. With very young children, who do not understand and cannot be shut off from contact with parents, you have the alternative of allowing them access to the room, or restraining love-making activity until

Continued on page 20

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...increased susceptibility to cancer. ...stress of crowding have a higher incidence of malignancy

they are asleep at night.

...enough for you? People differ greatly in this respect, and you need no specific answer. *However, just be certain that privacy is available ... sure to indulge in it!*

Q: Can advice about sex behavior be overdone?

A: Anxiety about sex behavior has increased dramatically in the past few years. In almost every case it begins with something a person reads or hears. The unprecedented flood of articles, books, and talks about sex behavior finds an eager but troubled audience. Directly as a result of this, *self-consciousness* is at an all-time high. Dominating is the concern about *performance,* while affection, the feeling-quality of love, has lost ground. "How am I doing?" is the main question. Successful sex is the central issue in life, and the orgasm count is the criterion. Sex therapists warn against overconcern about performance, with the man or woman acting like an observer of the scene, but their instruction has exaggerated this very problem!

Yes, sex advice has been overdone. There exists an overreaction against years of prudery. Too little has given way to too much. "How much sexual experimentation? How often, at my age? Premarital, extramarital, group, homosexual? How long for post-coital relaxation? Have I done enough of this (foreplay)? What should I do next?" adds up to stress on statistical answers, fixation on the norm as a rigid guide, overemphasis on mechanics. Intercourse with climax overshadows all other aspects of man-woman relationships.

Humans *need* sex instruction. Children need answers. Sex anatomy and function must be taught, as well as the absence of absolutes for human sex expression. How much is too much? Precisely when rules, statistical studies and expectations, and following directions take over. At that point spontaneity is lost and devastating self-consciousness inhibits.

No required sequence or program for human sexual behavior exists. Orgasm as the sole or main criterion should be deemphasized, in recognition of the wide repertoire of enjoyable acts such as kissing, embracing, touching, fondling, and seeing, all of which may be separate or in combinations, and not necessarily lead to coitus. Love for the moment can begin and end with a letter, a gift, thoughtfulness, and expression of appreciation for an accomplishment or attractive personal appearance, and many other elements.

A great deal of advice about sex behavior is reminiscent of a cookbook, whose recipes *should* be followed with precision and whose prescriptions cannot be ended midway. "Who should take the initiative in making love?" sounds strangely like a dance lesson, with its insistence on a firm lead, "one forward, two back, hesitate," and even at times extending to guiding footprints marked on the floor! "How much love is enough love?" can't be answered any more than "How many friends should a person have and how often should he or she meet them?"

Over-emphasis on sex technique has brought a fixation on purely sexual aspects of man/woman relationships. There is infinitely more involved. Richly rewarding is the trust that permits almost any topic to be discussed freely. To have a confidante is vital for relaxed enjoyment of life. In addition, there can be shared experiences in recreation, theatre, art, music, conversation, travel, the range of social life. The *whole* relationship should be enjoyed freely.

Q: What would a doctor list as the main "dos" and "dont's" for healthy living?

A. As you read each of these nine essentials ask yourself: "Have I given this enough thought?"

1. *Steer clear of all medicines, and all drugs, unless prescribed.* (Obvious exceptions are mild pain relievers and digestive remedies.) Even aspirin, taken continuously and in large quantities, can cause stomach hemorrhages.

2. A reasonable balance of four vital *nutritional elements:* proteins, vitamins, minerals, roughage. *No* extreme diets, regardless of who recommends them, without your doctor's O.K.

3. *Alcoholic drinks* in moderation. Too much alcohol can contribute

Continued on page 161

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Susan Wilson, a 21-year-old former clerk at J.C. Penney's in Opelika, Alabama, did it by studying interior decorating in her spare time at home with LaSalle Extension University, a correspondence institution. Today Susan earns twice her former salary because she traded her cash register for a decorator's tape measure.

The young Alabama decorator reports: "Now I almost have more decorating jobs than I can handle after being with the company only a year."

An exceptional case, of course, but it does show how well some creative women can do when they develop their talents.

While most students enroll in LaSalle's interior decorating course to beautify their own homes, some of the talented ones have enjoyed a variety of other rewards as a result of their training.

Linda Kronberger went from secretary to part-time interior decorating instructor. The course taken by the Sturgeon Bay, Wisconsin woman led her to a teaching position at the Northeast Wisconsin Technical Institute.

"I've been asked to speak to homemaking clubs in the area and I've met a lot of wonderful people."

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And it could even lead you to a career in decorating. Full or part time. It has happened to other talented LaSalle graduates.

Helge Matney of Fountain Valley, California was a housewife when she enrolled with LaSalle. Today Helge enjoys greater self-confidence and a new lifestyle. She writes:

"My LaSalle training opened a whole new world for me. Now I'm an Interior Decorator for a design studio in Santa Ana, California."

So what are you waiting for? All it takes is only a little of your spare time at home to learn interior decorating with LaSalle. No previous skills or experience are required.

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The practical, up-to-date LaSalle course in Interior Decorating was specifically designed to help you achieve the professional decorating results you want. Your lessons come to you by mail, so you can study in the convenience of your own home. In hours that you choose. At the pace you set. You are a class of one.

Step by step, you are shown how to develop your decorating ability. You work with templates and stencils to create room plans. You learn to use fine quality sketching equipment, color charts, and other decorator "tools of the trade" that are included with the course.

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"I have fulfilled one of my life's dreams," writes Eneida B. Medina of Vega Baja, Puerto Rico, "... to learn interior decorating. I started out by decorating my own home, and now I'm planning to do my husband's office."

Faye Haynie of Madisonville, Kentucky reports: "I was able to put into practice the many decorating skills I learned from LaSalle, and watch my salary and clientele grow as I gained experience."

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1. *Faye Haynie, Madisonville, Kentucky* **2.** *Shirley Mears, Delmar, Delaware* **3.** *Eneida Medina, Vega Baja, Puerto Rico* **4.** *Susan Wilson, Opelika, Alabama*











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Travels in Turkey

Ancient cities, exotic landscapes, treasure-filled bazaars, Greek temples and Ottoman palaces, plus the best yoghurt you ever tasted

By William P. Rayner

Motoring with good friends through new terrain is by all odds my favorite form of sport, and motoring with them through eastern Turkey, where abandoned empires and discarded religions are its history's warp and woof, was particularly enchanting.

Because the twelve of us were on a "self-made" as opposed to "organized" safari, we could dawdle over details, remain behind, or proceed without experiencing the nagging anxiety of inconveniencing others. To this end we traveled east from Istanbul in four small French cars accompanied by a guide, two drivers (we drove the other cars ourselves), and sufficient books to found a small (if rather limited) university.

Before leaving Istanbul we spend two days in Topkapi Palace, which overlooks the Golden Horn and from where sultans ruled the Ottoman Empire for 600 years. One could spend much longer, for it is a residence of such size and splendor as can only be compared to Versailles—except that here all the treasures are intact. In palaces designed to resemble the tents of their nomadic forebears 5,003 gardeners, 1,372 cooks, 2,146 door keepers, 212 tailors, 21 tasters, and countless others served their sultan. The 1,372 cooks worked in the most elaborate kitchen of their day, where they brewed soups, baked bread, steamed rice, roasted meat, stewed fowl, steeped vegetables, kneaded pastry, and peeled fruit for the 5,000 who called Topkapi home. Some ate out. Ten thousand pieces of Tang and Ming china together with countless celadon crocks and Japanese porcelains paraded out the food. The pots took twelve men to lift, and he who dropped the lid on toe was halt for good. Tent-shaped chimneys carried the smoke hopefully away from the sultans, who lived upwind in obscene luxury and craven fear, the prisoners of a system so bizarre that not even a Lewis Carroll could have ordered it. Item: Religion—the protectors of the (Islam) faith had to be Christians, indentured as children and trained as an elite corps called Janissaries. Moslem Turks were not permitted in this zealous order. Item: Freedom—slavery was considered an honor and Grand Viziers, the highest officials in the land, had to have come from the slave class to qualify for the post. Item: Work ethic—black eunuchs were in charge of the harem, while white eunuchs were in charge of "the pages who rivaled the occupants of the harem for the sultan's favor." Item: Women—the sultan's mother was more powerful than all the viziers; the sultan's wives and concubines were so far below the salt as to not be allowed to stare him in the face. Item: Training—heirs to the throne were kept celibate in palace alcoves known as "golden cages," untutored and in constant fear of exe-

Continued on page 26



Istanbul's Topkapi Palace, former residence of the Ottoman sultans, now a splendid museum containing a dazzling array of royal treasures.

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in soft and hard pack

Today the marvelous thing about Topkapi Palace is that all the treasures of Suleiman II are on display for you and me to see

Travels in Turkey

continued from page 24

cution, so that when their time came to rule they mainly were suffering serious psychological disorders. Suleiman II was led to the throne sobbing, in belief that after forty years of such imprisonment he was to be strangled with a bowstring. He was in for a pleasant surprise, for instead of a ghoulish death he would don the silver-nailed slippers and proceed to an inlaid throne set in the gold-paved reception room. He would live to send Louis XIV bulbs from his famous tulip garden, where strutting peacocks unfurled their fans and wandering turtles illuminated the night with candles strapped to their backs. He would wear the emerald dagger (star in the movie *Topkapi*). He would marry four wives and fondle 400 concubines. After forty years in the golden poky he had earned it. Today the marvelous thing about Topkapi is that all the treasures of Suleiman II and his family are on display for you and me to see.

Seven hundred miles east of Istanbul is the ancient Black Sea port of Trabzon where Jason passed; Greeks, Romans, Byzantines, Seljuks, and Ottomans ruled while Olympians, Nestorians, Armenians, and Moslems worshipped. Here there remains a small Byzantine church built just beyond the city walls whose mosaic inlays are so tiny as to resemble precious jewels. It is the Church of St. Sophia, rumored to have been built in the 6th century by the uncle of Justinian's wife. However our rather gossipy guide reports this simply was not so, for Justinian's wife, just recently retired from "street dancing," could have had no such uncle.

The drive next morning took us to Sumela—a monastery founded in the 6th century and used till the first World War. The last 1,000



Trabzon's Byzantine Church of St. Sophia contains jewel-like mosaics.

feet up through a dense pine forest must be hiked as it was when blessed Barabbas took first mortgage on this forbidding cliff. Ravaged murals rendered in the caves on the rock walls still exist, but most interesting of all are the cave apartments where the monks lived. They measure 10 by 15 feet; each has a fireplace, a cubicle for prayer, a recess for holy objects, a place for bed and bench along with a window overlooking the rapids in the gorge 1,000 feet below.

From Sumela we motor eastward to the town of Kars which lies just before the Russian border and where each autumn night Caucasian dancers spit daggers while on pirouette. The drive to Kars takes one over the Pontic Mountains, where the lush vegetation of the Black Sea changes abruptly to a terra-cotta scape. We are now in the wheat belt of Turkey, where peasants still harvest the crop by hand and horse, then separate the wheat from the chaff by tossing it to the wind. One evening three of us went out to a nearby village where the day's work was just ending and the sheep and geese were being herded home. (Yes, they herd geese and in great flocks—the

ELIZABETH BYRON



A "gooseherd" leads his flock.

lead goose takes to wing, the rest of the flock follow—they alight about 100 yards away, in the right direction, and wait for the shepherd, or gooseherd, or whatever to catch up. This goes on until they reach home and are corralled for the night.)

Not far from Kars lies the city of Ani, the ancient capital of Armenia. It is right on the border with, as a matter of fact extends into, Russia. We are obliged to get special permission to visit this ruin and are accompanied by a soldier who made some point of constantly loading and unloading his carbine. Just across the border we can see the black Russian watchtowers from where a group of soldiers descend to watch us inspecting the cathedral, mosque, palace, and other wonders. Not much remains of this once great town, where 200,000 people lived, except some rubble over which cows graze, a mammoth cathedral with a cruciform roof, and the beautiful church of St. Gregory with its tall blind arcades, slender pilasters, and frescoes. There is also a splendid

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Motoring in Turkey is a visual feast, but roads in the Eastern section are poor. The living accommodations are Spartan but very inexpensive

Travels in Turkey

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wall built about 1,000 years ago and extending for miles but affording no greater security than other more famous walls.

The next day we travel to Mount Ararat, in the foothills of which is the great palace of Dogubayazit where the governors of the Eastern Province of the Ottoman Empire held court. It is the size of Buckingham Palace, dates from the late 17th or early 18th century, and is a potpourri of Ottoman, Seljuk, Armenian, Georgian, and Persian architecture.

Motoring in Turkey is a visual feast, but the roads in the eastern section are poor and the living accommodations Spartan and very inexpensive—about $7 a night tops for a double room with no bath in sight, but a w.c. down the hall. The food is wonderful, the wine light and potable, and the Kelim rugs, which we have been snatching up along the way at bargain prices, nudge discomfort aside for greed. In the Lake Van section, which we now enter, the Kelims are in every booth and our avarice can only be likened to the last reel of *The Treasure of Sierra Madre.* The objects of our desire are the thin prayer rugs which are not used in the east as floor carpets, but hung as curtains or draped on sofas. They are rendered in abstract designs of the most subtle colors, and because they are not knotted but woven, and without a pile, are soft to the foot.

The city of Van itself contained civilizations whose pedigrees stretch back to Urantian and Assyrian times, and there are cuneiform inscriptions and fortresses to prove the point. In the center of Lake Van, the Aghtamare Church, built by an Armenian king in the 10th century, has outside wall reliefs, which I found witty. A snoozing Noah beside a bunch of grapes, David looking innocent as he arms his sling, and a pudgy Eve bored by the serpent and wishing there were a good dressmaker about.

One thousand miles west of Van there was another Christian settlement in an area known as Cappadocia. The landscape here is made from ash and wind. The lava ashes of extinct volcanoes have been eaten by eons of wind to form an eerie, barren landscape of towering cones, pyramids, and phallic monuments all raw umber and ocher in hue. Here, between the 1st

CAMILLA MCGRATH



Witty wall reliefs on 10th-century Aghtamare Church at Lake Van.

and 5th century, the orthodox were on Christ's frontier and in order to practice their beliefs, when the Arabs came to call, were forced underground. There is, among others, one city (Derinkuyu) in which they hid that reached 7 stories underground and boasts tunnels 6 miles long. Twenty thousand people holed up in these inhospitable warrens for months at a time when invaders came. One can still see where they cooked their food and baked their bread, pressed their wine, and went to bed. The really curious can also see where they made their ablutions.

In another section of Cappadocia, the monks scooped rock churches from the lava cones and cliffs. Rich churches with columns, arches, naves, domes, vaults, apses, and some of the loveliest frescoes to be seen. These paintings are still in good repair (although conservation is minimal), and because the tufa wall is not absorbent, and the daylight stays outside, their colors have never lost their intensity.

Historic "site"-seeing and the oldest spa

Flying a half-continent east of these ancient Christian sites we arrive in Izmir—an ancient property. It is a port on the Aegean from where great Homer came; a settlement called Bayrakli, 10,000 years of age; the finest Ionian town of which Alexander first dreamed, then built; a once great Roman outpost Emperor Aurelius had designed; a locale known as Smyrna where Islam fought off the West; a spot in Asia Minor where the twain is going to meet.

One enters Izmir by a route which skirts its magnificent harbor —a natural resource that has caused some eons of inconvenience to the citizenry, as it has been the target of attack and capture by, among others, the Aeolians, the Ionians, the Lydians, the Greeks, the Romans, the Byzantines, the

Continued on page 30

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In Pamukkale, ages of thermal springs laden with calcium oxide have, flowing over promontories, created snow-white cascades hundreds of feet high

Travels in Turkey

Seljuks, the Knights of St. John, Tamburlaine, and the Ottomans. In this contested harbor, one dines under date palms down by the wharf, where decorated ferryboats tie up and horsedrawn carriages with bells outnumber cars, and vendors pull carts heaped with almonds cooled on 50-pound blocks of ice. The food is equal to the setting.

Early the next morning our first leg of the journey south begins with a detour eastward to visit the baths of Pamukkale, where ages of thermal springs laden with calcium oxide have, flowing over promontories, created snow-white cascades of petrified calcium hundreds of feet high. The area is interesting for it is probably our planet's first spa, built in the 2nd century B.C., complete with healing waters, a huge Roman amphitheatre, sights to see (there is a crack in the earth called Plutonian which smells horribly of carbon dioxide, and so our ancients thought it led to the underworld), a medical clinic, and if that didn't work, a necropolis. And what a graveyard that is, with acres of Roman and early Christian tombs standing as awkward testimony to generations of health seekers the spa let down.

By Turkish standards the Roman and early Christian ruins of Pamukkale are current events when compared to our next stop, Ephesus, where Artemis (Diana in Roman mythology) first ruled supreme. There was once here the Artemesion Temple—one of the seven wonders of the ancient world—in which the classic statue of Diana stood, her right side covered by a peplum to hide the scar remaining from the breast removed so as to fully free her arm for archery. Little of this temple remains, save a few blocks facing the small mosque. There is much remaining to see, however, in what was the ancient port of Ephesus, now silted miles inland. There is much restored of what Alexander's general, Lysimachus, built in 350 B.C. and much more that the Romans added. It is perhaps the most ambitious and complete restoration in the world. As you wander through the miles of streets, you find the still remaining 6-story-high apartments of the rich, the temple to Hadrian, the baths of Scholastica, the library, the forum, the amphitheatre, the bordello, the gymnasium, the fountain of Trajan, the marketplace, the grand avenue flanked with columns, which led to the port. In the center of this marble thoroughfare where Cleopatra rode are ruts worn deep by chariots. It is exciting. Nearby on Mount Bulbul, St. John brought Mary—an old woman then—to die. Her cottage overlooking the valley is so modest. It is touching.

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The not-to-be-missed remains of Herakelai

The road between Ephesus and the seaport of Kasadisi winds over gently rolling hills of ocher hue, with melons, cotton, and sunflowers growing among disheveled olive trees. Kasadasi is the last large town we will see in Turkey and rooms have been reserved at the Kervansaray. The old Kervansaray, which fell into disrepair, has been restored by the Club Mediterranée and it is marvelous. One enters through the great door into a courtyard, where once-upon-a-time camels slept while their masters rested above in rooms behind a surrounding balcony. Built like a fortress to protect the travelers from night raiders, these hostels still appear each 35 kilometers (a camel day's walk) along the trading routes. We dine in a courtyard beneath the stars, secure in our make-believe fortress.

That night our hostess is one of the adventurous breed of Englishwoman whose enthusiasm sheds an original light on the antiquities. Rosy Baldwin talks of Didymaea and Herakelai just down the road. The first, with its great Ionic columns whose height punctures the blue sky, has massive walls that saw arcane religious rites and contained the great head of a bothered Apollo that Seleukes I of Syria sent 2,300 years ago. Farther south and just off the road, the remains of Herakelai may not be missed. They usually are. They should not be. This is a scape containing an imagery new and old. The gigantic 1,000-ton black granite boulders cantilevered between themselves, worn polish fine with age and element, magnify the world of Henry Moore, whereas the temple to Athena, which Alexander ordered when his Grand

Continued on page 161

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GOOD LOOKS & GOOD HEALTH

Weight, wishful thinking, and willpower

Interviews and research reports from three weight specialists, Drs. Dale G. Friend, Marci Greenwood, and C. Peter Herman *By Caroline Seebohm*

• *The U.S. Public Health Service reports that from 25 to 45 percent of the American population over thirty years of age are more than 20 percent overweight.*
• *In April of last year, there were counted some 27,960 methods of weight loss on public record.*
• *A New York psychiatrist has invented a special mirror for his overweight patients that shows what they would look like thin.*

What next?

Three recognized experts in the field of overweight and obesity research recently got together in New York—Dr. Marci Greenwood, Assistant Professor of Human Genetics and Development at the Institute of Human Nutrition, Columbia University; Dr. C. Peter Herman, Assistant Professor of Psychology at Northwestern University, specializing in research on human consumption; and Dr. Dale G. Friend, Associate Clinical Professor of Medicine Emeritus, Harvard Medical School, and practicing physician. Here are some of the points they discussed that might prove rewarding for both our health and our figures in the future.

Probably many people know that obese people have up to five times as many fat cells as normal people of the same age and height, but according to Dr. Marci Greenwood, there are *two* kinds of obesity, one which involves a higher fat cell *number*, and the other which involves a higher fat cell *size*. "Weight reduction," she told the meeting, "whether in adult or child, reduces fat cell *size* only. Therefore, hypercellular obese (i.e. with too *many* fat cells) even when reduced to normal weight have too many, too small fat cells." So you can be thin, but it's harder work to stay that way because you have more fat cells to nourish.

The other fact stressed by Dr. Greenwood concerned children. "In normal animals and presumably in humans as well, fat cell number is 'set' early in life. Obese children may develop as many fat cells by two to five years of age as are found in normal *adults*." She urged more attention be paid to the nutrition of the very smallest babies in order to prevent the number of fat cells from multiplying in an abnormal fashion. Much of Dr. Greenwood's work now focuses on the question of whether we can stop this development of fat cells, and also "whether we can learn to accept a certain degree of overweight in some individuals (who have a large number of fat cells) as perhaps unfortunate for them but nonetheless *normal for them*."

Dr. Herman agreed with Dr. Greenwood that it is possible if you are endowed with a large number of fat cells, to be overweight by societal norms but *under*weight by biological norms. In fact, he pointed out, "there is a remarkable similarity between obese humans and starving humans. Both show greater emotional reactivity and greater distractibility. Eating behavior is similar. The extent of the parallel is sufficient to suggest what many overweight people have been saying for years: They're starving!

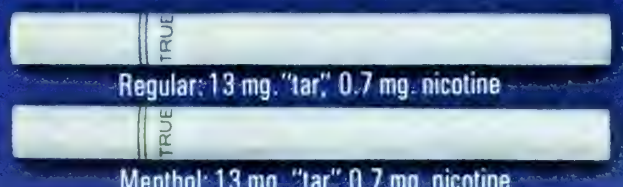
"Finally," Dr. Herman added, "I do not intend to convey that the fact that you have an excessive number of fat cells will doom you to a life of obesity or even overweight. It may doom you to a life of having to worry about your weight. If people couldn't diet successfully—even in the face of clamoring fat cells—they wouldn't be biologically underweight, would they? So the moral of the story is that weight loss is possible."

Dr. Friend, who sees many overweight patients in his practice, made a plea for more sympathy and support for these people. "The terrible burden borne by the obese, which makes them maladjusted to the society around them, is one that needs more understanding and compassion," he said. "A determined effort by parents, physicians, public health agencies, and society in general

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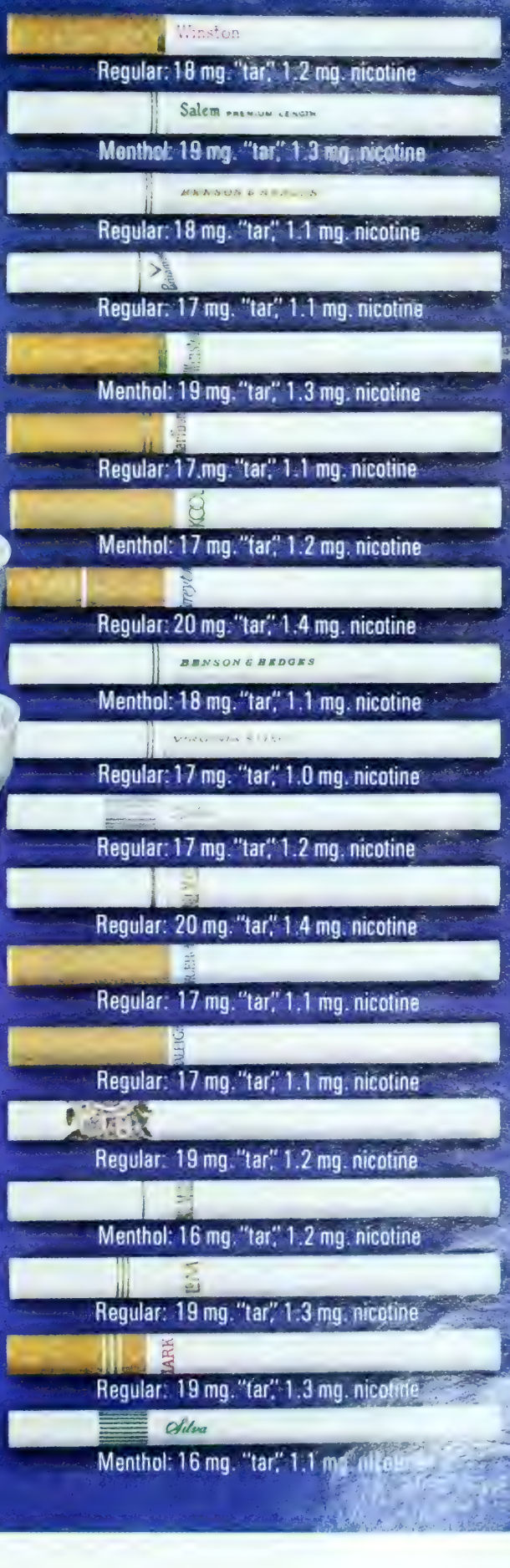
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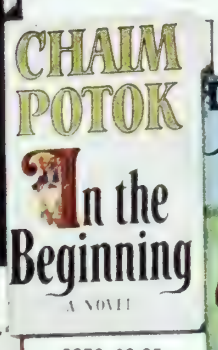
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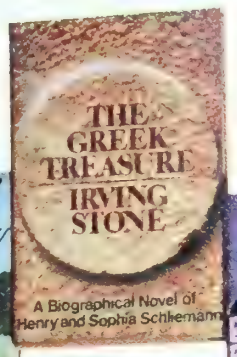
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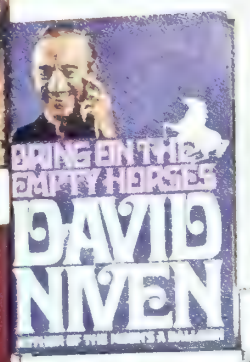
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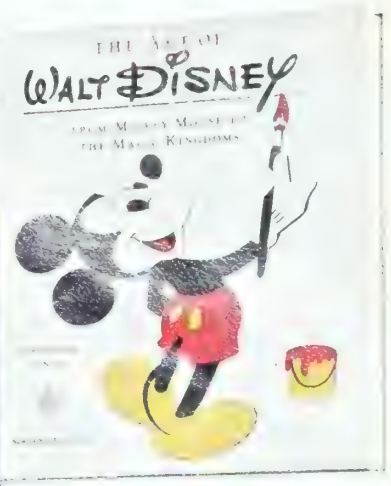
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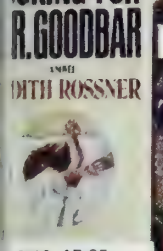
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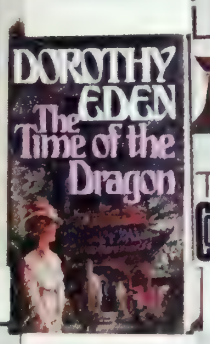
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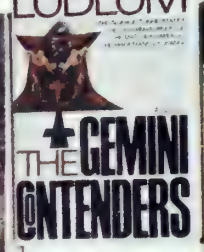
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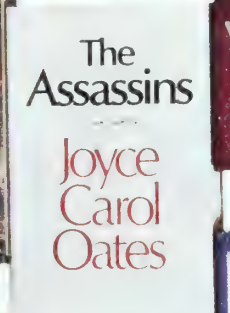
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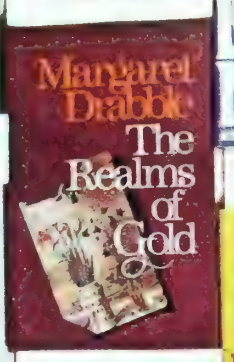
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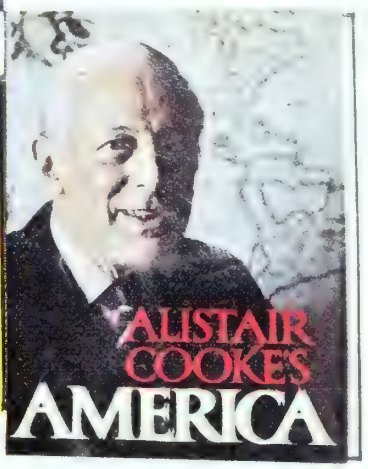
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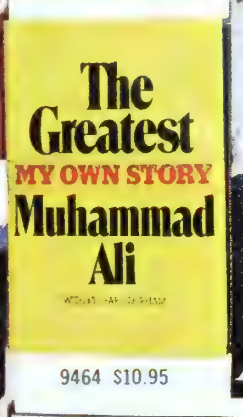
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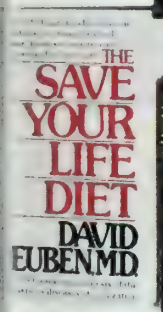
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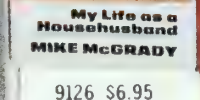


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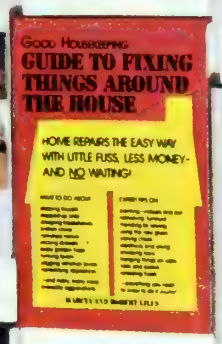


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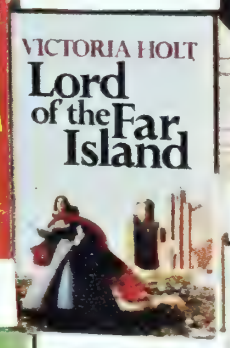




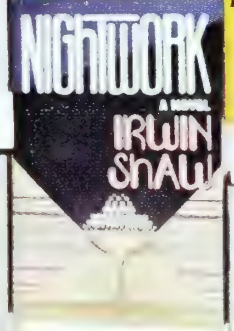
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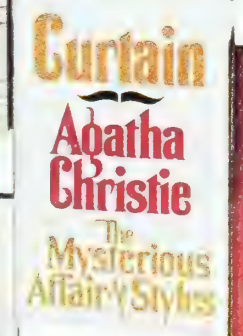
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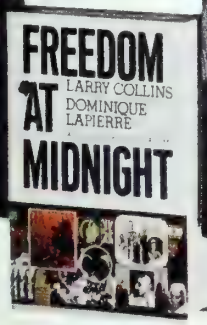
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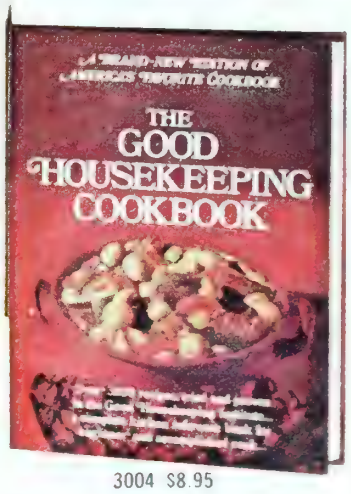
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There is a remarkable similarity between obese humans and starving humans. Both show greater emotional reactivity and distractibility

Weight and willpower

continued from page 32

should be made to prevent obesity developing in the child and to help those already afflicted to overcome it by encouragement—emotional, physical, and psychological."

Dr. Friend's special knowledge is in the field of drugs. "Crash diets, unbalanced diets, various drug regimens, hypnosis, and many other temporary programs are all to be condemned as they do not get at the fundamental problem and lead to a Yo-Yo type of recurrent obesity. They do more harm than good." Dr. Friend also mentioned that there is a strong hereditary aspect to obesity. "If both parents are obese, there is about a 70 percent chance that children will be obese. If one parent is obese, there is a 30 percent chance of obesity developing in a child."

Dr. Friend talked to us privately soon after this meeting took place. As a practicing M.D., he had said earlier that he could not claim a higher than 30 percent recovery rate for his overweight patients—roughly the same as for drug or alcohol addiction. So we asked him how, in fact, he treated the problem of overweight.

"First and most important, you must remember it is a long, even lifetime business. You can only begin with that in mind."

Dr. Friend then gave four guidelines for weight loss:

1. Get at the psychological problem. Review your life and try to get the emotional things straightened out.
2. Do not take in excess energy over what you can burn. This means cutting down your intake of calories. There's no short cut to this. Miracle diets will not help—they may lose you a few pounds, but then they come right back again.
3. Find a doctor or nutritionist who has enough interest in you and pays enough attention to you to keep you coming back, facing the scales, and talking over your problems. Then any patient will respond and do what is necessary—it's a two-way street. (If you cannot find a doctor who will give you this help, some hospitals have nutritionists in their out-patient clinics who can advise you.)
4. For your children's sake, practice preventive medicine. Stop believing, like your grandmothers, that a fat baby is a healthy baby, or that sweet cereals and sodas are normal foods for children. Give them the minimum of sweets, however much they like them. They'll thank you in the end.

Dr. Friend had a special word to say about placebos. "The workings of the human mind are very strange—if we believe a thing strongly enough, it becomes true. For example, acupuncture works exceedingly well in China where they believe that it works. But there are plenty of papers coming out in the U.S. just now on the minimal effect of acupuncture here—because the people do not believe in it. If a person has a firm belief in a placebo, say an appetite-reducer, then it may work for a while. But in the end, it will wear off and you are back where you started. Even with medically effective drugs this happens (amphetamines, for instance, do suppress appetite). The patient becomes 'tolerant'; for instance, you may get tired of taking the drug; you may build up enzymes in your body which destroy the efficacy of the drug; or your body simply does not react any more.

"In other words," says Dr. Friend, "if you are going to lick a fundamental physiological defect, you have to get right down to the fundamental principles—your emotional state, your outlook on life, your personal habits—and re-educate yourself insofar as food, energy intake, and expenditure are concerned."

Dr. Friend also has some encouragement to offer. "There are some strong-willed people who can lose weight on their own," he says, "but most of the human race do not have that kind of willpower. We have it for a while, but it has to be reinforced. Do not expect too much. *Find someone to help, listen, check your scales and diet, follow your progress with interest.* That way, you will keep trying, and find it possible to succeed."

One more encouraging thought: Dr. Greenwood mentioned that the people of a certain African tribe had a unique distribution of fat on their bodies regarded within the tribe as highly desirable. This phenomenon is presumed to have come about through cultural influences. It is possible, she therefore speculated, that if we continue to believe that fewer fat cells are beautiful, perhaps in several generations hence we may be born that way—an example of how cultural adaptation could help us all become slim—naturally! *(For New at the Stores, see page 216.)*

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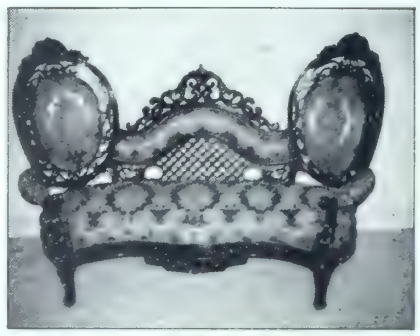
For color brochures and the name of the store near you write Woodard, 317 Elm St., Owosso, Mich. 48867

QUESTIONS & ANSWERS

Antiques

By Louise Ade Boger

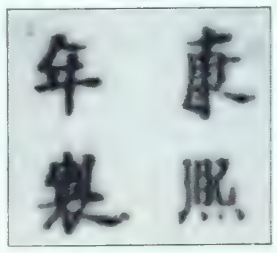
Belter style sofa



Was our sofa made by Henry John Belter and is it therefore valuable?
D.S.—Port Washington, N.Y.
Your Victorian rococo parlor settee is in the Belter style and was probably made in New York City about 1850. We never estimate values, but this type of furniture was never inexpensive.

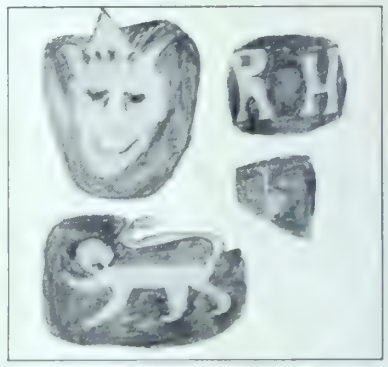
Chinese ginger jar





What can you tell me about the design on our old covered jar?
W.J.T.—Wixom, Mich.
The flower painting on your K'ang Hsi (1662-1722) ginger jar symbolizes the approach of spring and is one of the most popular in Chinese ceramic art. It shows the early-flowering plum tree opening its blossoms, at about the time of the Chinese New Year, which dates from the earliest spring, reserved in white on a sapphire blue ground broken by a network of lines resembling cracked ice when spring thaw sets in. Most Chinese painted decoration of plants and flowers embodies symbolic overtones, which almost always escape the Westerner.

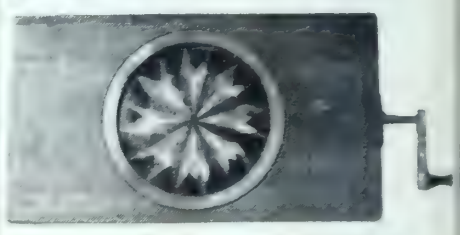
Silver basket hallmark





Can you tell me something about the hallmarks on my basket?
R.S.G.—Albuquerque, N.M.
The London silversmith Robert Hennell made your cake basket in 1782-83. Hallmarks were introduced in England in 1300 by royal decree to guarantee the metal's purity. The first, the King's mark, is the crowned leopard's head (really a lion's head). In 1821 his crown was removed. The maker's mark was established 1363; date-letter, which tells the year the silver was made, c. 1478; lion passant, c. 1545.

English kaleidoscope

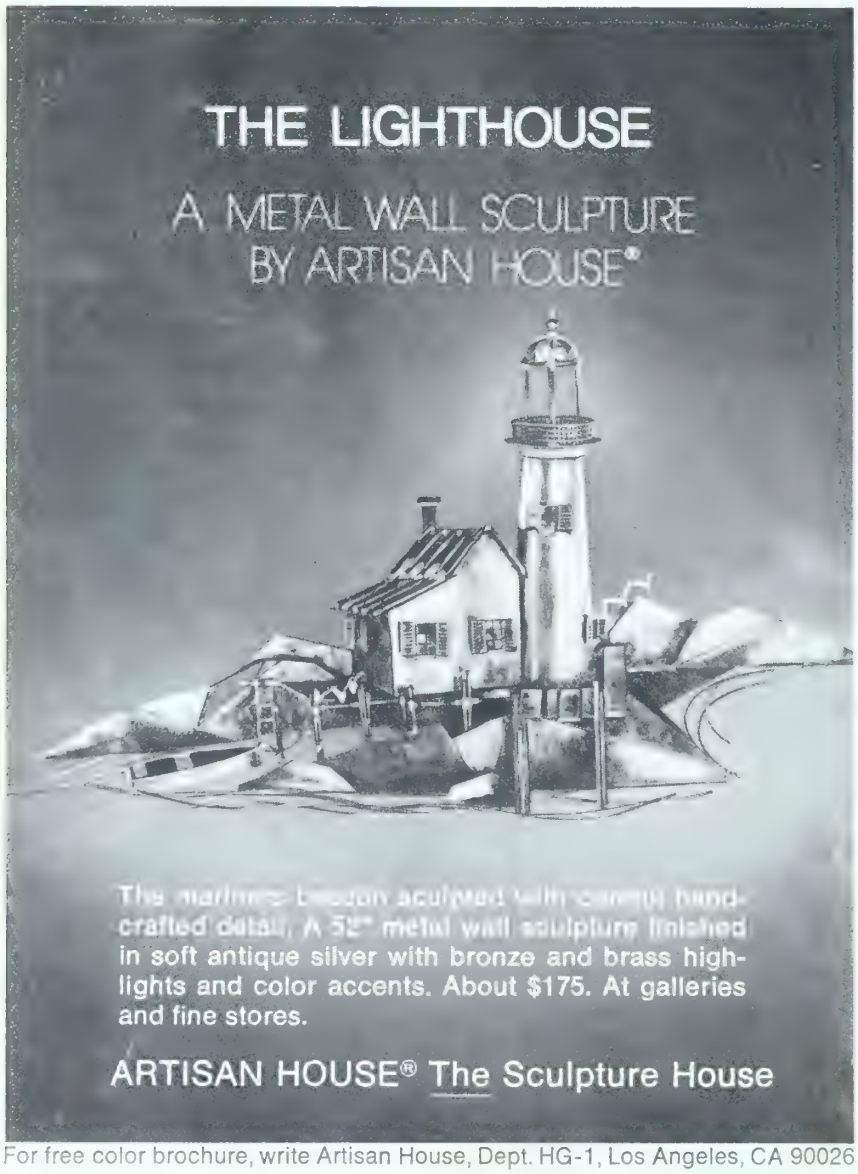


We still enjoy this old kaleidoscope. What do you know about these toys? J.S.W.—St. Louis, Mo.
The kaleidoscope was given its present form about 1815 by Sir David Brewster (1781-1868), the Scottish philosopher; it became popular due to the beauty and variety of the images and the quick, unexpected changes of form. Its principle is based upon symmetrical arrangement of images formed by 2 mirrors inclined at an angle which is a sub-multiple of 4 right angles. *(Continued on page 44)*


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U. S. PATENTS 2,936,009; 3,297,063; 2,837,142



For free color brochure, write Artisan House, Dept. HG-1, Los Angeles, CA 90026

Antiques *continued from page 42*

American sewing table



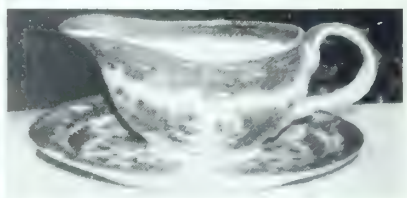
I bought this table and have never been able to identify it. Can you help? C.P.S.—Birmingham, Mich.
Your sewing table with spirally turned trestle-end supports was made in America about the 1850s or 1860s. Some of the features suggest the earlier Sheraton style, indicating it was made in a small town where "favorites" not fashion were the chief considerations.

Sculpture reproduction



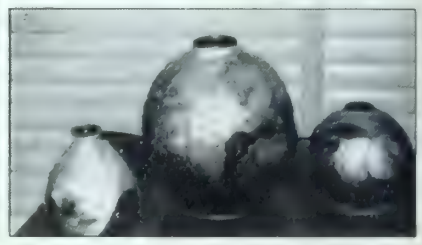
I'd like to know the name of this sculpture reproduction. Who made it. J.C. de L.—Shreveport, La.
This group is illustrated and is captioned "Ariadne on Panther" in the 1928 catalogue of P. P. Caproni & Brother, Inc., of Boston, who advertise "Over a century leaders in reproduction of sculpture from the World's Masterpieces," and note "Caproni casts have been recognized by art lovers and critics as the most faithful reproductions of sculpture to be obtained in America." Supposedly, this sculpture is also "Una and the Lion."

Lowestoft or Chinese Export?



I've heard this china called "Oriental Lowestoft" and "Chinese Export Porcelain." Which is correct? L.B.—San Francisco, Cal.
Both. Unlike other porcelain, generally known by the maker's name or place of origin, this, made in China from the early 1700s to about 1835 never had a genetic name, so over the years it has acquired different names, all referring to the same porcelain. "Oriental Lowestoft" was acquired in error—it was thought made in Lowestoft, Eng. "Chinese Export Porcelain" is a more recent, but accurately descriptive name. Other names include "China Trade Porcelain" and *"Porcelaine de la Cie. des Indes"*—a contemporary name still used in Europe, deriving from the fact almost all this porcelain was brought from China in East Indian trading companies ships.

Limoges enameled vases



These vases are inscribed "C. Fauré." Who was Fauré? When were the vases made?
B. Jewett—Ft. Lauderdale, Fla.
Limoges enameler Camille Fauré made your vases 1900-1915. His later works were a great success at the 1925 Paris exhibition. Today some later ones are being reproduced, but to my knowledge, the earlier patterns are originals.

Special offer

Copies of Louise Ade Boger's book, *House & Garden's Antiques: Questions & Answers*—more than 900 items from past columns arranged by category for easy reference—can be had for $9.95 for each copy, plus 45¢ to cover postage and handling. For a copy, write: Condé Nast Books, Post Office Box 3308, Grand Central Station, New York, N.Y. 10017.



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New bargain vacations:

The family goes to college

By Elin McCoy



Tubing is part of the summer action at Ferrum College.

EDITOR'S NOTE: *Elin McCoy is a free-lance writer and the author of* An Early Childhood Reading Program *(Macmillan).*

The old question of where to go on the family summer vacation is being answered in surprising new ways. Imagine a vacation where your family can get together but pursue different interests, where the children are occupied with a variety of exciting activities—that you don't have to arrange or supervise—and where there's time for you to get to know people from a variety of backgrounds. Imagine a place where you can try your hand at ceramics or discuss the problem of science and moral responsibility in a seminar of interested adults. Throw in facilities for swimming, tennis, track, and other sports as well as concerts, lectures by distinguished scholars, and field trips. It's the new direction for universities and colleges—family educational vacations on campus.



Videotaping in a popular summer arts workshop at Brown.

Many college vacation programs began as attempts to draw alumni back into university life. But they had another purpose too: In the past ten years, universities have recognized the growing need to provide continuing education for adults with more leisure time, who want to broaden their own knowledge and experience but are not necessarily getting a degree. The most recent programs reflect the changing character of "alumni vacation colleges": They are intended to draw together *any* interested adults and their children, not alumni of that particular school.

At American University

New this summer, for example, is a program at American University in Washington, D.C. Called simply "Vacation College," American University's program is ideal for those who want a Bicentennial vacation. Director Dr. Gertrude Eaton says the university has designed the courses to utilize some of Washington's unique resources. Week-long courses for adults will include: America's Living Folklore (with participation in the Smithsonian Institution's 1976 Festival of American Folklife); the Performing Arts in America (including performances at the Kennedy Center for the Performing Arts); New Decisions for U.S. Foreign Policy (briefings at national and international organizations); Inside the System: Current Developments in American Government (field trips to the CIA, Capitol Hill, etc.); and The American Revolution: The World the Patriots Made. Lectures and discussions on campus occupy the morning; field trips are planned for the afternoon and evening. A supervised, day-long program for children aged three to fifteen, plus evening babysitting, leave adults free to think, discuss, visit, and explore.

The entire program runs from June 27 to August 8. Registration is preferred by May 1, but later registrations will be accepted until space is filled. Costs are surprisingly moderate: $270 per couple for one week, including tuition, air-conditioned room in a dormitory, linens, field trips, and use of university sports (and other) facilities. This does not include meals. $75 enrolls a child in the children's program, and includes housing, lunches, and supervision. And the University's 66-acre, tree-filled campus in northwest Washington makes it a pleasant center from which to tour the city. (For registration form or further information, write or call: Dr. Gertrude Eaton, Vacation College, 308 Asbury Building, American University, Washington, D.C. 20016; 202-686-2697).



Junior potters at work, in a Pomona Alumni College youth class.

What you get for your money

There are plenty of other vacation colleges to choose from—some established for several years (see chart, page 48). Most offer structured lecture/discussion programs; some give workshops in crafts or the arts; all provide access to the many recreational facilities of a university—swimming, tennis, and other sports. Depending on location, other activities, cultural events, and field trips are planned. Ferrum College in the Blue Ridge foothills of Virginia, for example, has white-water rafting and hikes. Brown University in Providence, R.I., schedules a tour of historic city sites. Some programs are intensive educational experiences (Pomona and Princeton); others emphasize creative work in the arts (Haystack), or a combination of the two (Brown). Some programs run for a week or two; some run for the entire summer (although you can attend for just a week). Accommodations are mostly in college dormitories, and range from the Spartan to the luxurious.



Class of adults listens to a lecture during Brown's summer program.

While the price for courses, housing, meals, and entertainment at all vacation colleges is extremely reasonable, some programs are remarkable bargains. At Ferrum College, for example, $35 a day will pay for everything for a fam-

Continued on page 48

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Long Beach — Harlow Carpets (all stores)
Los Angeles — Floor Covering Unlimited
Modesto — Johnson Rug
Montebello — Rite-Loom Carpet
Monterey — Cypress Floors
Nevada City — Alpha Hardware
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Placerville — Dawson's
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Santa Barbara — Irving Co. Carpets Unl.
Santa Rosa — Pederson Furniture
South Lake Tahoe — Lake Tahoe Carpet Sales
Sun City — Magnolia Interiors
Susanville — Al & Joy Robbins
Torrace — Scandia Carpets
Ventura — Peacocke
Walnut Creek — Capwell's
Yuba City — Dave's Floor Covering

Idaho
American Falls — Davis Furniture
Blackfoot — Peterson Furniture
Boise — Sunset Interiors
Burley — Lee's Furniture
Coeur d' Alene — Smitty's Carpet
Idaho Falls — Dee Jenkins
Idaho Falls — Peterson Furniture
Kellogg — Twin City Furniture
Lewiston — Care Free Interiors
Moscow — Moscow Furniture
Nampa — Nampa Floorcovering
Pocatello — Peterson Furniture
Preston — U & I Furniture
Rexburg — Thatcher's Interiors
Rupert — Home Furniture
Saint Anthony — Howard Hansen Furniture
Sand Point — Furniture Exchange
Soda Springs — Sanders Furniture
Twin Falls — Custom Floors of Idaho

Nevada
Elko — Bodily's Furniture
Fallon — Frazzini Furniture
Las Vegas — Imperial Carpet
Reno — Reno Furniture
Winnemucca — C. B. Brown

Oregon
Bend — Dicks Linoleum & Tile
Coos Bay — Modern Floors
Grants Pass — Lipperts Carpets
Medford — Jim's Floorcovering
Portland — Atiyeh Bros. (all stores)
Portland — Gradwohl's House of Carpets
Portland — G. W. Paulson
Ranier — Columbia River Floorcovering
Roseburg — Modern Floros
Seaside — Bjorklund's Furniture Store

Utah
American Fork — Edward's & Holmstead
Brigham City — Blacker Furniture
Logan — Edward's Furniture
North Salt Lake — R & R Carpet
Ogden — Van Kampen & Sons
Orem — Nelson Paint & Glass
Price — Redmond Interiors
Provo — Granite Furniture
Roosevelt — Bett's Floor Covering
Salt Lake City — Custom Int. Des. Gallery
Salt Lake City — Barbara Jensen Int.
Salt Lake City — Floor Craft Company
Salt Lake City — Harmony Floor's
Tremonton — Northern Furniture
Vernal — Carpets by Cal

Washington
Bellingham — Georgia-Pacific
Centralia — Keen & Howard's
Colville — Egger Furniture
Everett — Hatloe's Paint & Floor Covering
Gig Harbor — Connie Shick
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Delightful enchants with a subtle, marble-like play of colors.
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Three new, soft beauties. Silken-soft nylon carpets that look elegant, feel luxurious, but wear tough. All sophisticated. All contemporary. All priced to make redecorating soft and easy on you. And all in a range of colors to highlight any decor.

Still softer with this $25-off coupon.

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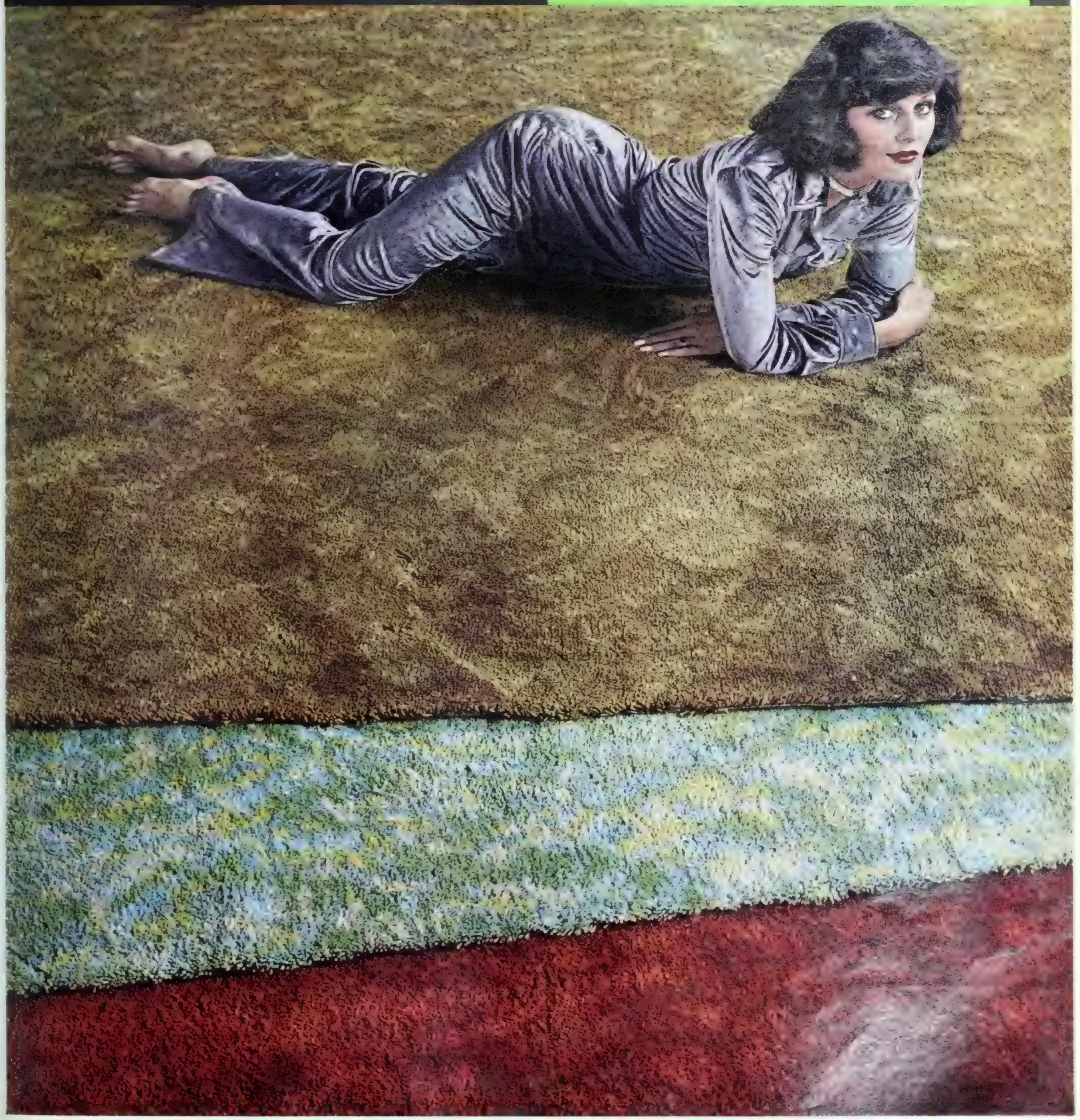
SAVE $25 or more

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25 25



Vacation colleges continued from page 46

day's expense at an average resort.

Directors for all the vacation colleges point to the fact that up to 50 or 60 percent of those attending return the following year. They attribute this success not only to the programs themselves, but also to the interaction and discussion between participants and professors.

The chart does not list all the programs offered across the country, but gives a sampling of what's available. Colleges such as the University of Michigan and Colgate, whose programs are restricted to alumni and contributors, are not included, nor are colleges included which have no facilities for young children, such as Harvard and Stanford. The University of Pennsylvania is starting a children's program this summer; other colleges will probably follow suit.

Unfortunately, there is no central clearing house of information about colleges and universities offering "vacation colleges." If those listed here don't meet your needs, contact your alma mater, or educational institutions near your vacation destination. Enrollment deadlines are usually lenient, but space may be limited.

PENNSYLVANIA STATE UNIVERSITY

Anne Sholten
Alumni Association
The Pennsylvania State University
105 Old Main
University Park, Pa. 16802
(814) 865-6516
Children's program: Infants-16
Courses:
Educational/recreation orientation.
Five lecture/discussions on five topics: The making of the president; Sports, the American way; Pennsylvania's endangered species—the Amish; How's business?; A look at the Pennsylvania Ballet.
Accommodation/recreation:
Dormitories (or motels in area); meal service in cafeterias.
Scheduled play, concert, ballet, barbecue, buffet. Central Pennsylvania Festival of the Arts and Nittany Mountain Summer Arts Festival take place on campus. Golf, bowling, swimming, tennis.
Dates and cost:
July 11 to 17
Tuition and events fee:
$80 per adult
$50 per child under 16
Housing and meals fee:
$46 per adult
$42 children under 10
Remarks: *Located in Allegheny mountains. Parks, caverns, hiking, fishing, boating nearby.*

INDIANA UNIVERSITY

Max Skirvin
Mini University
Alumni Office
Indiana University
Bloomington, Ind. 47401
(812) 337-6120
Children's program: All ages
Courses:
Educational/recreation orientation.
Forty classes and discussion sessions, including special Bicentennial-related courses in science, history, the arts.
Accommodation/recreation:
Residence halls and the Indiana Memorial Union—rooms are various prices; meals available in cafeterias.
Scheduled events include family picnics and carnivals, a play, tours of campus. Golf, swimming, tennis, and other sports facilities; riding lessons for children.
Dates and costs:
June 20 to 25
Tuition and events fee:
$40 per adult
$20 per child
Housing and meals are varied prices.
Remarks: *In scenic area of southern Indiana, near national forest, recreation area with large lake, state park. Hiking, fishing, boating nearby.*

DARTMOUTH COLLEGE

Michael Stuart
Dartmouth Alumni College
201 Crosby Hall
Hanover, N.H. 03755
(603) 646-2454
Children's program: Ages 5-17
Courses:
Educational/recreational orientation.
Lectures, discussions on theme: Dis-Connections—Changing relationships in American life.
Accommodation/recreation:
Dormitories; eat in cafeteria.
Dartmouth regular summer school in session during program, thus many scheduled campus events in which participants may join: films, concerts, plays. Swimming, tennis, golf, other sports facilities.
Dates and cost:
August 8 to 19

Continued on page 50

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Mr. Retailer. This coupon is redeemable on Hefty Tall Kitchen Garbage Bags, Large Waste or Small Waste Bags for 10¢ plus 5¢ handling charges, provided as follows: It is received on a retail sale of the product specified herein. You mail it to Hefty, P.O. Box 1779, Clinton, Iowa 52734. On request, you must supply invoices proving sufficient stock purchases covering coupons submitted for redemption. Other use constitutes fraud. Coupon may not be assigned or transferred. Offer limited to one coupon per purchase. Customer must pay any sales tax. Void where prohibited, taxed or restricted by law. Cash value 1/20¢. Good only in U.S.A. Coupon expires 10/31/76

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3rd Prize

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4th Prize

$3,000 toward your grocery bills.

5th Prize

$2,000 toward your utility bills.

6th Prize

A coupon good for one free package of Hefty Bags (5,000 coupons will be awarded)

SAVE 10% ON YOUR GROCERY BILL!

LOOK FOR THE HEFTY DISPLAY AT YOUR LOCAL GROCER'S.



Complete and mail in the Hefty Budget-Saver Sweepstakes official entry coupon (or hand print your name, address and zip code on a 3″ x 5″ piece of paper). Accompany each entry with a Proof of Purchase Seal from any Hefty package, or on a separate piece of paper, hand print the name "Hefty" in block letters and mail to: Hefty Budget Saver Sweepstakes, P.O. Box 4448, Chicago, Ill. 60677.

No purchase necessary. A total of 5,005 prizes worth $30,000 will be awarded. Winners will be selected by random drawing. Odds of winning depend on number of entries received. Only one prize per family. Entries must be postmarked no later than August 31, 1976. All taxes are winners' sole responsibility.

Sweepstakes open to U.S. residents 18 and over (including Florida residents). Void wherever taxed or prohibited by law. Employees and families of Mobil Chemical Company, its advertising and judging agencies are ineligible. © Mobil Oil Corporation, 1976

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$24.99 for both

The 45-quart 13½ x 22 x 14-inch cooler has a blue enameled steel upper section, red top and white plastic base. Urethane insulated. Equipped with trays, attached drain, safety latch, recessed handles. Matching gallon insulated jug has pouring spout, polypropylene liner and vinyl handle.

Merchandise, shown in this advertisement, is available from participating Sentry dealers only. Offer expires May 15, 1976. Sentry dealers own their stores. They select their merchandise and set their own prices. These are subject to change without notice. There may be variations in products, available quantities and prices in individual stores . . . Sentry Hardware Corporation, Cleveland, Ohio 44113. AA-4417

All-inclusive fees:
$350 couple
$345 single
$330 child
Recent grads get discount.
Remarks: *Located in small, delightful New England town on Vermont-New Hampshire border. Scenic area with many places for boating, hiking, touring.*

PRINCETON UNIVERSITY

On-campus Alumni College
Dorothy Flohr
The Alumni Council
Box 291, Princeton University
Princeton, N.J. 08540
(609) 452-3350
Children's program: All ages
Courses:
Educationally intensive orientation.
Lectures, discussions, seminars on aspects of theme: The 17th century—Europe on the eve of the modern age.
Accommodation/recreation:
Princeton Inn dormitory rooms (air-conditioned, with private baths), dining rooms in Inn.
Scheduled events include a play, concerts, films, a baroque banquet. Golf, tennis, swimming, canoeing.
Dates and cost:
June 6 to 11
All-inclusive fees:
$185 per adult
$125 children 12 and under
Remarks: *Beautiful large campus with many facilities including art museum; midway between New York City and Philadelphia.*

FERRUM COLLEGE

Ferrum College Family Vacation Program
Ferrum College
Ferrum, Va. 24088
(703) 365-2121
Children's program: Infants-14
Courses:
Informal educational/crafts/recreation orientation.
No special courses; can audit regular summer school; craft classes at Blue Ridge Institute on campus.
Accommodation/recreation:
Dormitories (air-conditioned; private baths for two-room suites); meals in cafeteria.
Riding, tennis, white-water tubing, trout fishing, skeet shooting, small extra charge. Square dancing, hiking, nature study, swimming, other sports, free.
Dates and cost:
July 1 to August 22
All-inclusive daily rates:
$13.50 single
$23 couple (double occupancy)
$6.50 children 8-14
$5.50 children 3-7
$3 children under 3
Remarks: *Rural setting on 754-acre campus in Blue Ridge Mountains just south of Roanoke.*

SOUTHWESTERN-AT-MEMPHIS

Dr. Jack Russell
Director of the Summer Program
Southwestern-At-Memphis
2000 North Parkway
Memphis, Tenn. 38112
(901) 274-1800
Children's program: Ages 6-16
Courses:
Educational orientation or Educationally intensive orientation
Lectures and discussions on aspects of themes: 1. Ethical implications of social change (June 13-18). 2. Adults (June 20-25). Two lecture/discussion sessions per day.
Accommodation/recreation:
Dormitories (air-conditioned, new, with kitchen facilities), meals in cafeteria.
Scheduled evening programs include a river boat cruise on the Mississippi River, a reception with the University president, concerts, play. Tennis courts, swimming pool, other sports facilities.
Dates and cost:
June 13 to 25
All-inclusive fee for each one-week course:
$190 single adult
$350 per couple
$80 children 6-10
$85 children 11-16
Round-the-clock care
Remarks: *Urban campus in midtown Memphis, adjacent to the park. Campus is very attractive with old stone buildings. Information provided by program directors on restaurants, cinemas, places of interest in Memphis.*

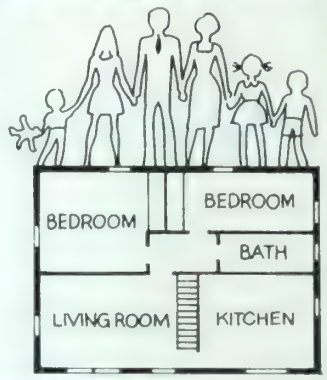


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Penny Rubincam
Department of Alumni Relations
Eisenlohr Hall/B2
3812 Walnut Street
University of Pennsylvania
Philadelphia, Pa. 19174
(215) 243-7811
Children's program: Ages 3-18
Courses:
Educationally intensive orientation
Lectures, discussions, seminars on

THREE BEDROOM FAMILY IN A

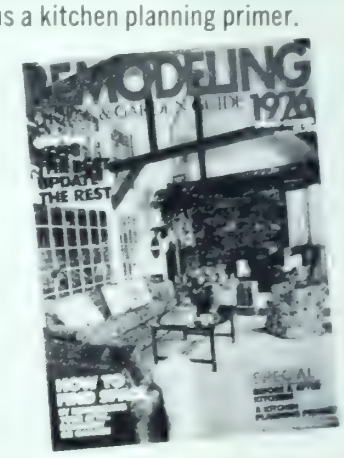


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theme: The Bicentennial.
Accommodation/recreation:
Dormitories; meals in cafeteria. Scheduled social get-togethers and special cultural events. Swimming, tennis, other sports facilities.
Dates and costs:
June 20 to 25
All-inclusive fees:
$235 per adult
$175 children under 18
Remarks: *Urban campus. Easy access to many Bicentennial activities in Philadelphia. Downtown are restaurants, theatres, historic sites.*

CORNELL UNIVERSITY

Michael McHugh
Cornell Alumni University
158 Olin Hall
Cornell University
Ithaca, N.Y. 14853
(607) 256-4800
Children's program: 3-teens
Courses:
Educational/workshop/recreation orientation.
Two types of courses, participants choose one: 1. Lecture/discussion courses on two themes: The United States 1976—can the republic survive another 200 years? (July 4-10, 18-24); Change and challenge for university education in America (July 11-17, 25-31). 2. Workshops in ornithology, photography, gourmet cooking, opera, cinema, natural history, inflation, men and women (various dates).
Accommodation/recreation:
Dormitories (extra charge, air-conditioning); meals, cafeteria. Evening programs include lectures, concerts, play. Golf, tennis, swimming, other sports.
Dates and costs:
July 4 to 31
All-inclusive fees:
$190 per adult (double occupancy)
$100 children 6 and up
$75 children 3 to 5
Remarks: *Large scenic campus overlooks Lake Cayuga in Finger Lakes area; near state parks.*

BROWN UNIVERSITY

Sallie Riggs
Associate Director
University Relations
Brown University, Box 1920
Providence, R.I. 02912
(401) 863-2785
Children's program: Ages 3-15
Courses
Educational/workshop/recreation orientation.
Two courses: 1. The creative experience. Workshops in photography, music, visual arts, creative writing. Participants choose one. 2. The presidency:

Continued on next page



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Accommodation/recreation:
Dormitories; breakfast and lunch on campus; dinners on own.
Evening lectures, visit to historic Providence sites, New England clambake. Squash, tennis, swimming, other sports facilities.
Dates and cost:
June 27 to July 3
Fee includes all but five dinners:
$195 per adult
$125 per child
Remarks: *Urban setting.*

POMONA COLLEGE

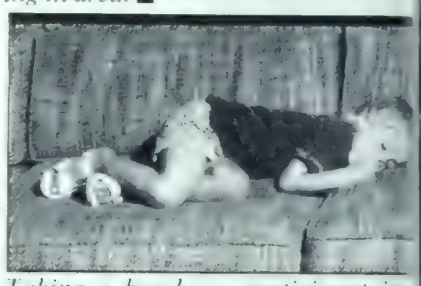
Pomona Alumni College
Alumni House
Bertha Lebus Court—Bridges Hall
Pomona College
Claremont, Cal. 91711
(714) 626-8511, Ext. 3636
Children's program: Ages 5-16
Courses:
Educationally intensive orientation.
Lectures and discussions on aspects of theme: Science and moral responsibility. Three lecture/discussion sessions per day.
Accommodation/recreation:
Air-conditioned dormitory with its own dining room. One bath to each two rooms.
Scheduled social gatherings; evening programs, primarily special lectures. Swimming, tennis, other sports facilities.
Dates and cost:
July 7 to 11
All-inclusive fee:
$164 per adult
$318 per couple
$115 children 11-16
$93 children 5-10
Remarks: *Located east of Los Angeles. Easy access to L.A. and to hiking, fishing, camping in San Gabriel mountains.*

ST. MARY'S COLLEGE

Dr. Oakley Winters
Office of Special Programs
106 Calvert Hall
St. Mary's College of Maryland
St. Mary's City, Md. 20686
(301) 994-1600
Children's program: Ages 6-16
Courses:
Educational/recreation orientation.
Participants choose one of three week-long seminar programs:
1. Colonial consumers; 2. A Potomac prospect (environmental, interdisciplinary); 3. Archaeology.
Accommodation/recreation:
Dormitories; meals in cafeteria.
Scheduled evening programs include concerts, films, outdoor drama, lectures, field trips. Sailing, tennis, other sports facilities. English country dancing.
Dates and cost:
July 10 to 17
All-inclusive fee:
$160 per adult
$100 per child
Remarks: *Located on inlet near Chesapeake Bay. Area has many beautiful historic homes and restoration projects. Docking facilities for boats.*

PORTLAND STATE UNIVERSITY

Sue Gordon
Haystack '76
P.O. Box 1491
Portland, Ore. 97207
(503) 229-4849
Children's program: Ages 5-13
Courses:
Workshop/recreation orientation.
Workshops in the arts, credit given. Five-day music workshops; two-week visual arts workshops, including weaving, ceramics, calligraphy, painting; two-week writing workshops, including science fiction.
Accommodation/recreation:
Program takes place on coast, not in Portland. Accommodation not provided: Participants stay in a variety of housing facilities in and around Cannon Beach, including motels and campgrounds. Housing bureau assists in finding these.
Evening programs include discussions, concerts, plays, beach picnics.
Dates and cost:
June 21 to August 13
Fees include workshops and some evening programs.
2 credit-hour courses: $85 (1 week)
3 credit-hour courses: $95 (2 weeks)
Children: $30 per week
Remarks: *Cannon Beach, on Oregon coast, is very scenic. Swimming, hiking, surfing, beachcombing in area.* ■



Taking a break—a participant in Pomona's youth program snoozes.



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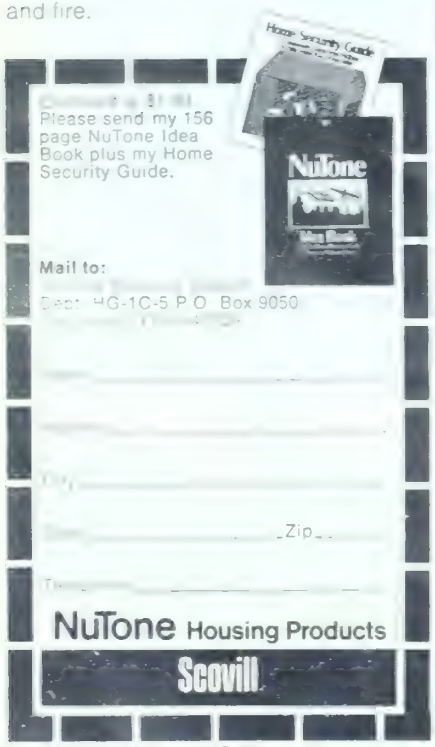
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For the house fixer

Home light-ups, terrific tiles, and cleaner-than-clean water

SHORT COURSE IN SCREEN REPAIR

By Deanne Raffel

Just one fly or mosquito that squeezes through a hole in a screen can be terribly annoying. Once your patience runs out you will try to fix the screen. The question is, how?

Usually it is easier to make a repair if the screen is accessible from both front and back. If not, removing it from its frame track will facilitate matters.

For a temporary makeshift repair, apply transparent tape over the opening on both sides of the screen. The gummy undersides of the tape will stick to each other and form a bond.

"If the puncture is small, it can be woven closed with a needle and fine wire or synthetic thread"

If the puncture is small, it can be woven closed with a needle and fine wire or synthetic thread. Maneuver the needle over and under until the hole is closed.

A larger hole in a metal screen can be repaired with a patch*. Trim the area clean with an old scissors or tin snips. Cut a piece of screen 1 inch larger (in length and width) than the opening. Remove 3 wires from each edge of the patch. Place the patch, one frayed side, overhanging the edge of a table or countertop. Bend down, in turn, each side of the frayed wire to form a 90-degree angle. (The final patch shape will look like a shallow box.) Situate the patch over the hole—thread the fringes through the grid and bend them inward toward the center of the hole until they lay flat against the backside.

Repairing plastic mesh is simple. Follow the above instructions for trimming the hole and cutting a patch, but do not remove any wires. Run a bead of any type of clear adhesive around the hole to affix the patch. Hold it in position a few minutes until the cement sets.

Once the screen has too many holes you have no alternative but to replace the entire piece. Remove the metal frame from the door or window and lay it down on a table. The spline* (the rubber, plastic, or metal strip that keeps the mesh in position), must be removed by prying it out. Cut a new piece of material that is at least the perimeter size of the frame. Set the mesh directly over the frame. Trim off the corners at a 45-degree angle—starting and finishing the cut about 1 inch from the corner. Run the convex end of a spline installation tool along one side of the frame; the screen will pull in and drop into the spline track. Repeat the process on the opposite end; then on the other two sides. Now place the spline in the track. Roll around the entire track with the concave end to secure the spline into the channel and to draw up the screen to tighten it. If excess mesh remains over frame, cut it with utility knife.

These materials can be purchased at a hardware store.

How to get water cleaner



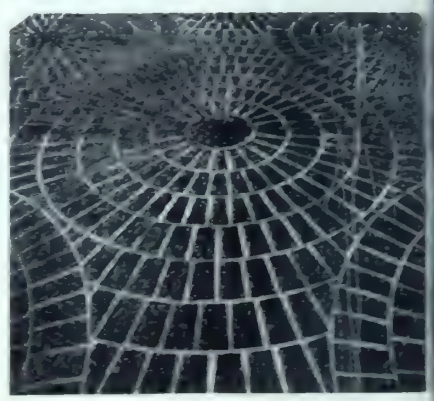
A compact water cleaner that you can install under the kitchen sink is Waterco Model AS-5. It removes chlorine, bad taste and odors, detergents, rust, sediment, organics and other contaminants. It requires no alteration of existing plumbing pipes or fixtures to put it in place, and you can take it to a summer home, camp, boat temporarily or to a rented apartment or house. The cleaner is easy to operate and maintain; you never need to change a filter because a simple backwash cleans it and it is self-sanitizing. If bacteria get into the water pipe line, you shut off the faucet and the bacteria will die. Approved by the Environmental Protection Agency and U.S. Public Health Standards. Waterco Industries, Inc., 4811 N.E. 12th Ave., Fort Lauderdale, Fla. 33334.

Hang-ups



Available in a number of finishes, this ceiling light fixture has a cord-hung hood—a metal stem support or rod and loop are optional instead of cord. In rust ($90); oil-rubbed bronze, brass, or copper ($115); polished or brush chrome, polished and oxidized brass ($162); black or white finish ($92). The overall height of the lamp is 9 inches; its diameter is 16 inches; and the hanging weight is 5 pounds. Robert Long, Inc., P.O. Box 542, Sausalito, Cal. 94965.

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REMODELING

New ideas for kitchens, bathrooms, storage

By Will Morris

Rewarding as it can be, not everyone can remodel his entire house or enlarge it with add-on wings. The greatest volume of residential remodeling is in bringing the kitchen and bathroom up-to-date and in creating storage in older houses. In 1974, $3,212,400,000 was expended on remodeling 2,805,600,000 kitchens in single family homes. $1,377,800,000 was spent on remodeling 2,505,000,000 bathrooms. New ideas, new ways of living and using these rooms have sparked the need for such widespread change. And present-day acquisitiveness has necessitated more and better storage. Listed here are some remodeling solutions and ideas planned by architects and designers. Some are in new houses, some in older houses, outmoded but not outworn.

The new kitchen

Though change in the kitchen has certainly come about because of the vast upgrading in appliances and equipment, this room has also undergone an enormous change in character. It has been transformed from a rather clinical, drab laboratory into a social center fitted out for the family to live in as well as work in. An eating center is a must; a sofa, chairs, desk, fireplace, and children's play space are not uncommon. Since the kitchen is a principal user of gas or electrical energy, conservation of it should be the watchword in remodeling. Select appliances with new energy-saver devices and conserve energy in the way you use the equipment.

Several kitchens illustrate the great variety possible in remodeling. In a big, old New England house, a delightfully spacious kitchen-family room was created from what had been four boxy servants' rooms and a cramped, outmoded kitchen. A new U-shaped kitchen was placed in the center of the first floor, and great sections of the ceiling above were knocked out giving two-story height to much of the new kitchen and family room. A spiral stair leads up to what is now a balcony playroom for the family's four children.

In New Jersey much of the rear wall of a conventional center hall house was opened wide to add a curving, glass-walled breakfast room and playroom. The kitchen, which was remodeled around a big square island, is on one side of it (now brilliantly daylighted) and a fanciful open deck in primary colors is on the other side.

In California, the stuffy library and a hatbox of a maid's room and bath at the front of a turn-of-the-century house were converted into a hospitable 25-foot-wide kitchen-family room. Counters ring one end of the new room with open shelving above, comfortable wicker chairs, a desk, a round gate-leg dining table furnish the sitting area, while French doors now open to a new deck for outdoor meals.

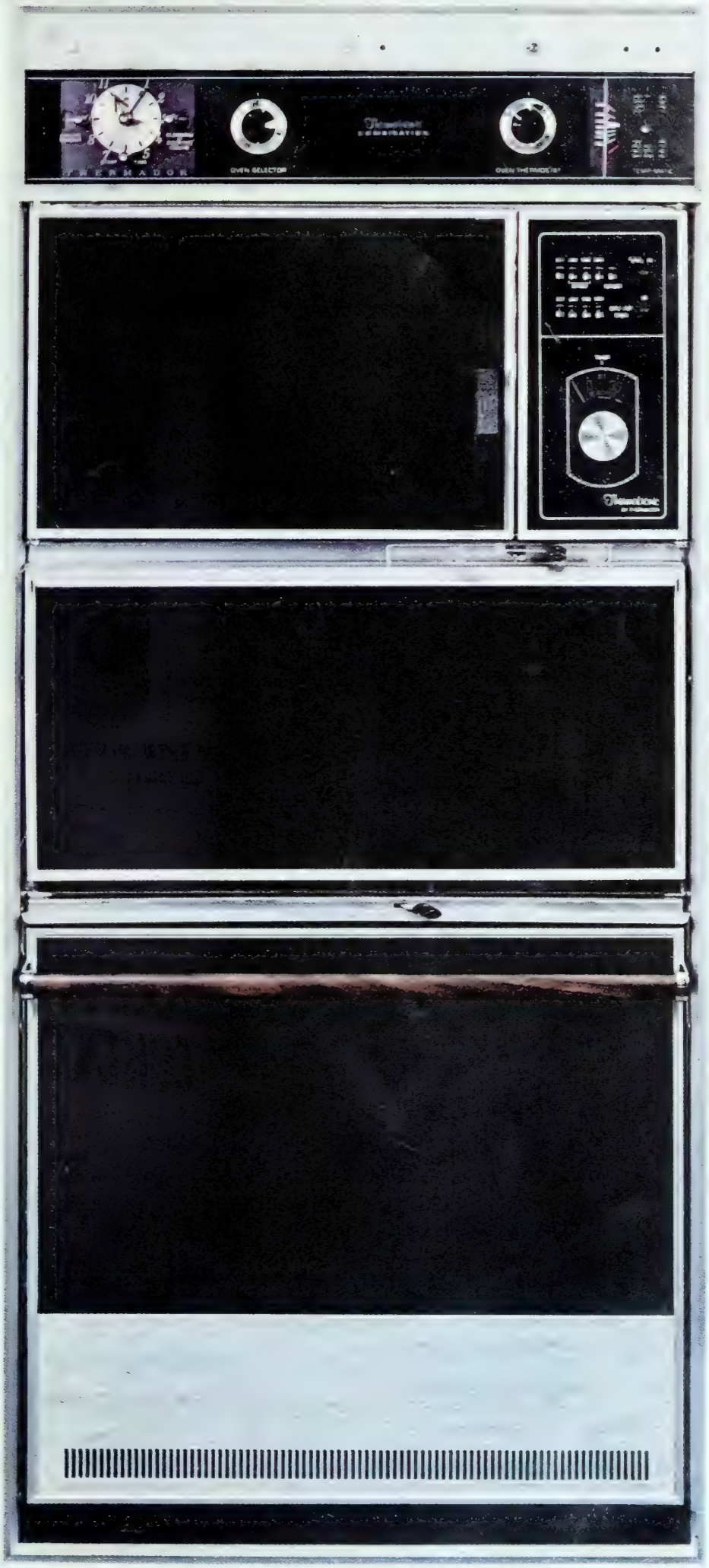
Better bathroom

The second room most frequently remodeled today is the bathroom. And it can be a far cry from the three-fixture, 5-by-7-foot, white tile cubicle that was yesterday's standard design. New fixtures such as oversize and whirlpool tubs, cabinet lavatories, an infinite range of structural materials, various storage facilities, larger space, and the priceless ingredient of imagination can transform the bathroom in countless ways.

Two examples, one appearing to be extravagantly large but occupying minimal space, the other, a three part bath, indicate the variety possible. In remodeling a Texas house, space was only 7½ feet wide for the bathroom. The length was considerably more than that, enough to include a 5-foot-square tub sunk in the floor, a lavatory cabinet, a chaise for naps, toilet and bidet compartment, and a spacious clothing-dressing area. What makes it spectacular is the ceiling pitched high over the room so that clerestory, view-catching glass panels could be installed. Together with a 45-degree angled mirror wall, they enlarge the apparent size of the room enormously. And at one end of the room, above the tub, a glass wall overlooks a small semicircular court and pool, which further expands it.

In a New York apartment, the bathroom was given a whole new form by dividing it into three specific areas. Handsomely finished with black slate flooring and white mosaic ceramic tile walls, tub, and

Continued on page 66



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1. First, you'll need a plan. Measure the room you want to panel. Then draw a floor plan indicating doors, windows, stairways, pipes or beams. Then take this to your Masonite dealer. He'll help you select the amount of Masonite brand paneling you'll need.



One thing to remember when you pick your paneling—the lighting at your Masonite dealer will differ from your lighting at home. So, as a general rule, a wall of dark Masonite brand panels in your home may look darker than the one sample panel in your dealer's showroom.

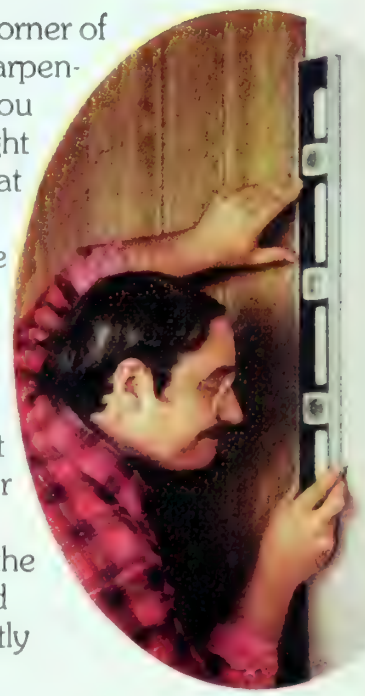
2. Once you get your panels home, let them stand unwrapped on the long edge for 48 hours, so they'll adjust to the room temperature and humidity. Then stand them up, and arrange the panels along the wall until you find the most pleasing pattern for your room.



If your walls are flat and smooth, you can put the paneling directly on your walls. If you have concrete or masonry walls, you'll need a simple framework of furring strips (inexpensive lengths of 1" x 3" lumber). Your Masonite dealer can help you here, too.

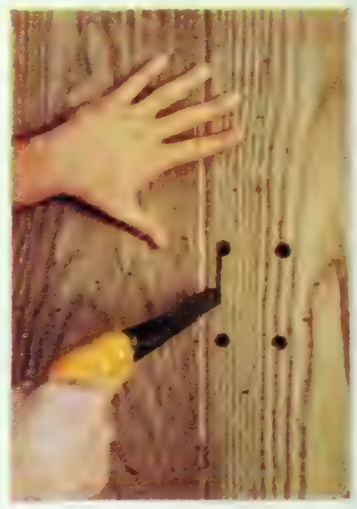
3. Now you're ready to put up your panels and cut those that will need to be trimmed. If you're going to use a power saw, cut with the finished side down. If you're using a handsaw, mark and cut with the finished side up. The old carpenter's adage is good advice here: measure twice and cut once.

4. Start paneling at the corner of the room. Use a simple carpenter's level to make sure you have the first panel straight up and down. (That's what carpenters call "plumb.") If you use panel adhesive follow the directions on the cartridge. If you use nails, make sure they go into the wall studs. Studs are the 2"x4" boards that form the supporting inner framework for your wall. By tapping gently along the wall until you hear a solid sound, you can find exactly where they are.



5. When your first panel is "plumb" and secure, you're ready to put the next one up. The edge of this new panel should touch the edge of the previous panel very lightly. When you come to a door or window frame, you'll have no trouble as long as you measure carefully before cutting. A pattern drawn on newspaper first will be your safest bet.

6. For electrical outlets, measure from the floor up and from the edge of the previously installed panel. Then draw a pattern on your panel, drill holes in the inside corners of the pattern, and cut out the pattern with a keyhole saw.



7. When all your panels are in place, you're ready for Masonite brand mouldings for the floor, ceiling and around the windows and doors. The mouldings will cover up any minor measuring or cutting errors along the edge and give your paneling a finished, professional look. And since they are prefinished and color-coordinated, there's no painting or stain matching required. There's even a moulding for inside and outside corners.

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Forester series™ Butterwood



It is not always more storage that is needed but storage planned specifically for what is to go into it

Remodeling

continued from page 62

reclining lounge, the bathing area is a quadrant. The rounded, custom-built tub and adjacent, serpentine-shaped lounge face the wall. Next to this starkly simple but luxurious area, a rounded white tiled wash-basin counter is cantilevered from a mirrored wall in the dressing area. The third section is an enclosed, wood-lined sauna to complete the sybaritic delights of this bathroom.

As a third example, unused attic space over the one-story wing of an old New England house provided room for a spacious master bath. Plumbing lines were brought up easily from the kitchen below. Two corners were converted into compartments for the washbasin counter cabinet and toilet. In the center of the room a big square tub was installed on a platform above floor level. The gabled roof, with exposed rafters, provided ample headroom and skylights were installed on either side of the roof's ridge directly above the tub. Sunlight and treetop views are now enjoyed from the tub.

Storage tricks

It is not always more storage that is needed but storage planned specifically for what is to go into it. This is something possible in unexpected ways and places.

Understairway storage. A basementless house sometimes has a wasted triangular space under the center hall stair. It is a good spot to enclose for luggage, golf clubs, sports gear.

Stacked tray storage. Shelving designed to hold stacks of molded plastic bins or trays, or transparent acrylic boxes, is especially useful in dressing-room closets, children's rooms, laundry. For shirts, sweaters, scarves, and other clothing, the tray contents can be identified at a glance and the trays may be labeled.

Toy storage. Floor level, pull-out drawers on rollers at the base of clothes closets make handy, easy access storage for children's smaller toys.

Pull-out cupboards. Constructed like vertical drawers with handles, they can be built next to kitchen-counter cabinets or bathroom lavatory cabinets. On rollers, and fitted with pegboard, hangers, or shelves, they will store ladles, pot lids, strainers, spatulas, cooking forks next to the range in an upright position. Adjoining a bathroom lavatory and mirror, the cupboards can conveniently hold cosmetics, ties, belts, scarves.

Wine vault. A sloping site afforded underground storage space for wine in a Pacific Northwest house. Walls were lined with stock terra-cotta pipes just big enough to hold a bottle each. In an older house, an unused small pantry with base and wall cabinets was fitted out as a place for wine storage. The shelves and doors were removed, and strips of wood were applied back and front diagonally to form a crisscross lattice that holds the wine bottles.

Dressing-table storage. Double doors were removed on an expandable clothing closet, 30 inches deep, 60 inches long, and a pair of narrow drawers supporting a mirrored dressing-table countertop was installed. Mirror lines the walls above the counter, light bulbs frame it, and there's a storage shelf for hats above. A home office could be built into such space as well with a counter placed over some filing cases and shelving for books installed above it.

Storage walls. In living or dining room, kitchen, bedrooms, bath, and dressing rooms, well-organized storage walls can house more essentials than closets, which take twice the space and cost more. They can be built from floor to ceiling, wall wide, or be built as door-high dividers between rooms. The latter allows continuous floor and ceiling planes between two areas, enlarging each individually, while partly screening each. They should be individually planned for specific rooms and functions. In a living room or library, book storage, a record player, record storage, stereo speakers, TV, a bar may be combined in one wall. Correctly sized compartments for assorted clothing and accessories are planned for bedrooms, dressing, or bath areas. In dining room or kitchen, china, glass, silver, linens, cooking utensils, foodstuffs are stored for easy access where they are used. ■

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Getting a jump on spring

How to start a garden from seed indoors, step by step

By Marybeth Weston

1. Plan a new garden first on graph paper. Plan to put it where most vegetables and flowers can get at least 6 hours of sun a day. Allow space for paths and for proper distances between rows and between plants. Seed catalogues and packets will give you the ideal spacing for most varieties. Generally you will need 12 to 18 inches between rows of small growing plants. Staked tomatoes will need about 2 feet of elbowroom. Tall plants or netting for climbers should be on the north side to avoid shading small plants. Remember to group perennials in corners or in an outside row, out of the way of areas you will cultivate for annuals. Early crops such as peas and lettuce should also be grouped for easy harvest and replacement by other seeds.

2. When the earth is dry and workable, loosen and enrich the soil. Fork and turn it at least 6 to 8 inches down. To give the soil the humus and richness plants need, mix in peat moss, compost, gypsum, and well-rotted manure or commercial fertilizer. An all-purpose fertilizer is one marked 5-10-5.

3. Start some of the seeds indoors. Basically all you need are containers with drainage holes (or even aluminum loaf pans with holes punched in them) to hold 2 or 3 inches of sand, vermiculite, perlite, milled sphagnum moss, or a combination of any of these sterile mediums. Plants started indoors in ordinary garden loam (non-sterile soil) run the danger of "damping off," collapsing just when they look most promising. Moisten the mix, drain, and press seeds lightly into the surface, barely covering them. Cover the container with a plastic bag or glass to keep the air humid. (For ready-made shortcut seed kits, see page 70.) Label and date each planting. Put the containers in a bright, warm, but not sunny place. To germinate, most seeds must be kept at about 70-75 degrees. Open the plastic from time to time to give any sprouts an airing. When true leaves appear, uncover and move to direct sun. Later on you can thin seedlings, add a dilute plant food, and if necessary repot. Before transplanting outdoors in good weather, condition plants by letting them spend a few days, not nights, in outdoor shade.

4. Rake the surface of the garden soil. It should be smooth before planting.

5. Make straight rows for seeds or transplants. Tie a string to two sticks and move them as needed to form a taut marker. Guided by the string, trace a furrow in the earth with the end of a hoe handle.

6. Before planting, moisten the furrows. Use a hose gently. Let the water sink in so that the seeds or transplants will not float in puddles.

7. Plant seeds at the proper time and depth. Follow instructions on seed packets for planting seeds outdoors. Barely cover most seeds. Remember that it is often difficult to plant a garden all at once, unless you have waited until all danger of frost is past. Lettuce and peas, for instance, can withstand late frosts while other crops must wait.

8. Keep the soil moist during the germinating period. Water with a watering can or mist gently with a hose every day, if there is no rain. Soon the plants will thrive on a weekly 1 inch of water or rainfall. Weekend gardeners should get someone to water seeds in their absence, or rely on transplants that have been germinated by the local nurseryman.

9. Thin the seedlings when they are about 2 to 3 inches high to allow each plant to grow to its proper size.

10. Lightly cultivate or mulch the soil to keep down competing weeds. Vegetable thinnings often make good eating—beet greens, tiny carrots, tiny lettuce.

11. Pick often. Learn to recognize when crops are getting past their peak and gather them and give them away if you don't have time to can or freeze them.

12. Feed the plants that feed you or that provide your table flowers. A light side-dressing of 5-10-5, sprinkled some 4 inches from the plants themselves, will give them a boost in midseason to keep vegetables and flowers going until frost. At season's end, gather disease-free stems and leaves, and put them in a compost pile to give your garden a good start next year.

Continued on page 70

The NuTone Bath

The Most Important Little Room In The House



by Suzanne McGuire Curry

A former editor of Good Housekeeping and Family Circle Magazines.



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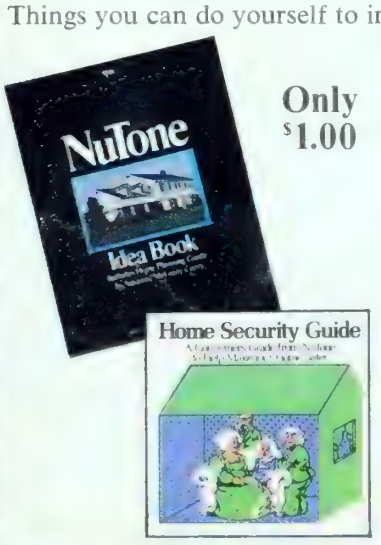
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Shortcut seed starters—handy kits



Basic kit: planting container, soil mix, seeds.

To watch something grow is a fascinating and satisfying experience. It is one reason why so many people today are growing their plants from the very beginning—from seed. You can gather all the equipment for germinating seeds indoors without too much effort or expense. Or you can order ready-made starting kits, complete with everything you'll need, from most major seed companies. These all-in-one seed starters are efficient and timesaving because they save you the trouble of shopping for everything yourself. The basic ones provide container, sterile mix, and, sometimes, seeds. The more elaborate ones can contain everything from sterile mix to heating cables, thermostat, and even a fluorescent light fixture. Here are some from major seed companies:

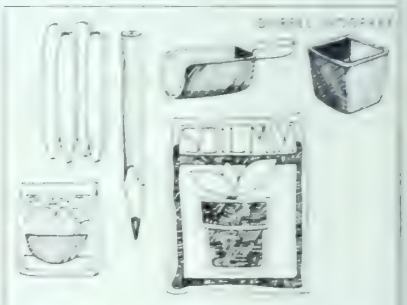
W. Atlee Burpee & Company has quite a selection. **The Seed'n Start Kit** provides the bare essentials—compartmented container, planting medium, one vegetable seed packet, and clear plastic lid for $1.10. **Fertl-Cubes Seedling Starters** has 40 self-contained enriched cubes for seed planting, $2.50 per box. **The Early Start Kit** is made up of a plastic tray, planting medium, two seed sowing trays, peat pots, labels, 16-page booklet and a 6-foot heating cable for $6.95, or $4.95 without the cable. The **Easy-Heat Greenhouse,** which has a soft plastic cover and heating cable and thermostat to keep a constant temperature of 70 degrees, contains a 29-by-15-by-4-inch planting box and a half bushel of planting medium, $17.95. Burpee's **Electric Hothouse,** a thermostatically controlled unit with a rigid plastic dome and electrically heated tray costs $16.95; this hothouse is sold with a Sylvania Gro-Lux adjustable light unit for $45.



Miniature greenhouse provides warmth and moisture for seeds.

The George W. Park Seed Company offers beginners a 7-inch plastic-topped **Jiffy Seed Starter Greenhouse Kit,** with room to grow 40 seedlings in compartments filled with planting medium, $3.25. Park offers two kits that contain pellets, Jiffy-7's and Jiffy-9's, which expand when watered. The kits also have heating cables, trays, labels, waterproof pencils, and plant food. The **"One Step" Starter Kit** is designed for growing perennials and large garden plants such as tomatoes and peppers, $8.50. The **"Bio-Gro" Kit** is smaller in size and quantity and the pellets are Jiffy-9's which have longer peat fibers and no netting. It is recommended for starting annuals and house-plant seedlings, $5.75.

Stokes Seeds's **Pro-Seed Starter Kit** combines just about everything. It includes a Merry-Gro Greenhouse designed to prevent overwatering. It has a rigid plastic dome that can be adjusted to 3 different heights for ventilation. (This greenhouse is also sold separately by Stokes, $7.98, and other major seed companies). The Pro-



Full kit has peatpots, soil, pencil, labels, food for transplants.

Seed Kit supplies transplanting trays, extra plastic covers, vermiculite, 75 Jiffy pots, 25 pellets, fertilizer, rooting hormone, plant sprinkler, waterproof pencil, and handbook, all for $24.85. A somewhat similar kit, minus the greenhouse, but with covered trays, is the Stokes **Economy Seed Starter Kit,** available for $7.60.

In general you can follow basic instructions for germinating seeds, but be sure to read all directions with the kits. To order write to:

W. ATLEE BURPEE AND COMPANY
300 Park Ave.,
Warminster, Pa. 18974

GEORGE W. PARK SEED COMPANY, INC., Greenwood, S.C. 29647

STOKES SEEDS INC., Box 548
Buffalo, N.Y. 14240

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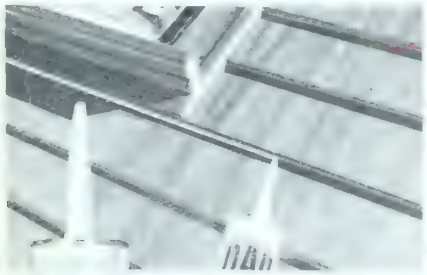


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A lighting expert tells you

Electrifying news about your light bill

By Caroline Seebohm

Saving electricity means switching off the lights to most people. Here, Howard Brandston, president of Howard Brandston Lighting Design, comes up with 10 ways to save electricity at home that we bet you never even thought of.

Mr. Brandston also shows how it is possible to light an ordinary-sized living room for best effect—and save money.

"The first thing to realize is that you can get by with much lower-intensity light than you think," says Mr. Brandston. "There is a myth that low light equals bad sight." In fact, as Dr. Jay M. Finkleman, associate professor of psychology at Baruch College, CUNY, comments, "there is, of course, no relationship between eye damage and rational lighting levels. . . . Any general incremental illumination beyond the 'critical level'—that level of illumination beyond which there is no appreciable increase in efficiency of visual performance—is wasteful and possibly dysfunctional." And Dr. David G. Cogan, director of the Howe Laboratory of Ophthalmology, Boston, states: "What the medical profession takes for granted, but the public does not realize, is that the so-called eyestrain is a fatigue of *mental* concentration that in no way poses a threat to the eyes."

In other words, we are all probably using more light than we need. "It can be stated as a rule of thumb," declares Mr. Brandston, "that good-quality, glare-free lighting can reduce footcandle requirements by at least 50 percent." Understanding this, we may now turn to the top of Mr. Brandston's electricity-saving checklist:

1. Try a smaller light bulb in every fixture in the house. If you are comfortable with a 100-watt bulb, try a 75. If that feels comfortable, try a 60. The place you do your work is the place to put the highest-intensity light. If, for instance, you are lighting your living room from scratch, light it (a) for effect, and (b) for functional purposes—the two need quite different lighting. If you want to read, for example, install a reading lamp with a higher-intensity bulb than for general room lighting.

2. Find a comfortable setting for your house heating and air conditioning. Then, after you have adjusted down to that setting, see if you can turn it a few degrees down (or up for air conditioning). If you set your thermostat at 70 degrees, and are accustomed to that, try it at 68 degrees—then even further, to 67 degrees. In other words, *continue* to adjust: Don't just do it once. Condition yourself gradually, and by adjusting down to 67 degrees, you're talking big money-saving. At 67 degrees, a major percentage of your fuel bill has been cut, especially if it is electric heat. Do the same with your air conditioning—see how warm you can remain. Establish a wide range of temperatures your body can adjust to—it's a psychological possibility.

3. If you have an instant-on TV, install a switch in its line so you can switch off the power. The switch costs 69 cents, but the instant-on TV is burning power every minute to keep the circuits warm. The real energy consumers in your house are invisible, such as the instant-on TV, the frost-free refrigerator, and the self-cleaning oven. Disconnect the frost-free element of your refrigerator and you'll save money—if you can bear it!

4. If you have lights on a dimmer, turn them down whenever you can.

5. Adjust your hot-water heater to the point where you don't have to mix too much cold water when you run your hot water. (People who live in apartments cannot do this.) Think how wasteful it is running boiling hot water and having to cool it down with cold. Find where the water is at a comfortable temperature and save energy.

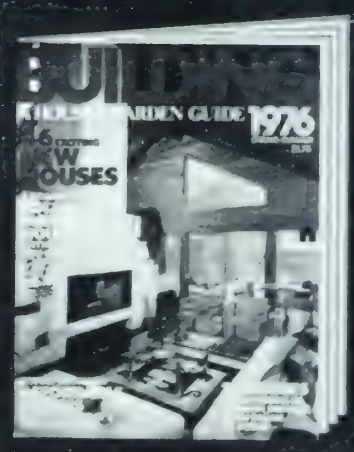
6. When you plan your house, make sure there is adequate switching, so you don't have to have a group of lights on one switch.

7. When you buy new appliances, look at the efficiency rating of the products, so you are sure you get the most efficient appliance you can buy.

8. In summer, pull the blinds on the sunny side of the house to keep rooms cool. When you go out, pull all the blinds to keep unwanted heat out—and vice versa in the winter. Use natural ventilation wherever possible.

Continued on page 78

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Very revealing.

Look, Doc, don't get me wrong. I'm no sissy. I'm tough. In fact, it's me, Waste King, who has the stainless steel interior and the strongest warranty there is.

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Yes and no. But getting back to my gentle side, I've got these cushioned loops on my baskets that protect dishes and glassware from chipping.

I notice you have removable baskets and adjustable racks.

Yeah, I'm very flexible. You can adjust 'em to hold just about anything you want.

Look, you've got double wash arm, stainless steel interior, flexible baskets, cushioned loops...so what's the problem?

People don't know who I am! So please, Doc. Tell me, what should I do?

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Your light bill

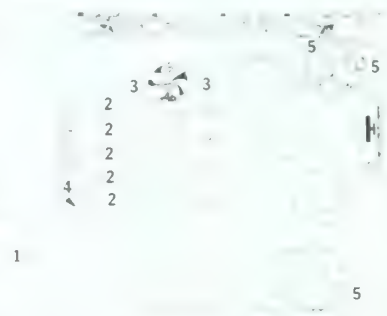
continued from page 76

9. **Check insulation.** Take advantage of the government's allowance on insulating your house. If you insulate your house, the goverment will pay up to $2,000 of the cost, according to the value of the house. This works as a tax rebate —ask your tax expert how to make the claim.

10. **Establish an energy budget**—perhaps most important of all. Take your total energy costs for the year out of your fuel, gas, and electric bills. Watch the read-outs as you begin to make energy-saving adjustments, and see how your power budget is doing. This will add incentive to the turn of the dial. And remember it is important for the ecology of the country as well as giving you more dollars to spend on other things."

How to light a room and save energy

Here is an average living room, 16 by 11 feet, with a fireplace and picture over it, two armchairs, a sofa, a table, a bookshelf, a window with plants beneath it, and two large trees. Lighting expert Howard Brandston explains: "Five types



of light fixtures are needed:

1. **Entrance fixture**—a practical, surface-mounted, white dish. 60 watts.



Regressed drum mounted in ceiling from Lightolier, $60.

2. **Five surface-mounted down lights** in ceiling or on track over the bookcase, 1 foot in front of the shelf, 15 to 18 inches apart. These give clean light on to shelf and also on to table. On dimmer. 30 watts each.



Down light, surface mounted from Lightolier, $32.

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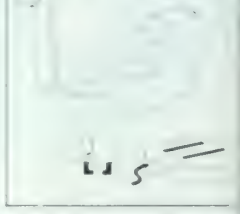
LEVOLOR RIVIERA BLINDS

3. Two standing lamps for readi and working under, each side plant at the end of the table. Th are portable and flexible—you turn them around if you want read in the armchair. 40 w each.



Reading lamp portable, from Robert Sonneman, $1

4. One framing projector light tached to the top of the booksh (or use weighted base, which can mount on wall or shelf) to li artwork on long wall. 100 watt



Picture spot, $240; stand, weighted base, $25, both from Lightolier.

5. Three floor cans for plant lig 75 watts each. (If your plants n more light, use a fluoresce warm, white, 40-watt light mou ed on a collapsible three-leg stand with casters whenever need it. For a really powerful li add a clip-on, 150-watt incan cent bulb.)



Floor-can up light with foot switch, from Lighting Services, $25

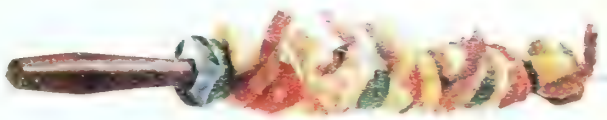
"The total energy consumed lighting the entrance and li room is 615 watts or 3.5 watts square foot. Since these fixtu would only rarely be lit simulta ously, the plan is very econom in terms of energy. Remember to save even more, see that e light is on a separate switch (fl or hand). This makes for flexibil either alone or when you're ent taining—you can use only plant light, the picture light, an reading light and be pleased w the effect; or for cozy effects, the plant lights."

Mr. Brandston finally sugg that if you have a picture over mantelpiece, you might put a ture light there (40 watts) as optional extra. ■

TRIUMPHS OF THE AMERICAN TABLE

Only the Jenn-Air Grill-Range lets you enjoy them all.





The Jenn-Air *Shrimp-Kebab!*

It gives you all the sweet spurting juiciness of plump, pink shrimp, slathered with hot chive butter. The skewers rotate slowly on the Jenn-Air Cooktop Shish-Kebabber. The skewered foods are bathed in a shimmer of radiant heat. Rangetop ventilation exhausts smoke and odors, draws steam away so foods cook crisper, with a richer, fuller taste. And there are dozens of kebab recipes!

The Jenn-Air *Standing Rib Roast!*

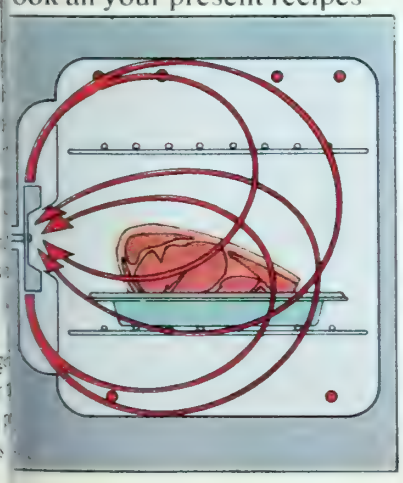
A triumph of the big Jenn-Air Power Oven, it's cooked a new way to carve wine-red and fork-tender, bursting with hot, pink, luscious juices percolating inside a caramel-brown meat crust.

And it's only one of a whole triumphant range full of foods Jenn-Air cooks in a stream of power-driven air. Jenn-Air's *five* Cooktop Convertible units let you grill, spit roast, griddle, fish-kebab, and deep-fry. On the rangetop or in the oven, Jenn-Air's airstream cookery cooks cooler, cleaner, better... whisks away smoke and odors... exhausts direct to outdoors to keep your kitchen cleaner, sweeter.

The Jenn-Air Power Oven. It's two ovens in one!

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As a result, the Jenn-Air Power Oven cooks cooler and faster (roasts, turkeys, hams *cook at a 50° cooler temperature in up to one-third less time)!* It cooks evenly, because the heat is spread evenly throughout the oven. It cooks cleaner, because there's less spattering, and smoke and steam are exhausted direct to the outdoors. And it has *two* oven cleaning controls. It cleans itself continuously during use. If deposits accumulate during heavy use, you just switch over to "accelerated cleaning" and the job is done in half the time.





THE JENN-AIR GRILL-RANGE

A magnificent cooking instrument

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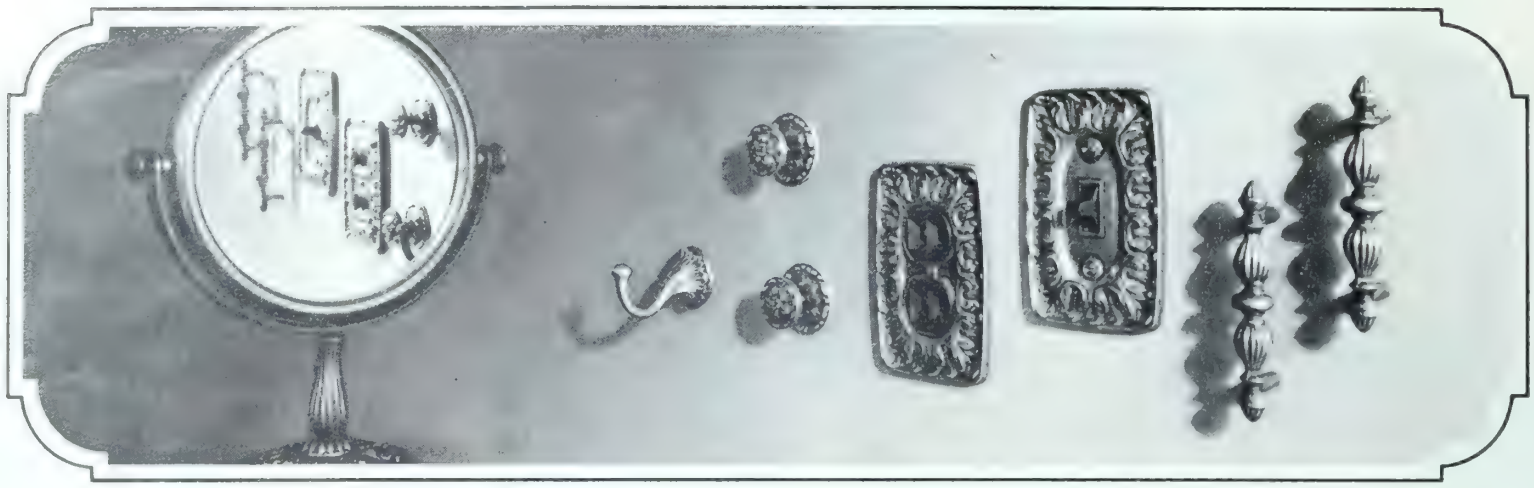
powerful rangetop ventilation, and the sausages get smoked while the smoke is on its way outdoors. Plump and meaty, with crisp glistening skins barred by the grill, and a delightful, freshly-smoked taste—this is what happens to sausages on the Jenn-Air Grill-Range that lets you grill what you used to broil. It happens to your steaks, chops, and hamburgers, too!

The Jenn-Air Grill-Range is available with ceramic-glass or conventional surface heating elements. Heating elements slip out in seconds, to be replaced by any of the 5 Cooktop Convertible units. Also note the digital clock and brushed stainless steel top.

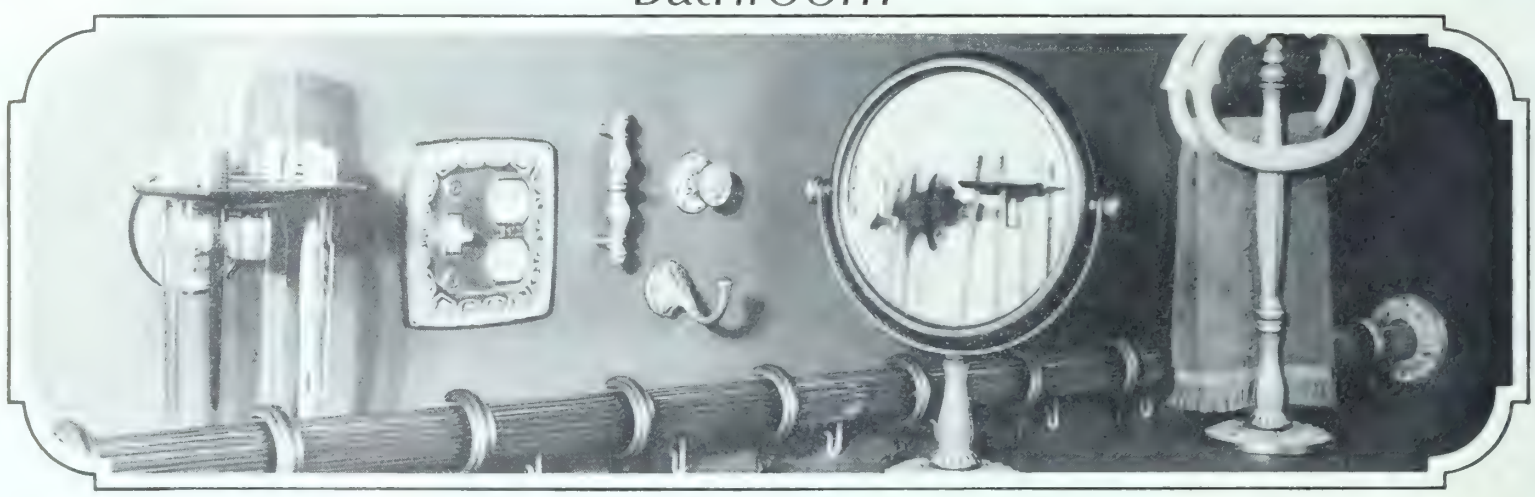
For the Jenn-Air dealer nearest you, see the Yellow Pages, call toll free 800-428-1825, or write Jenn-Air Corporation, 3035 Shadeland Ave., Indianapolis, Indiana 46226.

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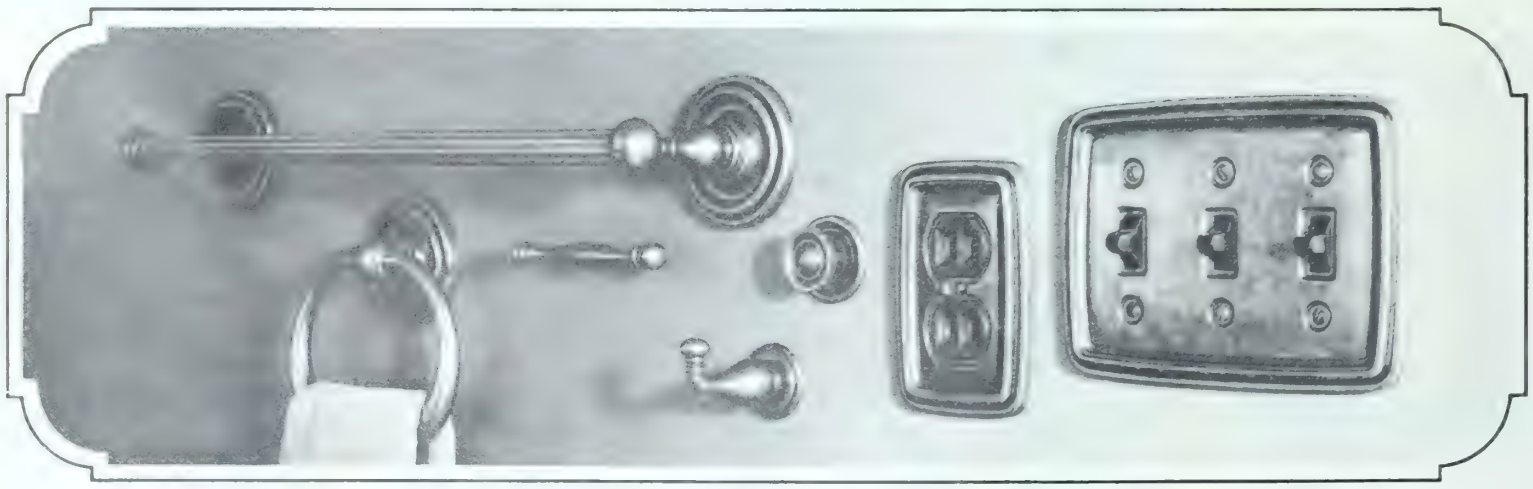
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Boning up



Mr. Goodbody gives health tips.

"So you know the point of a joint,
I repeat, the joint's a point
Where two bones meet.
Now everybody in your seat
Point to a joint."

Singing songs like this, and dressed in an extraordinary anatomical body stocking, Slim Goodbody, alias John Burstein —actor, dancer, musician and lyric writer—presents a new teaching idea. Mr. Goodbody puts on a show for children every day in elementary schools across Connecticut. His subject is the human body, how it works, and how to keep it healthy. He writes all the songs, in which the kids participate; he plays a tape-recorded character he invented called Really Reel. The children love it and learn about their bodies. A book based on his show will be published next year by McGraw-Hill. Burstein has made a record album called *The Inside Story*, and he is about to start a nationwide tour. That should be enough to inspire other budding Mr. Goodbodys in other schools and communities—but it won't be easy to duplicate the flair of the original Mr. G.

For more information about booking the show, or for a copy of the record, send a stamped, self-addressed envelope (plus $5.95, if you want the record) to John Burstein, 46 Walker Street, New York, N.Y. 10013. CAROLINE SEEBOHM

Junior museum gets high marks

The Boston Children's Museum, one of the oldest children's museums in the country, has two new shows this spring. Both reflect the museum's emphasis on creative, original participation exhibits that attempt to reach children on their own level.

If I Were A Kid Back Then, a history of children's lives in America since Revolutionary times, will run to May 16 (possibly longer). Children can imaginatively enter four time-frames of America's history—1770, 1850, 1890, and 1930 —and compare the period's lifestyle with their own. The two-part exhibit emphasizes four aspects of children's lives—work, play, school, and health. Artifacts from each era include writing implements, old photographs and pictures, and hats for the children to look at and handle. In the "creative drama performance" section, children can act out situations that might have arisen in the past. A four-member theatre company sets up the situation and explains the social structure of the time, and then leaves the child-participants to sort it out. Children take on the tasks of apprentices in the 1770s, mill workers of the 1850s, piece-workers of the 1890s, and the problems of the Depression years. Reserve ahead to participate in the creative drama sessions: (617) 522-4800.

The second new exhibit (to June 30) is even more unusual—its subject is disabilities and handicaps. Children and their parents explore environments a physically or perceptually handicapped person might experience, and learn about the equipment and skills the disabled need to function successfully in society. The project was inspired in part by a new Massachusetts law, which requires the integration of handicapped children into regular schools.

The handicaps covered in the exhibit include visual, auditory, physical, and mental disabilities, as well as emotional disturbances and learning disabilities. Among other things, children have a chance to try a Braille machine and ride in a wheelchair.

The Children's Museum, on the Jamaicaway in Boston, is open Tuesday-Friday, 2 to 5, Saturday and Sunday, 10 to 5, and Friday nights, 6 to 9. Admission, $2 for adults. $1 for children.



In Boston, children of the past.

A put-up job



This book is for you," to quote the foreword of the *American Colonial Paper House to Cut Out and Color* (Scribners, $6.95) by Evaline Ness, "if you like to cut paper, paste, paint . . . and make your own world." The hand-some cardboard and paper world waiting to be made is a four-room Georgian house expertly designed down to the last candlestick. You cut out, color, and assemble all the furnishings (and put up the ready-made walls) of the parlor, kitchen, bedroom, and dining room. Hepplewhite chairs, a grandfather's clock, and period rugs are waiting for creative scissors. You can choose your own color schemes and decorative fillips. This is a wonderful project for all those who have a Ph.D. in paper dolls and want new horizons.

Horsing around

As a child, Anton Lignell was enchanted with an old rocking horse in the attic of a family home in Lubec, Maine. Now a skilled wood craftsman whose first specialty was the construction of harpsichords, Mr. Lignell has revived the forgotten art of carving hobby horses, and teaches two courses in the subject for the University of California Extension Service. Many pupils also come to his School of Toymaking in Berkeley. He has written a charming 15-page booklet entitled *The Art of Rocking Horse Carving* which, with a pattern drawn to exact scale, is available for $7.50. For $50, plus parcel post charges collect, he will send a rocking horse kit with each piece shaped but not carved, ready to glue and screw together. The three pieces which comprise the body, as well as the legs, head, and neck, are made of sugar pine, a soft, easily carved wood. Rockers and stretchers are cut from a hard wood. The kit also provides glass eyes, ears, fake fur for mane and tail, the necessary screws, and the booklet. The main tools required are a draw-knife (about $15) and a small pocket knife. (Lignell's booklet notes that a good mail-order source for all carving tools, as well as rocking-horse-sized sugar pine, is Woodcraft Supply Corp., 313 Montvale Ave., Woburn, Mass. 01801.) The finished animal is 4 feet long, rocker to rocker, 26 inches high at the head.

Mr. Lignell says that there are now 600 or 700 rocking horses in the San Francisco Bay area made from his kits, and no two are alike. Each maker puts the impress of his own imagination and personality in the flare of a nostril, the roundness of a shoulder, the cock of an ear. The horses can be stained, oiled, or painted in bright colors. You may decide to make one for a child or grandchild, and end up keeping it as a favorite piece of sculpture. To order, send check or money order to Anton Lignell, Berkeley School of Toymaking, 1643 Hopkins Street, Berkeley, Cal. 94707.

ELIZABETH RILEY





**Re-think your reading area.
End up with a library.**

Improving your home is lots of fun. But it calls for real help. It's all here at your Ethan Allen Gallery. Imaginative room settings to help you re-think your space. Interested Home Planners to help with your ideas. Beautifully styled furniture to make your dreams reality.



Ethan Allen thinks there's always room for improvement.

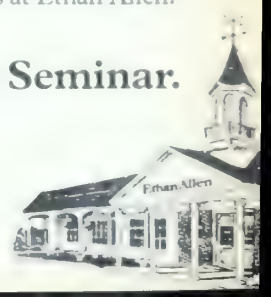




**Wake up this attic.
Turn it into that bedroom.**

But improving your home is often more than re-decorating. It's renovating attics, adding windows, breaking through walls. Makin important decisions. Wouldn't you like to talk to an expert? To find out what's involved in the improvements you want to make, and how to finance them. That's why so many of our Ethan Allen Galleries, together with House & Garden are holding a seminar this Spring. You'll see before and after slides, talk to architects, builders, bankers. And learn just how much room for improvement there is in your home. Before you pick up another paintbrush contact your nearest Ethan Allen Gallery.
You're never in doubt about your decisions at Ethan Allen.

**Come on over to our
Room for Improvement Seminar.
Ethan Allen Galleries**



Look us up in your Yellow Pages.

Big Red's a handy man to have around at Spring fix-up time.



Red Devil makes over a thousand things for fixing up the house. Brushes, rollers and pad painters. Wood scrapers and window scrapers. Glazing tools and glazing compound. Caulks and fillers. Masonry trowels and driveway cleaners. Concrete, mortar and gutter patches. To name just a few.

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So no matter what the job you have to do, look for Red Devil at your local home center, hardware or paint store, or wherever home fix-up products are sold. Big Red's a handy man to have around the house.



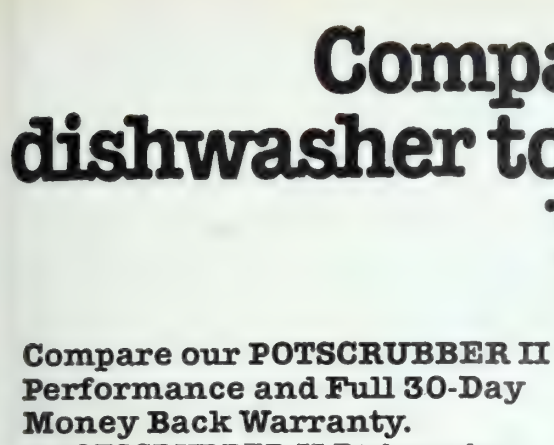
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Big Red.™ A handy man to have around the house

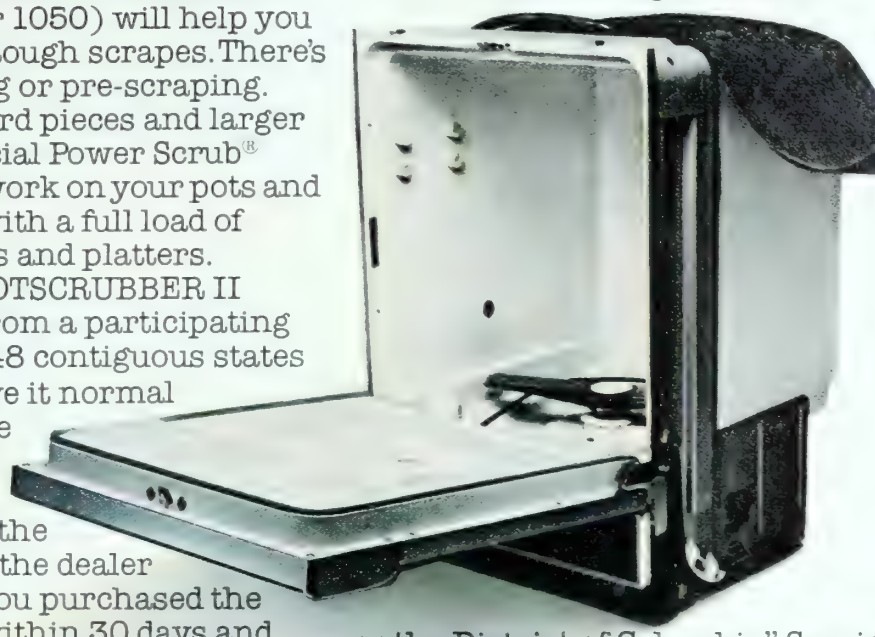
Compare the Potscrubber II® dishwasher to what you've been looking for. You be the judge.

Compare our POTSCRUBBER II Performance and Full 30-Day Money Back Warranty.
A POTSCRUBBER II Dishwasher (Model 950 or 1050) will help you out of a lot of tough scrapes. There's no pre-rinsing or pre-scraping. Just tip off hard pieces and larger scraps. A special Power Scrub® cycle goes to work on your pots and pans...even with a full load of glasses, dishes and platters.

Buy your POTSCRUBBER II dishwasher from a participating dealer in the 48 contiguous states or D.C. and give it normal care. If you are not completely satisfied (and you'll be the judge), notify the dealer from whom you purchased the dishwasher within 30 days and present your certificate. He will take it back and refund your money.



Compare our incredibly durable interior with its ten year tub plan.
In addition to the warranty you'll receive a service contract that says, "If the PermaTuf™ tub or door liner should fail to contain water due to manufacturing defects such as cracking, chipping, peeling or rusting within the nine (9)-year contract period (ending ten years from purchase date), General Electric will repair or replace the tub or door WITHOUT CHARGE for either PARTS or LABOR unless failure is due to misuse or abuse. This Service Contract applies to dishwashers with PermaTuf tub and door liner installed and retained for home use within the 48 contiguous states or the District of Columbia." Service provided by our Customer Care® Factory Service Organization...or by one of our franchised Customer Care Servicers.



Compare our spacious interior.
It's got a tub opening that's larger than most competitive models and none is larger. Even with all its roominess, it fits right into the space of your old one. And because you sometimes have very tall glasses to wash in the top rack or very large platters to wash in the bottom one, there's a Dial-a-Level® Rack which can be adjusted up and down.



Compare our sound insulation.
A POTSCRUBBER II Dishwasher is remarkably quiet, thanks to its glass fiber insulation on top, front, sides, back, door and bottom. It's by far the quietest dishwasher we've ever made.



Compare our service.
When you buy GE, you get Customer Care® Service, our pledge that wherever you go in the 48 contiguous states, you'll find a GE qualified serviceman nearby. Should you ever need one.

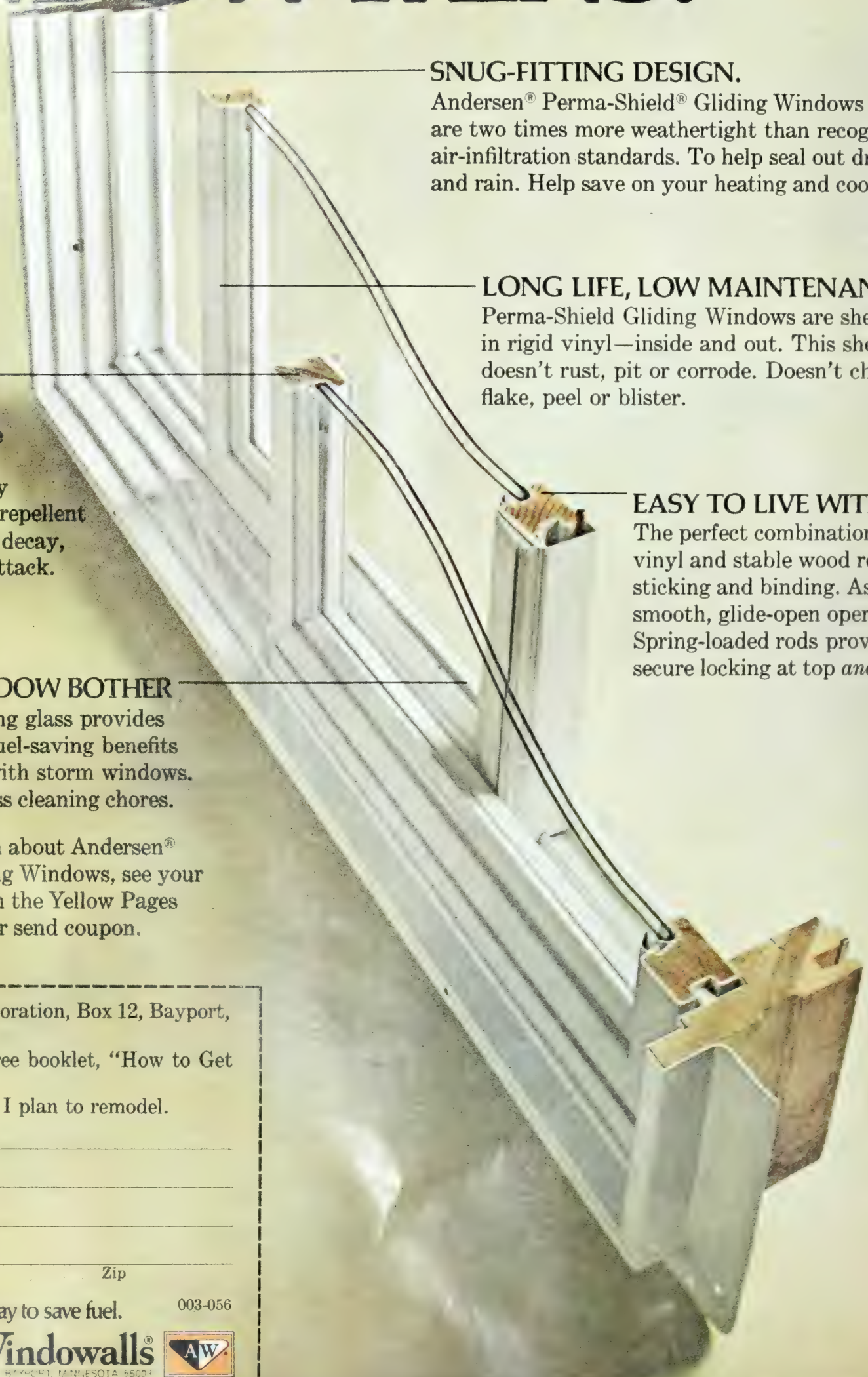


Compare our offer.
Buy a POTSCRUBBER II Dishwasher between March 29 and May 31, 1976, and get a **free $50 U.S. Savings Bond** directly from General Electric. They're both very sound investments.

GENERAL ELECTRIC

Andersen Perma-Shield®

THE END OF WINDOW PAINS.



SNUG-FITTING DESIGN.

Andersen® Perma-Shield® Gliding Windows are two times more weathertight than recognized air-infiltration standards. To help seal out drafts, dust and rain. Help save on your heating and cooling bills.

LONG LIFE, LOW MAINTENANCE.

Perma-Shield Gliding Windows are sheathed in rigid vinyl—inside and out. This sheath doesn't rust, pit or corrode. Doesn't chip, flake, peel or blister.

RESISTS DECAY, INSECTS.

Andersen's wood core (one of nature's best insulators) is specially treated with a water-repellent preservative. Resists decay, warping and insect attack.

EASY TO LIVE WITH.

The perfect combination of rigid vinyl and stable wood resists sticking and binding. Assures smooth, glide-open operation. Spring-loaded rods provide secure locking at top *and* bottom.

NO STORM WINDOW BOTHER

Double-pane insulating glass provides a major part of the fuel-saving benefits of single-pane glass with storm windows. And only half the glass cleaning chores.

For more information about Andersen® Perma-Shield® Gliding Windows, see your lumber dealer. He's in the Yellow Pages under "Windows." Or send coupon.

Mail to: Andersen Corporation, Box 12, Bayport, Minn. 55003.

Please send me your free booklet, "How to Get Good Windows."

☐ I plan to build. ☐ I plan to remodel.

Name

Address

City

State Zip

The beautiful, carefree way to save fuel. 003-056

Andersen® Windowalls®

BAYPORT, MINNESOTA 55003

THERE'S ROOM FOR IMPROVEMENT
SPECIAL BOOKLET OFFER

Many of the advertisers whose messages appear in the special home improvement section in this issue offer consumer booklets, catalogues, and portfolios filled with detailed information about their home improvement products. All of the attractive booklets shown and described below can help you plan your own home makeovers. Order them directly from House & Garden by filling in and sending the coupon at the bottom of this page. Orders will be filled as promptly as possible.

1. "FOCUS ON FLOORS" is a 16-page consumer guide to resilient flooring from the Congoleum Corporation. Includes facts on flooring construction and care; decorating ideas for kitchens, family rooms, children's rooms, halls; do-it-yourself tips; questions and answers about home decorating. 50¢



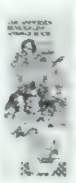
2. DISPOSALL FOOD WASTE DISPOSER INSTALLATION INSTRUCTIONS for replacing most existing disposers with a new General Electric disposer—assuming the existing installation is adequate from an electrical and plumbing standpoint—are outlined in this brochure. Each step is clearly explained, many with coordinating illustrations. General Electric Company.



3. UPSTAIRS, DOWNSTAIRS, all around the house is where you'll want to put Kirsch Accentware. Full-color brochure shows a variety of decorative bathroom accessories plus fine crafted hardware items that dress up other rooms too.



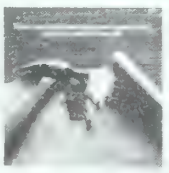
4. READY TO REMODEL? You'll find simple and accurate answers to important questions involving design, materials, contractors, financing, legal requirements, and more in this authoritative 22-page pamphlet from the Andersen Corporation. Before and after illustrations plus order card for more Andersen Answers included.



5. "THE ULTIMATE COOKING SYSTEM." Built-in and free-standing electric ranges from Jenn-Air feature exclusive built-in surface ventilation to vent smoke and odors outdoors, without a hood. New "convertible cooktop" models convert from range to char-flavor grill in seconds. 16-page color booklet describes the various models in detail; also shows line of convection and microwave ovens. The Jenn-Air Corporation.



6. "WHAT YOU SHOULD KNOW ABOUT ROOFING AND SIDING BEFORE YOU BUILD OR REMODEL"—32-page, full color booklet gives options for roofing and siding, describes the solid vinyl accessories that can make your home's exterior virtually maintenance-free. 8 color illustrations of how various architectural styles can be updated are also included. Bird & Son, 50¢



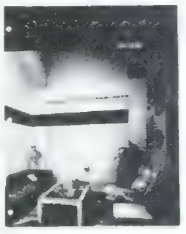
7. WANT TO PANEL YOUR BASEMENT . . . or any other room in your house? . . . "How To Panel A Room" folder will help you do it yourself. Folder gives 73 step-by-step instructions with coordinating illustrations. One important basic rule—use quality materials. Masonite Brand Paneling, Masonite Corporation.



8. HOME SECURITY GUIDE by Nutone. Contains 36 pages of basic information on how to keep homes safe from theft and fire. Facts about burglars, home burglar alarms, fires and home fire alarm systems are discussed in detail. A typical housewide Nutone Security Alarm System is outlined.



9. "WINDOW MAGIC"—a comprehensive guide to window treatments featuring the new tapeless Riviera Blinds. Full color pictures show how leading designers use these blinds. Special section explains how to customize blinds with appliques, painting, etc. Levolor Lorentzen. 50¢



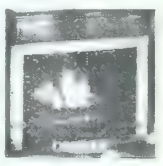
10. "GETTING BEAUTY AND VALUE FOR YOUR DECORATING DOLLARS" is a colorfully illustrated 96-page booklet crammed full of decorating ideas, shopping tips, and information on the care and use of fine furniture and decorating accessories. Ethan Allen Inc. 50¢



11. A TOUR OF AMERICA'S BATHS. A Glimpse of American lifestyles as expressed in beautiful bathrooms from New England to the Desert Southwest. Colorfully illustrated 40-page booklet P-835 offers planning and decorating ideas for bathrooms, powder rooms and kitchens. Assists with product selection, color coordinating ideas, building and remodeling plans. Kohler Co. 25¢



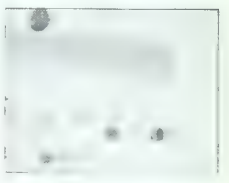
12. FIREPLACE IDEA KIT explains the styles and installation procedure for installing Heatilator brand fireplaces. Full-color planning folder explores model and location choices, chimney placement and component needs for woodburning, gas, or electric styles. 25¢



13. INSTRUCTIONS "For Safe Secure Ceiling Tile Installation" are given in illustrated pamphlet from the Arrow Fastener Co. A variety of staple guns, Arrow Ceiltile staples and the new "Piggy-Back" slip-on attachment are shown.



14. IF YOU REALIZE THE IMPORTANCE OF CLEAN COMFORTABLE AIR for your home and family, you'll want to read Honeywell's 16-page, full-color brochure "perfect climate starts here." Included are details on four important Honeywell systems; heating, cooling, humidity control and air cleaning. Convenience and cost factors are also discussed.



15. IT'S ALL IN THE FAMILY of kitchen appliances from Thermador. All the quality, convenience and elegance that makes cooking a breeze. 16-page, full color brochure gives information and specifications on the selection of Microwave oven models, plus Thermador self-cleaning ranges, ventilating hoods and accessories.



ORDER COUPON FOR "THERE'S ROOM FOR IMPROVEMENT" BOOKLETS, MAY 1976

Circle the number of each booklet you want, and enclose check, money order or currency in amount indicated for those requiring payment. Add 50¢ for postage and handling. No stamps. Allow up to four weeks for delivery.

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MAKE A NIGHT OF IT. WAMSUTTA.
"Dakotah Prairie" by Wamsutta. Sheets in a no-iron blend of 50% Fortrel/ 50% cotton. Plain or ruffled pillowcases, comforters, dust ruffles and luxurious cotton towels to match. From Dakotah Handcrafts, exclusively for Wamsutta.
Wamsutta
Wamsutta Mills (a division of M. Lowenstein & Sons, Inc.) 111 W. 40 St., N.Y.C. 10018

House & Garden,
May, 1976

Living is mostly a personal matter. It's up to you how you shape your life, what goes into it, what you get out of it, what you give.

Creating something new at home, reading a book or listening to music, meshing well with friends, traveling—these are encounters that make us grow, that fill out the contours of our lives. "Life," Nathaniel Hawthorne said, "is made up of marble and mud." As time goes on, we go on building—adding an experience, an insight, a pleasure—and deepening our appreciation of life.

There is no limit to our capacity to grow. And a life, lived to the utmost, is our finest creation—our most personal work of art.

so let it grow!

The dynam

G



cs of personal rowth



By Linda Wolfe

Does psychological growth continue during adulthood or are our life courses fixed, determined by a handful of crucial childhood years? I first began thinking hard about this question in 1972 when, in the course of my work as a behavioral reporter, I covered a meeting of a distinguished psychological research organization, the Life History Society, and witnessed an astonishing event.

Psychologists and psychiatrists are cool people, cautious about overpraising their peers, careful and measured in their responses. But at that meeting the assembled researchers seemed, down to the last man and woman, to be overwhelmed with admiration for a report given by one of their members, Dr. Daniel Levinson, professor of psychiatry at Yale, who spoke for a mere 45 minutes or so on his research into the then barely named phenomenon, the midlife crisis.

Levinson had studied a group of men in their late thirties and early forties and had found a remarkable pattern: No matter whether his subjects were having difficulties in their careers or were riding high, were receiving professional slights or high-paying promotions, they felt psychologically struck down when they entered the late-thirties to early-forties period. They became wavering where they had been firm, became frightened where they had been bold. The men he had studied (forty in all, interviewed in detail over a span of several years) came from a variety of economic backgrounds—some were blue-collar workers, some were white collar, some were scientists, and some were writers. But regardless of their class or profession, and even of their personalities, Levinson discovered that into each of these men's lives, some time in the middle years, there was an identifiable and perhaps even predictable time of trouble—the midlife crisis, a painful growth period from which no man or woman is immune.

The response given by his colleagues was immediate and intense. Dr. Joseph Zubin, then a major research director at Columbia University's Psychiatric Institute, stood up and said, "I feel you have just given my biography," and seventy-nine-year-old Dr. Henry Murray, deviser of the widely used Thematic Apperception Test, said, "I had a midlife crisis when I heard you speak. Is it retrogression? To be so pleased to hear your golden words?"

The reason for the enthusiasm was simple. For years psychology had concentrated on childhood and adolescence. Most of us who follow the field had the impression that we were being told by researchers that whatever happened to a person in his or her early formative years (some even went so far as to say the first three years of life, or even the first two), laid a groundwork, a barrier so impassable, that the rest of life was but its shadow, a constant repetition and reiteration.

Common sense and life experience seemed to indicate the opposite. All of us know individuals whose happy, easy childhoods should have served, were the psychological theories correct, to inure those people forever from the kinds of life tragedies they later experienced: the divorces, career casualties, psychological depressions, and failures of nerve. And, conversely, all of us know people who, starting life with dreadful memories of childhood, perhaps as orphans or refugees, nevertheless manage to ride out life's storms and land on islands of contentment. Yet most psychologists gave little thought to adulthood. As Levinson says, "We act as if we believe that if you know the really important things that happened in a man's childhood, the rest of his life will be more or less predictable, which of course it isn't. Psychologists speak as if development goes on to age six, or perhaps eighteen. Then there's a *(Continued on page 138)*

"We unfold and grow; we have fallow periods and seasons of sudden change; we are not the same today as we were yesterday; and we will have gone, before we age, through at least three or four different growth periods."

PENN

BARRY MCKINLEY

Whatever creates a disinterested curiosity...or an appreciation of beauty, enlarges the mind and causes it to expand by its own free inward impulse.

Alfred North Whitehead



We must not attempt to live outside the world, which is given us, but we must somehow learn how to transform it and transfigure it.

Aldous Huxley

Four-story house wrapped around a four-story fountain and garden designed by Rodolfo Machado and Jorge Silvetti.



Leda Natkin with her violin, p. 102

All you need at first is to hear music. And to find out what you like. Then you will want to learn about its structure and the various forms and the different ways of playing it.

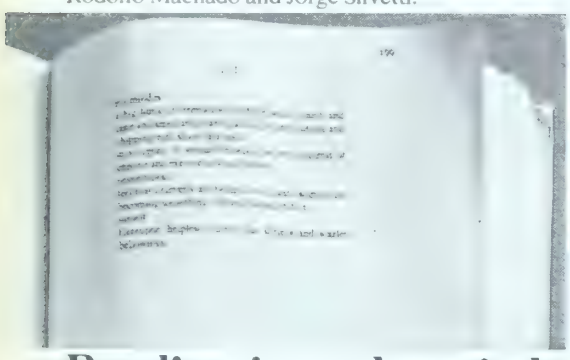
T.S. Eliot



...the essential spring of all growth is within you. All that you can get from without is some food, material or spiritual, with which to build...

Alfred North Whitehead

Mother and child by an anonymous artist of the South Pacific. Museum Volkerkinde, Basel.



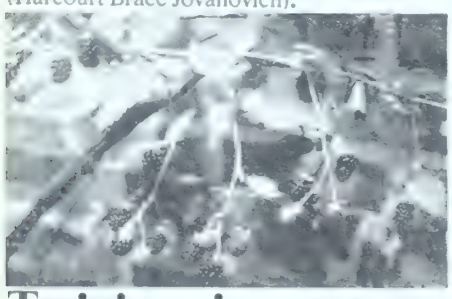
Reading is to the mind what exercise is to the body. **Sir Richard Steele**

E.E. Cummings. *Complete Poems 1913-1962.* (Harcourt Brace Jovanovich).



I like my friends around me all the time. They help me blossom.

Zandra Rhodes, p. 122



Training is everything....cauliflower is nothing but cabbage with a college education. **Mark Twain**

Blackberries in the Zimmerman's garden, p. 104



Living is a series of choices between having what you can afford and waiting for what you really want. The house grows along with our needs and, like all good things, is worth waiting for.

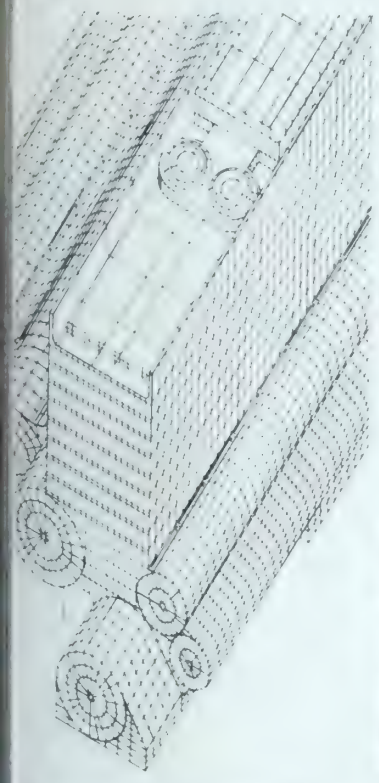
Judy and Robert Natkin, p. 97



.a thing created
loved
efore it exists.

G. K. Chesterton

l lacquer writing table made for
is XV. Purchase, 1963. Funds
n by Mr. and Mrs. Charles
ightsman. The Metropolitan
seum of Art.



n vain we build
e world, unless
he builder also
ows.

Edwin Markham

erly Hills Plaza designed by
niel, Mann, Johnson, & Menden-
: hotel, stores, restaurants in
lass and aluminum membrane.



ne subject mat-
r of art is life,
e as it actually
but the func-
on of art is to
ake life better.

George Santayana

program on a long-playing disc,
player that connects to your TV.
otype, RCA "SelectaVision"
oDisc System.

Art springs so completely from the heart of man that it makes everything speak to him in his own language...

George Santayana

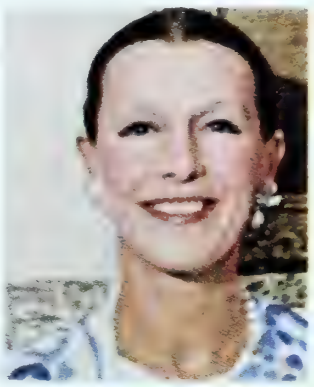
Detail from *La desserte rouge* by Henri Matisse. 1908. Oil. Hermitage Museum, Leningrad, Shchukin Collection.



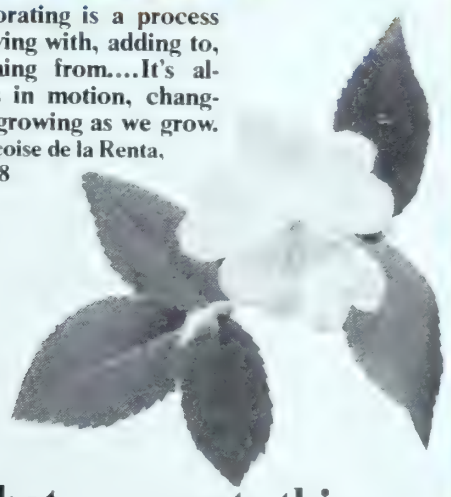
Sand dunes in Death Valley. BURT GLINN

We must continually be on our watch to enlarge our consciousness.

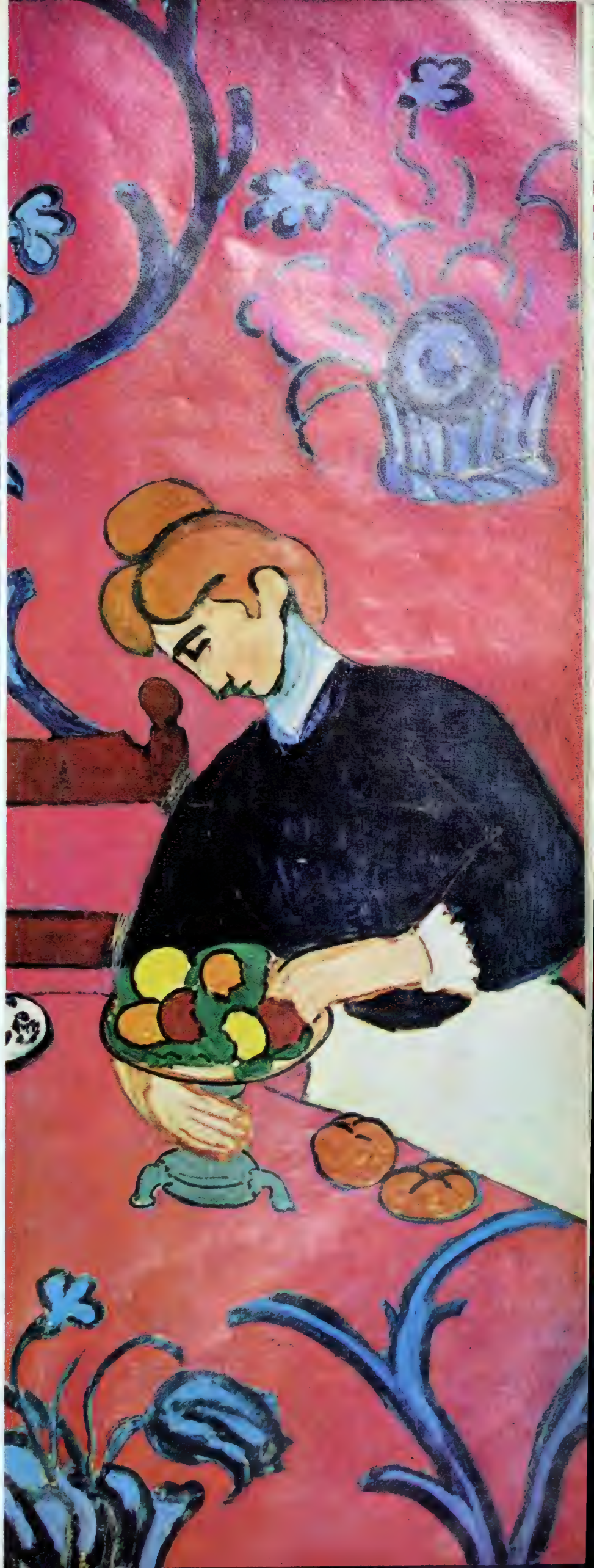
Aldous Huxley



Decorating is a process of living with, adding to, learning from....It's always in motion, changing, growing as we grow. Françoise de la Renta, p. 128



What a great thing tone and color are. And if someone doesn't learn to have a feeling for them, how far from real life he stands



HERMITAGE MUSEUM, LENINGRAD

The bat



"Any country that can build like this, and that has developed the sensitivities to past and present and a sympathetic awareness of identity and place can't be all bad"

tle for the future

"We are developing a kind of social, cultural and esthetic consciousness unparalleled in history, based on a growing knowledge of the nature, effects and components of the built world."

by Ada Louise Huxtable

EDITOR'S NOTE: *Ada Louise Huxtable, a Pulitzer Prize winner, celebrated architecture critic and member of the Editorial Board of The New York Times, conducts an onward, ceaseless enquiry into the contemporary urban condition. In this penetrating essay, the introduction to her new book* Kicked a Building Lately? *(Quadrangle/The New York Times Book Co.,) published this month, she applauds the rising level of architectural design across the country. She notes some "brilliant exercises" in urbanism, for example in Minneapolis and Atlanta, which point toward a new vitality. "Although we may be living in an uncertain time," she adds, "I would not swap it for any other."*

.we are setting higher ndards for the form and ality of cities and the nd of life they produce"

Solving the city's problem is a paper game. Status quo, or more of the same, is the only political reality. Theories work on paper and get all bawled up in practice—perhaps the definitive comment on our times. Nothing is defined, nothing is finished, nothing is solved. But, then, nothing ever is. History, after all, is a continuing state of flux. And Utopia is a recurring nightmare.

I prefer the nightmare of reality. In fact, I have developed a certain attachment to it. Reality, as I write this, is New York in extremis, still approaching bankruptcy, a situation that may or may not have changed radically when this essay appears. What will not have changed is the new and awful necessity that increasing city, state, and even federal financing problems are pressing upon us: the reexamination of our social and democratic doctrines and our system of government to find out how to make the world we believe in work, or whether that world is irrevocably lost.

Right now, with default in the air, garbage in the streets, and New Yorkers not knowing where their next 50-cent carfare is coming from, the situation is desperate indeed. The question seems to be whether there is going to be a New York at all, and refinements on that particular theme in terms of the environmental quality of the holocaust appear foolishly beside the point. First things first, like existence. Others can wait, like a city worth living in. That is considered a frivolity under the circumstances, something in the luxury category.

And yet the city, close to failure and facing depression-level stringencies and deprivations, has never seemed richer. Layers of ground-in soil and vintage litter dim its luster, but New York is like impoverished aristocracy—shabbily elegant to the end. Not at City Hall, where the tragedy is enacted like comedy by bit players, but in the still-beautiful side streets of the East Sixties with their intimate, throwaway palaces, in the maze of Lower Manhattan with its drop-dead skyscrapers, in the superb shops and boutiques which prosper in direct relationship to their stratospheric prices, in the creative electricity that poverty does not seem to touch. If this is catastrophe, it comes with class.

It is an irony that apocalypse coincides with a triumph for environmental values, which now seem emblazoned on everyone's consciousness—at a time when no one can afford to do much about them. Outside of New York, where the money crunch is bad but has not yet reached the bottom line, a great deal of attention is being paid to those preoccupations of place, from far-ranging, critical court decisions on whether a city can control its growth and the quality of its destiny (Petaluma, Cal.) to a record amount of creative preservation of a once undervalued and marvelously motley heritage.

Let me say that the satisfactions of the urban critic's job are few, but they are monumental. If some of these opinions seem mellower, if the tone seems a little less desperate, if the thread is no longer a sustained wail, it is not because there are any fewer battles to be fought; it is because they are taking place on different ground. The situation has changed. The campaigns are now being waged with the backing of an unprecedented public commitment and a vastly increased public knowledge. It is proving difficult for even an unenlightened political leadership to retreat on the environment.

"The truth is somewhere between art for art's sake and art for society's sake"

What has happened is that there is a far more sophisticated sense of architecture and a deeper response to the built world today than ever before in history. And this comprehension is developing an almost universal constituency. The voice-in-the-wilderness role has passed. In these years, a kind of wisdom has emerged. People have learned to see and feel the city; they are consciously involved in the technology and esthetics and human effects of its buildings, spaces, and styles. These considerations have become—true test of relevance—political issues.

We have been through the total rejection of the freestanding monument as irrelevant to society; we have survived the pendulum swing to advocacy architecture which set social needs as the sole criterion of practice. The truth is somewhere between art for art's sake and art for society's sake; but art is the eternal constant. We are finally beginning to understand its true role.

We know now that the art of architecture is extremely sensitive, sophisticated, and complex; that is the art of solitude and of the total city; of esthetic absolutes and urban synthesis; that both body and soul must be satisfied. We are only beginning to understand why, and how. But we are setting higher standards for the form and quality of cities and the kind of life that they produce. The challenge, even without an uncooperative economy, is staggering.

This is actually a period of transition between knowledge and practice, comprehension and effect, and these writings reflect that state of the world and the art. It would have been tempting to weigh the score with small triumphs—there is really a rather remarkable list—but that would be misleading in the face of the dimensions of the problems that remain. We are dealing with a large victory of attitude and perception laced with a lot of small defeats.

On the plus side, there has been a near-total reversal of attitudes toward the past. Preservation, the woolly, sentimental cause of those little old ladies in tennis shoes, is now endorsed by astute developers everywhere in an avalanche of imaginative recycling of old structures of diversity and dignity. This is being done with taste, wit, educated judgment, and a firm grasp of such esoterica as historical and cultural relevance and urban variety and enrich-

"We are dealing with a large victory of attitude and perception laced with a lot of small defeats"

Continued on page 213

Ada Louise Huxtable, far left. *The Pennzoil Building in Houston, Texas,* near left, *by Philip Johnson and John Burgee, with its mirror glass towers characterizes new urban visual and conceptual excitement.*

The house that keeps on growing

irst it sprouted a
ig new studio and
allery for its
rtist-owners, then
new living room
nd kitchen for the
amily. And it's
ot through yet!

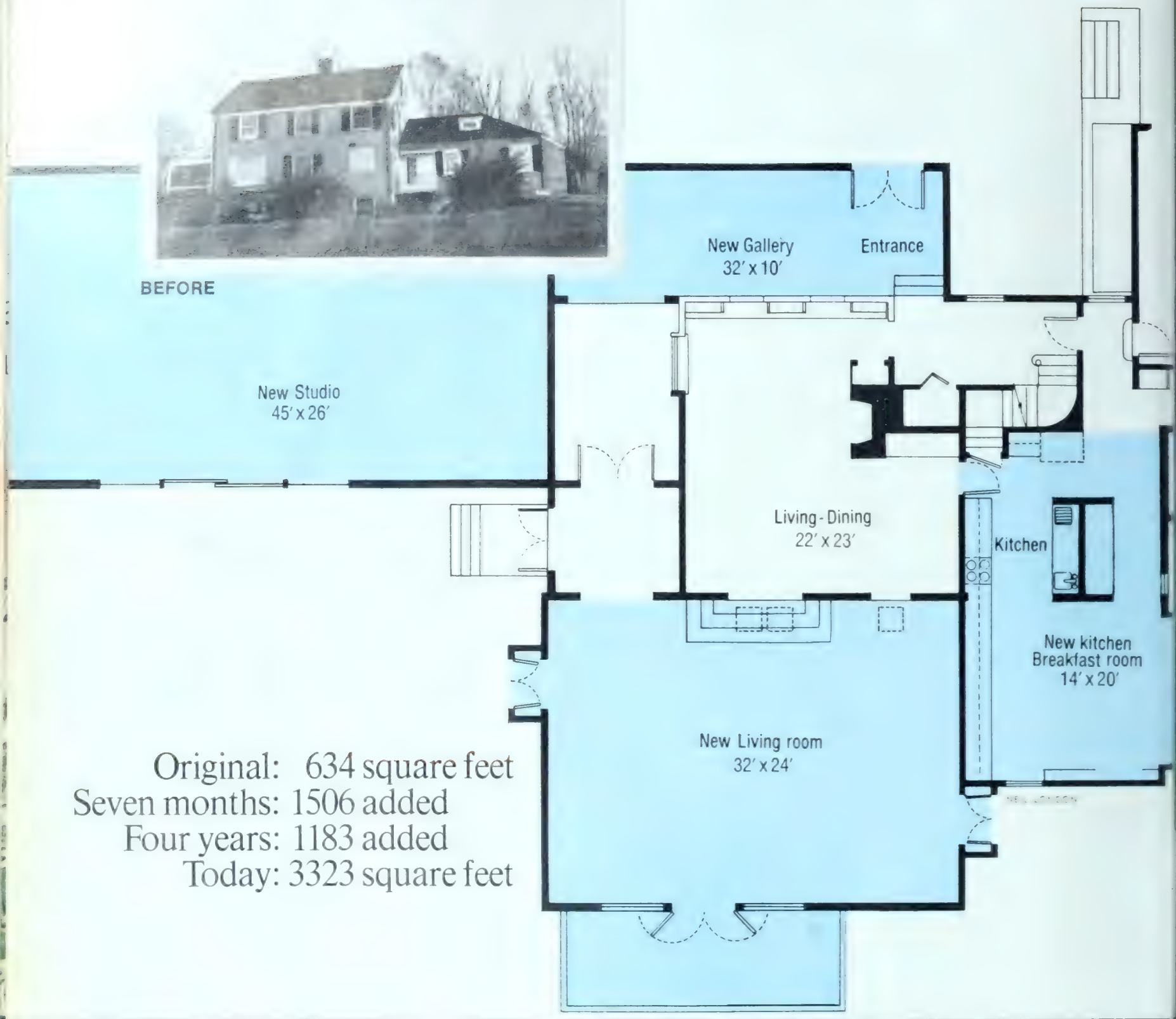


Let it grow!

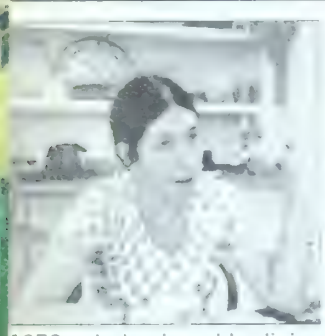
Robert and Judy Natkin, *above*, artists who live for the joy of their family and their art, added the new living room, *left*, for their pictures to live in too. "Paintings need a natural environment," says Mr. Natkin, whose "Apollo" series painting hangs on the left wall. "They need to be a part of living. Beside the 18th-century Chippendale doctor 's cabinet, a painting by Dolnick, Mrs. Natkin's professional name. The room is tile-paved, skylit, airy as an atrium and nearly as leafy. And it's only one chapter in the story of this remarkable couple, their children, their house, and how they grow.

ne house that eeps on growing

BEFORE



Original: 634 square feet
Seven months: 1506 added
Four years: 1183 added
Today: 3323 square feet



1972: Judy in old dining room; first hints of majolica.

At the end of a long dirt drive posted "Doggie Hollow" stands a house that's part old, part new, and still in progress. The door is opened by Judy Natkin, artist (her professional name is Dolnick), smiling across a sea of huge dogs of varying hue and shagginess. Her husband, artist Robert Natkin, joins her, wearing coveralls that appear to be made of paint. "We are always in progress, too," they say, having experienced life as starving artists in Chicago and successful ones in New York. "Living is a series of choices between having what you can afford and waiting for what you really want."



1968: Bob painting in New York dining room.

The old second story rises above an almost complete enclosure of added wings, *above*. The studio joins at the left, its sliding doors opening onto 5 acres of field and woods. The right wing is the new living room with its small suspended deck. Door at center leads to little solarium for Mrs. Natkin's plant-family. Although the old living-dining room is surrounded by new additions, it still sees the light: Windows open between rooms, others overlook a tiny open court. "Eventually we'll have another studio, to complete the U-shape."

When the time came for the Natkins and their children, Joshua, sixteen and Leda, thirteen, to move to the country, they asked their friend, architect Paul Campagna, to design a house for them. "He convinced us that we couldn't afford to build the house we wanted, and advised us to get a small house on a piece of land we loved, and add on from there. It was good advice: The house grows along with our needs, and each addition, like all good things, is worth waiting for."



Maude, "Doggie Hollow's" first, lounging on the drive.



1963: Bob with Leda, at age one, New York.



Garage, which is to be redone, with a bedroom wing above it.

The original house, see plan, *above*, consisted of a living-dining room that also served as artists' studio, a tiny kitchen, a small room and bath near the garage, and upstairs, three miniscule bedrooms and a bathroom through which you go to reach the attic steps. First additions: the big studio and entrance gallery. Four years later: new living room, breakfast room. Changes to original house: doors became floor-length windows; a picture window, *above*, became doorway to new living room.

The house that keeps on growing



Margaret relaxing in the old entrance hall, now tile-paved



Breuer chairs, and $2-bentwoods with Natkin-painted seats



Living-room table, inspired by Mr. Natkin's green painting



Majolica-filled mantel above fireplace Mr. Natkin painted



As soon as the house was bought (and the first dog, Maude, a black Lab "with a knack for standing where it's convenient to trip over her"), work began on the new studio, opposite page, and the entrance hall, following page, a long slate-floored, skylit room that's an art gallery as well. The old front door became a door-length window; old windows that once looked from living room to front lawn now open panelessly between the



1970: *Above,* studio under construction; *below:* Joshua and Leda, four and two.





Robert Natkin, twenty-six, in Chicago

"Matisse said decorations can be high art, and we think he was right." In hall, *top left,* a majolica umbrella stand. *Top right:* New dining room. *Lower left:* Living-room furniture by friends: David Easton's Ultrasuede chairs; Michael la Rocca linen table. Leather sofa, chairs by Mies van der Rohe. Above 18th-century painted chest, painting by Michael Dillon. *Lower right:* Old dining L now a sitting area; rug, chair pillows by Beverly Dieringer.





968: On a rooftop in Paris uring first European trip.

gallery and what is now the dining room, opposite page, top right. Four years later, the Natkins replaced all the old parquet floors with glazed American quarry tiles. As the house grew, so grew their collections, beginning with an exceptional one of English majolica pottery.

enough for us to afford. We put a few he mantel. Then everything went we came to, there was majolica all over



1969: Bob and Judy in their New York apartment.



Leda, five, her first year of violin lessons.

"It was cheap pieces across black. When the house."

"We literally outgrew our old work space." *Above:* The Natkins work and relax in the new studio, big enough to hold Mr. Natkin's 64-foot "Apollo" series mural. Mrs. Natkin works flat, so they don't compete. Mr. Natkin works with brush, sponge, rags: "I paint with texture, as 18th-century craftsmen did furniture. Their art was a natural part of their lives." His work is at the Emmerich Gallery in New York, hers at Poindexter. Both will have fall shows.

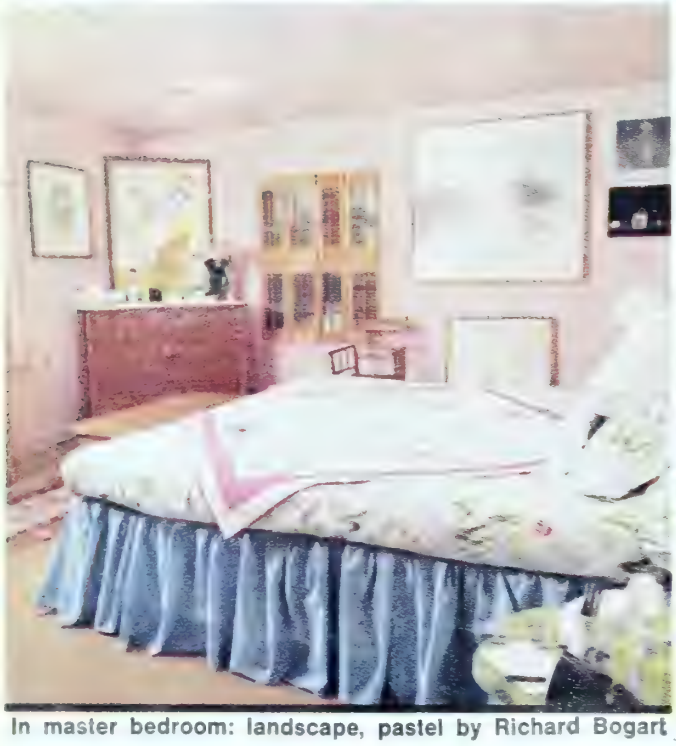
The house that keeps on growing



New work island that replaced tiny kitchen, tinier hallway



On wall behind island, a round painting by Mrs. Natkin



In master bedroom: landscape, pastel by Richard Bogart



From gallery, the old front windows look into dining room



If studio, entrance gallery, and living room were built for the artist-Natkins, it was for the family-Natkins that the kitchen was enlarged. "The old was so ugly I hid it entirely with baskets," says Mrs. Natkin, "and it was just big enough for one lonely cook and as many dogs as could squeeze themselves in." (By this time the family had grown to include Mollie, a springer spaniel, and Margaret, "sort of a sheep dog.") The old became the cook-center of the new, which was expanded to include



Baxter Laboratories, where Mr. Natkin's huge, 64-foot mural now hangs.



1971: Judy at opening of her show in California.

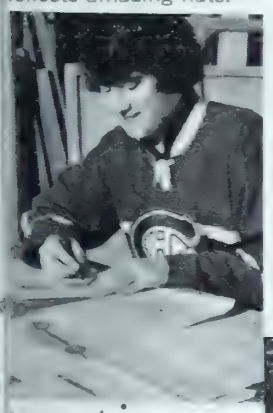
Robert Natkin

Catalogue of Natkin show at Emmerich Gallery, New York

Because the kitchen wall was a main house support, the new island structure had to reach the ceiling—space was filled with cabinets by designer Edward Cole. Island holds sink, chop block, dishwasher. *Lower left:* in master bedroom, night stan covered with glued-on dishrag from a dime store in Italy. Leda painted black-ground still life at twelve. *Lower right:* new entrance gallery, lined and stacked with Natkin and Dolnicks.

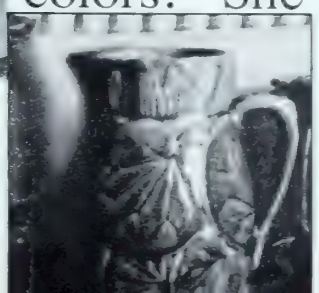
TABLE

oshua, who draws cars, collects amazing hats.



continues
horizons.
same:

a family room, opposite page. "Country living has made our painting grow as much as anything," says Mr. Natkin. "Mine used to be all bright colors. Now they're muted browns, grays, greens. I asked my wife: 'Where am I getting these colors?' She said: 'Just look out the window.'" The house to change and so do their But one thing remains the "Our faith in one another"



A Natkin treasure: one of their old majolica pitchers.



1976: the Natkins today, two artists in their new two-cook kitchen.

The new kitchen addition, *above*, is the family's most popular gathering spot. The "family" includes the Natkins' two assistants: artist Michael Dillon ("also a terrific cook") and Jeffrey Cook ("who started us on our Indian collection before we started him painting"). Majolica shares shelf space with 1750 Whieldon. Above bay window, a painting from his "Apollo" series. *Above center:* Leda fiddling in the gallery, which she adopted as her music room.

FOR OTHER PAINTINGS IN THE NATKIN HOUSE, SEE PAGE 217.

backyard fruit farm

...iety of
...ormer big garden
now in a small
suburban plot.
The trick:
precision planting
and pruning

Let it grow!

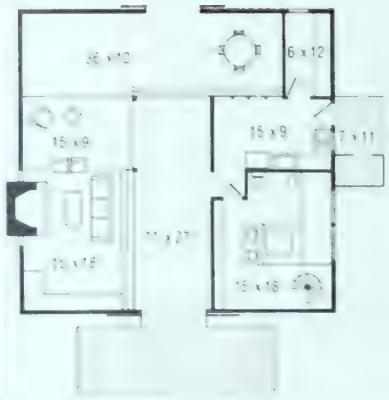
"We wanted to garden again, we *had* to garden again," Mrs. Zimmerman says. They had sold their big house after the children were grown, moved into an apartment, but after a year changed their minds and moved to a house in a Philadelphia suburb. The lot was not big, had a cement walk and swimming pool in the sunniest spot, and a brick wall on two sides, dating from days when the land was part of an estate. In three years the Zimmermans have squeezed in 18 fruit trees and 50 berry bushes.

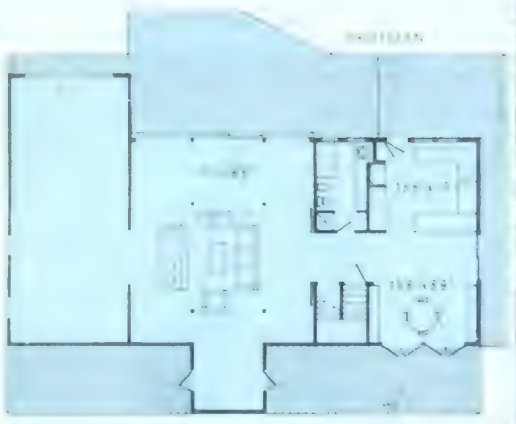
The huge room, *left*, is the core of the original barn. The heart of the house, the massive fireplace, is the Heimann's contribution. Furniture migrated with them from their first barn. Paintings, here by Douglas Field, are newcomers, and may change from time to time. Cosmos, *far left*, has his own barn. Mr. Heimann, *above*, a photographer, enjoys using his acquired skill with cement; Mrs. Heimann, enjoys golden retriever puppies.

A talent for barns

#1 barn





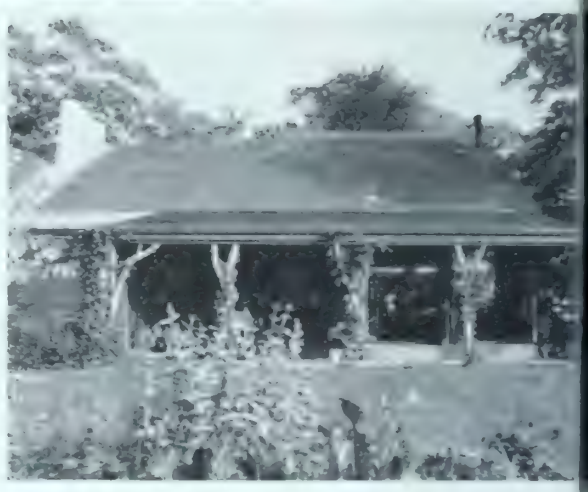




#2 barn

More buildings: 3 sizes of barn
More land: 5 acres
More space: 3,261 square feet

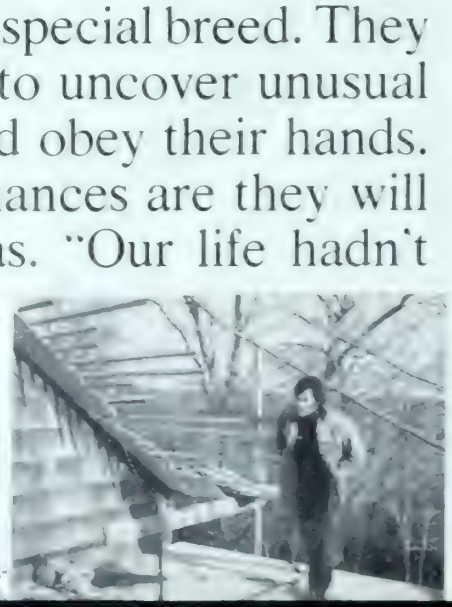






The first barn had two lofts but not quite enough privacy.

People who rebuild barns may be a special breed. They like to take space and remold it, to uncover unusual shapes, to make plaster and wood obey their hands. But once the work is finished, chances are they will be restless. Richard Heimann was. "Our life hadn't changed much," he says, "but when I finished the first barn, I was just beginning to know what I *really* needed": More animals and plants, more privacy, and more places to share. So: a second barn.



The new barn roof, "and me, look-

"The first thing I d
says Mr. Heimann
"was put the cupo
top of the stable b
=2 above. Then it
house barn, beh n
sprouted wings, a
kitchen and dining
room to the right.
a front porch, abo
overlooking fields
and the gardens
important to Mrs.
Heimann. A bedro
wing (still in progr
was built to left. A
basement was duc
under the barn, wl
in spite of "Winch
(a railroad station
on porch is knowr
as "The Barn." Sl
are shade for hors



Mr. Heimann helped build the massive fireplace.

The first barn, says Mr. Heimann, was a delightful place to live. This is an environment. He designed from the inside out, starting with a big square of the existing barn. "You *can't* have a square," he insists. A freestanding fireplace that made rectangles radiates from all sides, and the chimneys, providing all heat. There is a furnace—"one day we'll hook it up," they say.





Mrs. Heimann manages the animals—3 dogs, 2 horses, 10 cats. Five acres of land provide space for them to run. "Once I looked out," she says, "and

As the firepace was built, exterior walls were stripped away to reveal the eccentric lines and angles of old beams, and replaced with Thermopane. Plants thrive in the light. Furniture, art, and odd, loved things like wagon-wheel hubs and antlers—"I pick them up when I travel. I love the lines"—were at home in old barn, have adjusted easily. In foreground, a wood sculpture by Hans Hokanson. Bumper pool table, *inset*, is constantly used. Door at right leads to



The deck, spread between barn and a fringe of woods



Dining room opens to porch; country furniture and bricks



Open kitchen is within conversing distance of living room



Front porch has real trees as posts, real greenery as shade





The first barn was also hospitable, but less sheltered. Dogs now have their own big doghouse, *below.*



"We like the responsibility, the joy that sharing your life with animals brings." Molly, the golden retriever, shares a new doghouse with Katie and Uncle Abner, her offspring. Three cats shared the first barn; ten share the second—and have responsibilities of their own in stable where Cosmos and Butterwheat, the horses, have a home. Life with friends and neighbors also seems more relaxed. Farm animals? "We're talking about it"



First kitchen was workable, but

"We're very priva
people, but we've
always liked frie
around," says M
Heimann. For be
communication,
party sharing, th
kitchen is bigger
more open to the
of the house. "I
counted once," s
says. "Fifteen pe
were leaning on
counters, just tal
Big parties are s
in the stable, wh
huge trestle tabl
accommodate tw
guests, and grill
steaks can simpl
slapped down or
washed wood su

BEADLE

The Heimanns' idea of private space has changed, too. Their bedroom in the first barn, an open loft, was only a bedroom—nothing there but a bed. The new bedroom is off on its own, with a door, and it is really a small sitting room—"my winter place," says Mrs. Heimann. A table for intimate meals, a sofa for reading, a fireplace and storage for lots of wood (no cold-night trips outside). A ceiling with asymmetrical angles, to sift sunlight or moonlight. "When I'm here alone," says Mrs. Heimann, "It's all the room I need"



Chrome bed was designed for old barn.

The barn, in the tradition of barns, works with nature, not against it. Ceilings are heavily insulated to keep temperature where it belongs, inside or out, even in the living room, where insulation had to be put under the shingles, to keep ceiling open to the old wood. Trees shade the windows in summer. And light washes everywhere. There are forty-one plants thriving in the bedroom. Full screens allow a wide-open wall in the summertime.

RE-MODELING

5 CASE HISTORIES



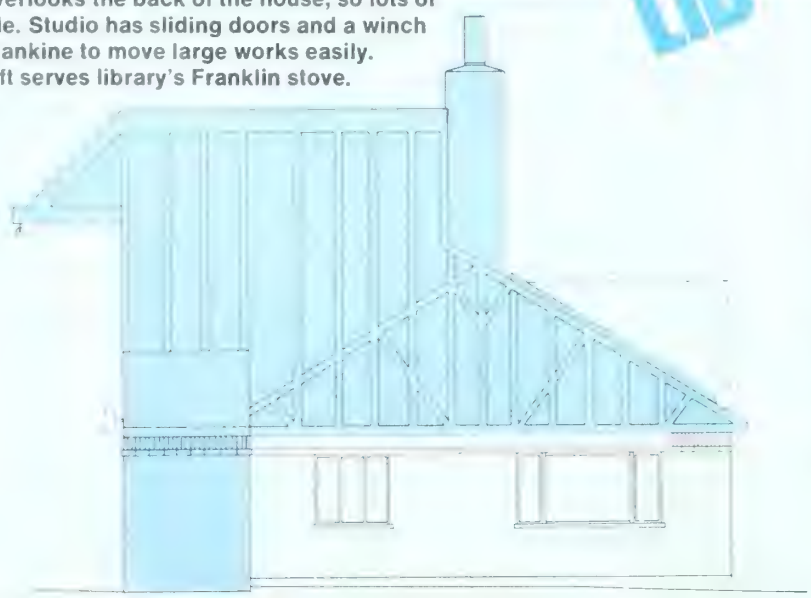
Before

Before, a furnace room/laundry room/ pantry, and one tiny bedroom. After, a new living room. Before, upstairs, an attic. After, a studio, library, and a stairway instead of a ladder from downstairs. A bigger master bedroom downstairs, and a bigger kitchen.



LIFT THE LID

No neighbor overlooks the back of the house, so lots of glass is possible. Studio has sliding doors and a winch to allow Miss Rankine to move large works easily. Stovepipe at left serves library's Franklin stove.



If you like the neighborhood and the site but space has become impossible and the style of the house is well, old—maybe you don't have to move. Maybe you can turn your old house into a new one right there.



After

Front of house shows new clerestory windows. Above remaining gable (*right* or *left* in top picture), new roof slopes sharply toward back of house.

ROBERT LAUTMAN



From studio window, Miss Rankine can see the patch of woods saved by the lift-the-lid remodeling. Franklin stove lends cheer and heats water for tea when she is working. Opening at left overlooks dining room. For privacy, it has its own door. Lighting is on tracks, daylight comes from both north and south. Works on walls are hers.

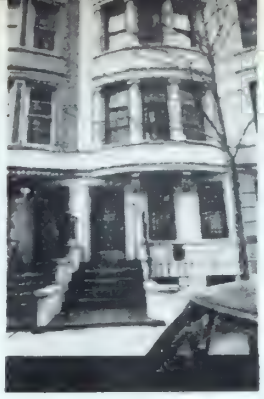
TAKING OFF THE ROOF FOR MORE LIGHT AND SPACE

A rather small older house in a part of the city where quiet streets wind through a pleasant neighborhood. An artist, a lawyer, a new marriage—and new needs. Did they move? No.

hey took off the roof. "At first," ays architect Hugh Newell Jacobsen, "it seemed as if the only way o get light and space—both essential to an artist—would be to chop own a perfectly beautiful grove of rge spruces and dig into a terific ivy bank to enlarge the house. By taking the roof off instead, she ot a studio, he got a library, and he back wall only had to be moved ut 4 feet." The character of the ouse changed entirely. From a lark 1940s Tudor, it turned into n opened-up and airy place to pend the 1970s. A decorative ormer *(left* in the "before" picure) was sliced off and the new hed roof sloped up to a new lerestory (see the section drawing, *eft, below).* Tudor trimmings—ake beams and stucco—were coninued up to the line of the new oof ("After," *left*) and painted white, "a study in texture," says Mr. acobsen. Front windows became sliding doors and a new terrace put n. Back windows now seem almost endless. The house is white, inside nd out, a bright background against which V.V. Rankine, who's with the Betty Parsons Gallery in New York, can display her own work and the work of other artists.

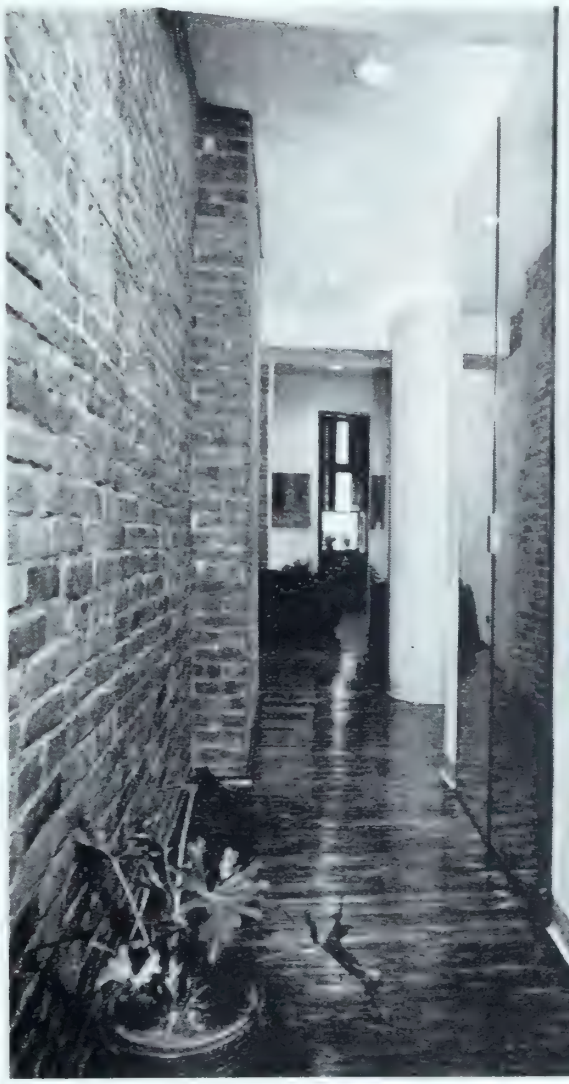


lew dining room was once the iving room. The ceiling was raised nd tilted to follow the line of the oof, and a long finger of skylight vas let into it. New stairs are just risible through the door to the entrance hall. New living room is o the left. The thin oblong on the ireplace wall between the two rooms is by Daniel Brush. A painting by Stamos hangs over the iving room sofa, one by Sam Gilliam is next to the entry door.



NEW STAIRS, NEW ROOMS FOR EVERYBODY

To hang on to personal privacy in New York City is not easy. If you can find a brownstone town house, sometimes it is possible. The house is 17 feet wide, very deep, and it had been used (and abused) for more than fifty years. Still, two-and-a-half floors out of five make it possible for everyone in a family of four to have his own room, even when both adults work at home. The first step in the remodeling was demolition. Walls were torn out and bricks uncovered while architect Ming Wang designed the new interior. "I tried to open up the space," she says, "to give a feeling of the height and the depth and the texture." Because the rather grand stairway through the center of the house was wider than usual, the biggest problem was how to fit another stairway to connect the floors of the apartment inside. Curving walls, mirrors, and concealed lights helped, and once the stair was in, family members established personal areas naturally.





After



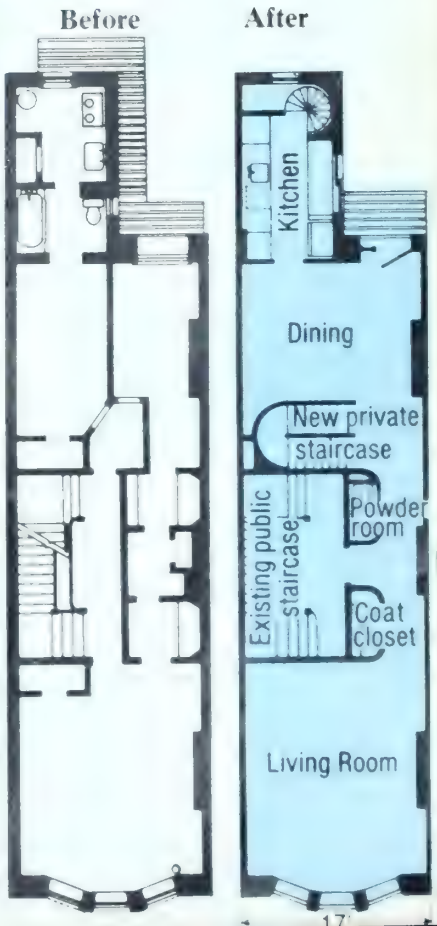
LIGHT UP THE CENTER

TOM YEE



Son and father—who said at first he "didn't want to lift a finger" but who got involved—did a lot of the work themselves. Daughter "was long-suffering." Meantime, during the three years of remodeling, the mother wrote three books.

Town houses built in the 1920s, later converted to rooming houses, tend to be chopped up into tiny rooms, creating real problems when later they became apartments. How do you get from here to there inside? These stairs are see-through so they don't block the light, wrapped with a curved wall that makes them seem small and graceful. A strip of mirror connecting stairs with brick wall, *right, above,* fools the eye into seeing depths that don't exist. Downstairs, each child has a bedroom. Spiral stairs connect a room for writing (she's a writer) with the kitchen—shortened a little to make it a loft, with a two-story window letting light into both rooms. On the upper half-floor, a quiet master bedroom. The rest of the house is rented.



NEIL LONDON


Before


After

ROOM FOR AN ART COLLECTION

The lot is narrow but, again, the neighborhood is nice. The owners, Mr. and Mrs. Charles Rosenak, didn't want to move. The house was vaguely Colonial, though, and that meant that not only were there few walls suitable for showing off a collection of good modern paintings, but also that the architecture and the art unsettled one another. So, step by step, a new house came into being, designed for them by architect Hugh Newell Jacobsen. The first and biggest step was an art gallery, *below,* projecting from the back of the house. The second step stretched showing-space as far toward the property line as building codes would allow toward sides and front: a loft and hall, glass-walled, and a small sculpture garden in front. The third step, a new slate-paved terrace and swimming pool.

The first step expand the house toward the back. The second, al the side, wrapped around to the front. F the third, the garage had to go. In its place swimming pool, smal shed, and barbecue.





While the children lived at home, strangely enough, the house was big enough. But after they had grown and moved away, the art collection seemed to burgeon. Finger of glass in roof lets natural daylight into gallery. The original outside house wall now serves as background for, from left: Fangor's circle painting; Lester Van Winkle's "Grandfather" (hand on cane); a Jon Lebenstein; a Daryl Abraham house sculpture; a Gothic widow by Manuel River a Juana Frances construction; on table, Edgar Tolson's "Expulsi

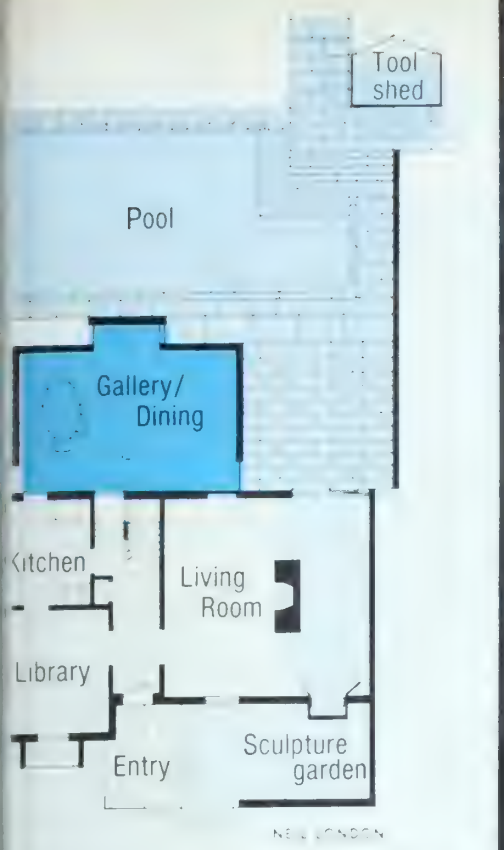
SUNLIGHT FOR THE BREAKFAST TABLE


Victorian house

The house is Victorian and spectacular, built in 1870, probably following plans in one of Calvert Vaux's classic books of Victorian houses. It is in an historical district of the city. Obviously, any alteration at all made to its exterior had to be carefully considered. But the people who live there wanted room for a dining table in their kitchen, and sunlight on it while they eat their breakfast. Warren Cox of Hartman-Cox, Architects managed to find an answer for them. Following the lines of the Victorian windows, complete with their double-arched leading, he designed a bay of curved glass and copper that just fits, a sur prise, like a lot of Victorian archi tecture, touched with fantasy.



The bay has double doors, screened in summer to let a lot of air in. A new opening in the wall was cut to fit it. At the same time, the kitchen was re-designed and round windows let in over the sink and a new kitchen desk. The Formica cabinets, most of them still in excellent condition, were given new faces of natural oak. Counters are stainless steel, floors are terra-cotta tile. New island stove and indoor grill completed the remodeling.





The scale of the collection is deliberate: small-sized works by major artists. Behind dining table, from left: Roger Brown's "Truck Stop"; Lucio Fontana's "Concepto Spaciale"; Lowel Nesbitt's "Antenna."

The entire remodeling of the house followed a plan drawn up eight years ago when Mr. and Mrs. Rosenak first began to think about it, a plan that evolved with the Rosenaks' changing needs. Nevertheless, all the pieces fit. "The house concentrates on itself," says Mr. Jacobsen, because of the Rosenaks' intense interest in the art the house contains, and because of the way it has come to fit its small lot—house and pool tucked inside it like one little wooden Russian doll inside another. Openings to the outside are long and simple, while interior openings, like that on the stair landing or the window high in upper right corner of gallery wall or the loft over the hall, make inside spaces complex and interesting.

A PIECE OF SKY



Before



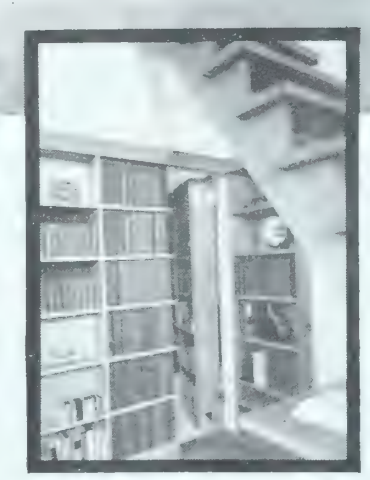


After

Once, there were servants' quarters on the roof of a city apartment building—and on the roof of the servants' quarters, a lot of dead space. Now it's a penthouse with two terraces. When Sheldon Clark moved in, he decided he could create a feeling of "house" in an apartment, and get a glimpse of sky. So architect Constantine Vichey broke through the ceiling, turned roof into a deck with a glass-walled loft. In a way, he succeeded too well. Mr. Clark found spectacular view too distracting for a study (so now loft is a lounging place).

Lookout shed ar glass-roofed lof a place to sit in sun, and a gard Herbs, even blu berries, grow he and in planters around the para





It helps, if you want to make an apartment feel like a house, if you have a big staircase. This, open so that it seems light, with a steep rather rural slant and a forthright, four-square post, leads from living room to loft. The sloping skylight forms a well for light that washes the whole apartment. On the main level, the kitchen was remodeled and modernized. The original door to the bedroom was closed off and made into a coat closet (closets were entirely missing). This left two difficulties: How do you get into the bedroom? And where do you put all Mr. Clark's books? Mr. Vichey solved them both at once. Now, a section of the bookcase swings aside—and that's the bedroom door.



UN-CAPPED

EASY LUNCHES

that move around the room at Van Day Truex's







Dining without a

"This tiny flat," says Van Day Truex, American designer, painter, and teacher, "is my winter pied-à-terre in New York. The rest of the year I live in southern France where I am surrounded by wildly beautiful mountains. (See House & Garden, August, 1974.) In New York, I am surrounded by *architects'* mountains—skyscrapers—but because they are splendid too,

"Since my furniture is as portable as my parties, I have four changes of dining scenery: a book wall, a mirrored sofa-wall, a picture window, and a picture wall. All a quick step from the kitchen"

I work equally well in either of my two worlds. And wherever I am, I entertain. I love to cook, and I've learned to do it with a minimum of going mad over a hot stove. Mostly, I have people to lunch, with three or four at table. I like to go to princely dinners, but I don't give them. Besides, I like to talk, and with more than four people, you don't converse, you broadcast.

"I'm an utter fusspot about

A FAVORITE TRUEX MENU

Green chicken
Hot buttered cornmeal muffins

*Cinnamon applesauce**
Ginger cookies

Pouilly-Fuissé

lining room

food. I plan a menu like a dietician painting a still life, if that makes any sense. *How* food is served is terribly important. Pale food on white plates is unimaginative, and vivid food on vivid china can ruin the appetite quicker than a wink. *Contrast* is the thing, yet not too much of it. I'm old-fashioned enough to like plain white linen, and I use it. But if I think the food needs more of a stage setting, I can tart up a table as well as the next one.

"Food must be succulent, nutritious, properly balanced, and as pretty as one can make it. We eat with our eyes, you know, and you can't starve them"

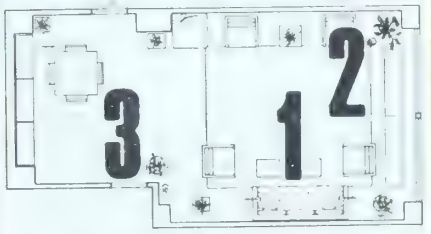
"I always use the same sterling flatware, a bamboo pattern I designed for Tiffany years ago. I don't have room for much dinnerware, but I have a variety. My favorite, I think, is a pattern called 'The Blind Earl'—white bone china made about 1770 by Royal Worcester for a sightless nobleman to whom color meant nothing. But he could touch the bas-relief pattern of the china's white roses and read it like Braille. It must have been a great pleasure. It would be to me.

"Somerset Maugham once told me that the only way to serve a perfect meal was to rehearse it for two weeks. I don't think I could eat the same food that many times in succession, but I *have* mastered four menus I can count on, the wines that suit them best, and the china that makes them look—and taste, I hope—ambrosial. So I don't have to rehearse anymore. I know my lines. All I do is perform."

For recipes, see page 158.

Far left: Van Day Truex and the famous vin ordinaire carafe he designed for Baccarat. Left: Bookwall luncheon with Wedgwood's "Drabware" plates. "Awful name, marvelous color." Right: 1. Sofa as a banquette for lunch with "Blue Spode" plates, Thomas Jefferson's favorite china. 2. Window-side lunch with a view and "The Blind Earl" bone china by Royal Worcester. 3. Candle-lit supper for two. Grisaille paintings by Mr. Truex, "Celestial" china by Royal Worcester.

FALZARANO

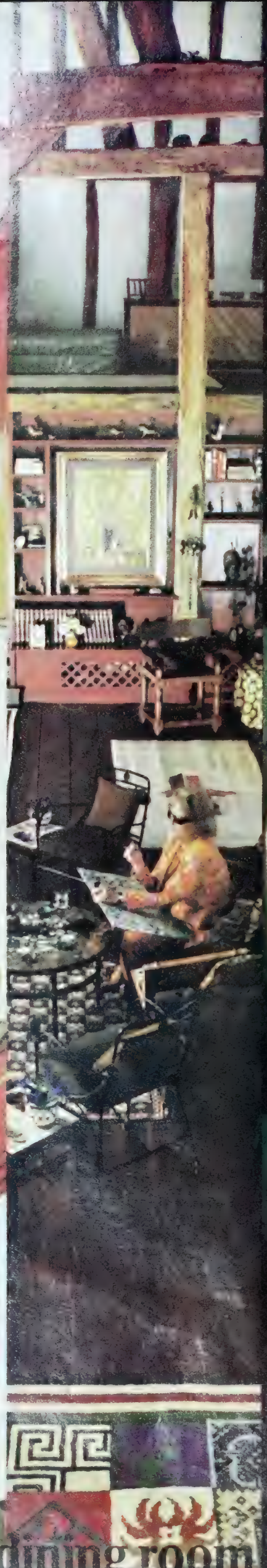


In the plan, above, the living room is a simple, cliff-dwelling cube which suited Mr. Truex not at all. So he decubed it, right, with a mirrored wall, animal-spotted fabrics and rugs, books and paintings, and the legerdemain that can turn a box into a home.

MOVABLE FEASTS

and meals for conversation at Fleur Cowles'







Dining without a dining room

Fleur Cowles is a flower buff. "Flowers are my real intimates," she says. You will find them around her wherever she is. She paints them, and is constantly discovering more about them. "I live in them and with them," she affirms. And now she's designed a collection of exuberant floral tableware for Denby Limoges that reflects her own effervescent personality. "I suppose it

"My guest lists are built instinctively and I only entertain friends. Ready conversation is born from friendship. That makes it honest, effortless, and lively"

was natural that when Denby came to ask me to design for them, they reacted to my flower paintings and picked one that's been translated into "Jardin des Fleurs." I'm awed and fascinated by the skill and technique of taking an original painting and turning it into a precise creation like porcelain. It's such a happy association I feel I'd like to go on doing it forever." Fleur Cowles juggles the many parts of her busy life with an extraordi-

TOM YEE

nary sleight of hand. Her paintings have been given one-man shows all over the world. Her two most recent books are *Lion and Blue* with Robert Vavra and

"We have three houses but not one dining room. We have tables with different-sized tops, and we choose colors, table linen, and china to suit the moment"

a book of personal anecdotes, *Friends and Memories*. She is a perceptive patron of the arts and of the crafts, too. With her husband Tom Montague Meyer, she maintains a pattern of movement between their chambers at Albany in the heart of London, their farm in Sussex, and a castle

DINNER IN TOWN

Halibut fritters with lightly curried sauce

Squab on Potatoes Anna

*Baked whole pears in pastry jackets**

in Spain that is admirably effortless. Entertaining, too, is an art she excels in. "Everything in my life is spontaneous. In the country at weekends conversations can take *(Continued on page 161)*

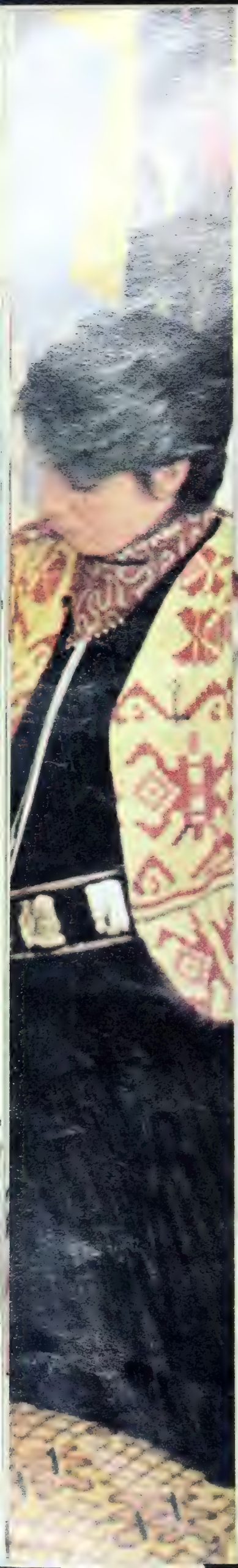
The oval table in Fleur Cowles's London drawing room, left, set with the porcelain she has designed for Denby Limoges, far left. Each dinner plate has a different pattern of flowers, salad plates yet another, as have all the other dishes in the "Jardin des Fleurs" collection. Flowers on the table reflect those on the plates, but not all, because Fleur Cowles has invented some of her own. Placed at random are some of the natural things translated into silver, vermeil, and ivory she collects. Silver strawberry, vermeil apple are lighters; silver artichoke, vermeil bellpepper are working peppermills. Pretzel bread, black and green olives on table, below, are pottery, and real-looking fruit is marble and ivory. KAREN RADKAI



Sunny table set on grass at her house in Sussex for lunch for two.

FANTASY SETTINGS

with a
carrousel table
at Zandra Rhodes'





Dining without a dining room

Whether she designs a table napkin or a banquette or one of her miraculously lyrical dresses or even a party, Zandra Rhodes's talent is inimitable. When her ideas are funneled into her own living space, it comes out pure Zandra. At the moment, she lives on one floor of her London town house, "the rest is part my studio and part under construction. Because of the 15-foot ceiling and tall French windows, I felt I had to anchor down the room somehow. I've done this by making

"The dining table gets its sense of belonging from the mirrored column that links it to the ceiling. Friends put it up for a party and it's still there"

special islands, one for eating, one for sleeping, and one for sitting. The dining table gets its sense of belonging from the column that links it to the ceiling. My friends Richard Holley and Jerry Pennick put it up for a party and it's still there." The bed has its own tinted alcove. "I invented the columns to screen the alcove, but they're only semicircles and inside are shelves for a clock and a radio and books." And for ample seating a 25-foot banquette runs along the off-camera wall.

SUNDAY SUPPER FOR SIX

Cucumber and tiny shrimp in a Thai dressing

Fettucini with cream and cheese
Green salad

*Frozen apricot crème**

The fabrics are all her own printed dress materials in satin and silk in her favorite colors —dusty rose, peach, ivory, and light cobalt blue. "My friends

"A weekend meal should be casual, with a sound, quiet necessary core of organization underneath"

are my support, and I love to have them around me. Weekdays are much too hectic for entertaining here, but when they come for a weekend meal, I've had time to do the shopping and the cooking and am all ready to enjoy them. It always has to be casual, with a sound, quiet core of organization underneath, because that's the only way I can get it all together." A typical Sunday supper menu would be cucumber and peeled tiny shrimp in a Thai dressing of coconut milk, chopped peanuts or peanut butter, fresh ginger, curry, and scallions. Fettucini comes next, cooked just to al dente, drained, and returned to its pan and, working fast to keep it hot, topped with grated Gruyère, heavy cream, salt, freshly ground pepper, and a scrape of nutmeg. It can, if necessary, be gently warmed and then served directly in its cooking pot. With this goes an herby salad and, to finish, frozen apricot crème.

For recipe, see page 158

There's a feeling of a carrousel about Zandra's dining table, right, with its central column of mosaic mirrors. The table itself, in two halves, is gray Formica on an acrylic base. Wonderfully eccentric pottery, left, she commissioned from Carol McNicoll. Puffy pottery "cushions"



FALZARANO

in Zandra's "Buttonflower" design hold bowls for the first course. The "cushion" on the bottom is a dinner plate, and there's a narrow one to hold a dessert spoon or a piece of bread. The napkins are one of Zandra's prints too. Her floodlit tented bed, inset right, has a flavor of the seraglio.

RADKAI

NOTES AND COMMENTS
ON THE INGREDIENTS
OF GREAT PARTIES

TABLE HOPPING

How to get the best guests

Eight hostesses tell you their secrets

Mrs. James Stewart, Beverly Hills. "I like parties from ten to twelve, and I never throw people together who have nothing in common. In other words I'd never give a party with one Democrat and eleven Republicans." **Mrs. George Axelrod, Beverly Hills.** "I think a party is always better if you have a few pretty girls. I always base a party on an out-of-towner. I include their friends, then add a few 'new blood department.' Lunches are my big number since I feel people are not booked up then. I ask them on Friday for a Sunday lunch. Also, our house is a daytime house, and we usually give luncheon/swimming parties. I don't say this person goes with that person, and I don't worry about feuds. I mix everyone together and like mixing age groups. If someone calls the day before the party, I usually ask them." **Mrs. H. Bradley Jones, Pasadena.** "I never seat husbands and wives together at the same table, since this kills a party. . . . I definitely think it does." **Mrs. Murray Ward, Bel Air.** "I always have place cards for any size party. I feel parties are a total disaster without place cards." **Mrs. Kelvin Cox Vanderlip, Palos Verdes.** "It's a bore just to have my close friends at a party. I always add guests who are achievers in their fields to make the party stimulating. I recently asked the head of the Rumanian Film Industry at the same time I asked the head of Planned Parenthood. They were so fascinated with each other that I had a hard time to get them to go home." **Mrs. Philip Spalding, Brentwood.** "I avoid four things when I put a guest list together, as follows: I never invite two bald-headed men to the same party. I've done this and it's been a disaster. I never invite anyone who is on a zucchini diet to a sit-down dinner, since people tend to stare at them. I never invite anyone whose just off a plane as they'll go home at nine. I try to have less than 50 percent teetotalers on my guest list and less than 50 percent who are cigar smokers at a small sit-down dinner party." **Mrs. John Carl Warnecke, San Francisco.** "I adore it if someone calls me at the last minute and asks to bring someone who's a stranger to me. It always makes the party better. It's a superstition of mine. For my parties, I usually wear something comfortable. However, if Jack doesn't like the way I look, I may make ten changes until he's pleased." **Betty Ford, the White House.** "I like to mix people from all kinds of fields at the White House dinner parties—business, science, education, medicine, the arts—this I think is a departure from former White House procedure. I also always include a few family friends at every dinner, and approach the parties the same way as before—informality and people having fun."

A psychiatrist goes to a party

New York psychiatrist Robert E. Gould, who specializes in group therapy and social behavior studies, offers three very useful guidelines that might help you get the most out of your next party:

1 *Find out when you arrive who is there who might be interesting to you. Not because you want to know who is "important," but because there are people you might want to talk to, yet may miss because you don't realize they are there.*

2 *Don't expect too much; you may be disappointed. The hope of meeting brilliant, fascinating people—or the love of your life—is an easy dream, but hard to fulfill. You will enjoy the party more without these far-fetched hopes.*

3 *Try asking unusual or offbeat questions of new people you might meet at a party, rather than the stereotypes of "what is your job?" or "where do you live?" ("Are you by any chance interested in the forms of cirrus clouds?" asked an Edith Wharton character at a first meeting.) Don't be afraid to plunge in with a topic—the point is to talk about something that really interests you. The new person's response will tell you much more about him or her, and will also make livelier and more stimulating conversation.*

The Inquiring Social Reporter

What is the best party you've ever been to?



Mrs. Alfred Bloomingdale
hostess

"My favorite party was the Indian durbar given by George Frelinghuysen. The reason—the sheer fantasy of Tony Duquette's decor and George's unbelievable attention to detail. George was dressed as Lord Curzon, Viceroy of India. Ann Sothern was Queen Victoria. Six-foot-four ballplayers from UCLA were Scots guards. The ceiling was hung with bright banners and Persian carpets, and papier-mâché gold and jeweled elephants and other animals lent magic to the completely transformed ballroom of the Beverly Hills Hotel.

Most of the guests wore East Indian costumes, but many chose other nationalities—Chinese to Scottish."



Barbara Howar
author of Laughing All the Way

"A Christmas party, about six years ago, an annual party given by the Robert Penn Warrens in their Connecticut farmhouse. It was a gathering of the great writers in this country—C. Vann Woodward, Ralph Ellison, Lillian Hellman. I sat between John Cheever and William Styron. Most of the people there were writers I'd heard about all my life; I thought I'd died and gone to heaven.

There were small separate tables, beautifully done with lots of pewter, and great



Charles Moore
Architect

My fiftieth birthday party, last November. People brought food, we had a bar, a 30-by-75-foot floor with a bag of oats spilled on it for dancing, and two amplifiers and eight speakers set up like a discotheque. On the wall, a backdrop of blue sky with a gold moon and twinkling stars, and a large mirrored ball on the ceiling that turned electrically. A 200-pound tap-dancer entertained. We designed a fake bandstand with cardboard musical instruments, and a microphone made out of a flyswatter with gold dust on it. People loved it; even the most inhibited jumped up and pretended they were Gladys Knight and the Pips. I had to chase them off the bandstand at three in the morning."



Peter Bogdanovich
movie director

"I do not attend parties."



Gloria Vanderbilt
designer

The best party I've ever been to was at the Frederick Eberstadts. All the furniture from the apartment was taken away in a truck, and the most beautiful fabric was put up all over the walls and ceilings, so that you felt you were in an enormous tent. There were round tables with the same fabric down to the floor, in the center of which were simple terra-cotta pots of geraniums, and the saucers were used as ashtrays. There was a live Reggae music band, and a combination of hot and cold foods at a buffet in one of the rooms. It was like coming into a magic garden filled with music and expectation."



George Lang
restaurant and food consultant

"It was for my 1974 birthday, arranged by my wife—a very surprising surprise party. As we were leaving the house—ostensibly to have a quiet dinner in a neighborhood restaurant—I noticed a large, flat wagon drawn by two horses and a dozen of my closest friends comfortably sitting amidst the hay. A hayride to Central Park with roast pheasant and a robust red wine, picnic baskets, good friends, total surprise—all this added up to the best party of my life."



Pauline Trigère
fashion designer

"A unique wedding party I gave for my son. He didn't want a conventional party in a restaurant, so I gave it at the 79th Street Boat Basin, on an outdoor terrace looking over the Hudson River. We were blessed with a beautiful moon. There were around 400 people, dancing to an orchestra, and lots of food: hot steaks, cold hors d'oeuvres, wine, four bars, and two buffets. Everything was red—red tablecloths, screens in corners, red candles on the tables. And all over, ficus trees in tubs."



Richard V. Hare
designer

"It was a beach picnic in Jamaica, and everyone arrived on horseback. It was toward dusk, and there was a huge fire, where hot things were cooked, and an enormous cold buffet on tables. As the moon came up, wonderful native singers and dancers entertained us, and then we all went home on our horses by moonlight."



Betty Furness
NBC consumer specialist

"In the 50s and 60s, the Charlie Lederers (he's a Hollywood writer, she's an actress) had a few of the neighbors in on New Year's Eve on alternate years—alternate is the key word. It left people to fend for themselves in the New Year's Eves between, and they apparently weren't very creative about it. So when the Lederers put up a tent loaded with thousands of balloons, laid down a dance floor, and hired an orchestra, the neighbors' gratitude was the predominant force of the evening. And because the neighbors were the finest talent in Hollywood, they literally sang their gratitude at dawn—those were the greatest parties ever."



James Collins
artist

"All of them"

Party! Soirée! Gala!

Bonnie Cashin has established a unique style in American fashion. This designer's colors, fabrics, and casual looks are exactly in tune with the way women are living now. Her sketch on the right is an example of her informal designs—perfect for today's entertaining.

The new entertaining: quick and casual

"There's a party trend that I call 'Eat and Run.' We all have friends who are busy, as we ourselves are. You want to see them, you'd love to see them, but you don't want to spend a whole evening because you have things to do—wash your hair, read books, gather yourself together. So I find myself calling and saying 'Eat and Run?' They say 'Sure,'; they come over, we have a bowl of rice or something, and a drink, and they're off. It used to be considered utterly rude to eat and run; now it's the most pleasant kind of human contact and interaction there is.

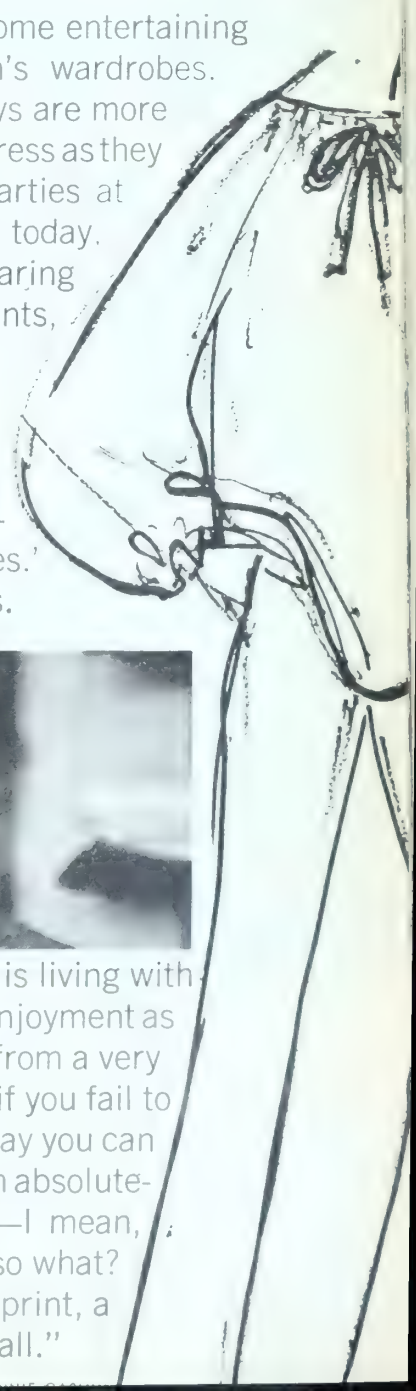
Fling! Feast! Revel!

"I like to wear bright colors when I entertain. Color is psychological, and it has an effect on whoever you are with. The wonderful thing is that you can wear clothes in the house that you would never wear outdoors, such as all sorts of robes in different colors. Home entertaining has changed women's wardrobes. Also women these days are more secure, they live and dress as they please. That's why parties at home are such fun today, with everyone wearing different things—pants, dresses, kimonos.

"People don't give those big bashes, like they used to, and say 'Now we owe so-and-so, we owe the Joneses.' It's finished, it really is.



The whole idea of life is living with enjoyment, as much enjoyment as you can possibly cull from a very imperfect world, and if you fail to look at your life that way you can go right through it with absolutely a zero at the end—I mean, when you disappear, so what? You haven't left a footprint, a mark, or anything at all."



NEW PARTY FOOD and the plates to put it on











AT THE END OF A BUSY SPRING DAY

Light Buffet

- Clear fennel soup
- Avocado with seafood salad*
- Apple crisp with ginger

THE REWARD FOR FRIENDLY FISHERMEN

Hot Buffet

- Maria's green peppers and cheese*
- Poached blue trout, lemon butter
- Carrot and watercress salad*
- Rhubarb tarts







Early Lunch

BEFORE THE AUCTION

- Brochette of seafood on braised fennel
- Rice timbales
- Coeur à la crème, Raspberry purée*

Late Lunch

AFTER PLANTING

- Clam bisque
- Veal Provençale
- Wax beans, shallot butter
- Sugared fruit*

Six new menus for parties—*each is perfect for either lunch or a light supper; each in simple settings of new china, crystal, and brightly shining flatware. Julie Dannenbaum, author of* Menus for All Occasions *(Dutton, $9.95) and* Julie Dannenbaum's Creative Cooking School *(now in paperback, Popular Library, $1.25), runs one of the country's top cooking schools in Philadelphia. Here are her new ways for serving fruits and vegetables that look simply beautiful, are light, delicate, and wonderfully easy to prepare.*

Salad in a crystal bowl—*romaine leaves and tiny Brussels sprouts,* opposite page, left. *The bowl is called "Kosta Party" as is the salad plate. Both designed by Ann and Goran Warff for Kosta; hand-blown "Air" crystal wine and water goblets designed by Goran Warff for Boda; pewter-like flatware, "Bishop White" by Wilton-Armetale.*

Entrée of hot pasta with cold vegetables, *Connie Rusconi's "Penne,"* opposite top right, *(see Wine & Food for the recipe) served on "Springtime" dinner plate by Royal Doulton.*

Getting together for a spring lunch *at a setting of "Springtime" china by Royal Doulton; "Tradewinds" sterling flatware by International; Baccarat's "Montaigne Optic" crystal wineglass, tiny crystal salt cellar, and "Bistro" carafes to hold the flowers. "Peach" rayon and polyester table-covering and "Tulips" cotton napkin by Vera.*

The crispest salad of watercress and carrot curls *on "Seagull" porcelain,* opposite, left, *by Bing & Grondahl; "Revolution" salad fork of Sterling II, by Reed & Barton.*

Ripe avocado filled with seafood salad *sits on "Pavilion" salad plate,* opposite, far left, *by Royal Worcester. The pattern is taken from a design by Dr. Wall, an Englishman who adapted porcelain from Oriental motifs during the 18th century.*

A dazzling white plate, above, *is "Louis XV" Limoges imported by Haviland; "Column" crystal water goblet and hurricane lamp-candlestick, both by Orrefors; "Craftsmen" sterling silver flatware by Towle; linen napkin by Léron.*

A dessert served in a straw basket *is coeur à la crème with tangy raspberry purée. Served on "Garden Party" china by Lenox; "Puritan" sterling spoon by Stieff. Sugared fruit that glistens,* top, far right, *on ripply-textured plate by Kosta.*

Zucchini crêpes with red caviar *on a white plate, "Louis XV" by Haviland,* far right.

The ultimate fruit and cheese, near right, *is a pale green pear stuffed with creamy Gorgonzola served on "Bird of Paradise" plate by Aynsley; "Alana" crystal glass by Waterford; "Crown Baroque" sterling dessert fork by Gorham. Please*





Late Supper

WHEN THAT NEW SHOW WON'T WAIT

- Eggs Mimosa
- Chicken Suprême with vinegar and rosemary
- Sautéed julienned vegetables* (broccoli stems, carrots, potatoes, rutabaga)
- Pears stuffed with Gorgonzola cheese*

Sunday Supper

TO CELEBRATE THE TEAM THAT WON

- Zucchini crêpes, red caviar, lime, sour cream*
- Sautéed soft-shelled crabs
- Snow peas and cherry tomatoes in butter
- Glazed pineapple with kirsch

*For recipes, see page 14



Decorating Orientale

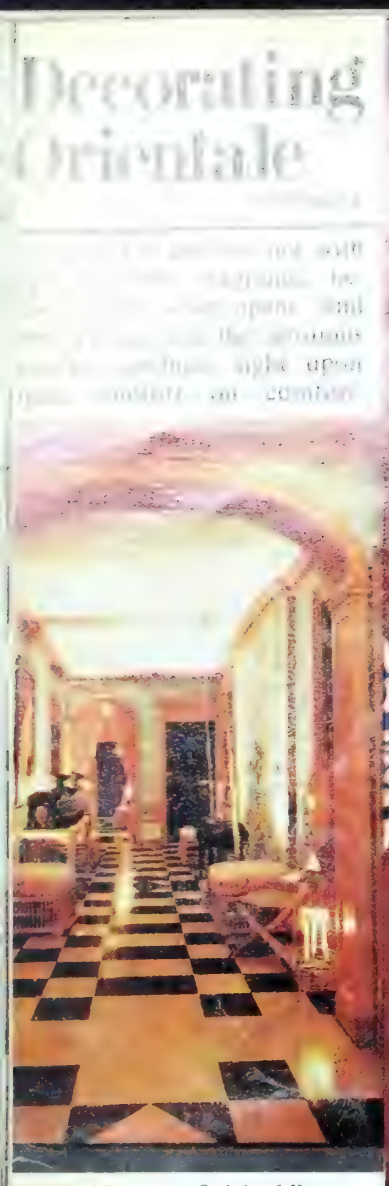
Growing collections, and changing looks at Françoise and Oscar de la Renta's New York apartment

It's a living collage of Eastern sights, flavors, and comforts, mellowed by candlelight and enriched by two designers—he fashion, she interior—who know that to live is to grow. Françoise de la Renta, wearing Oscar's hand-painted coat-and-caftan, thinks "decorating means living with, adding to, learning from—and never being afraid to try something new."

The living room, here lit for evening, began with the dhurrie rug (a remnant covers the matching pouf) and upholstered furniture in a range of beiges. To these were added treasures from former houses: a Coromandel cabinet topped with a collection of obelisks and a mother-of-pearl-inlaid secretary of Portuguese design, Ceylonese craftsmanship. Old Indian challis shawls are thrown invitingly over the banquettes, and Oscar designed the rattan furniture. "We keep adding pictures, furniture, objects the way a tree adds leaves; we'll be happy when the room is full."



Decorating Orientale



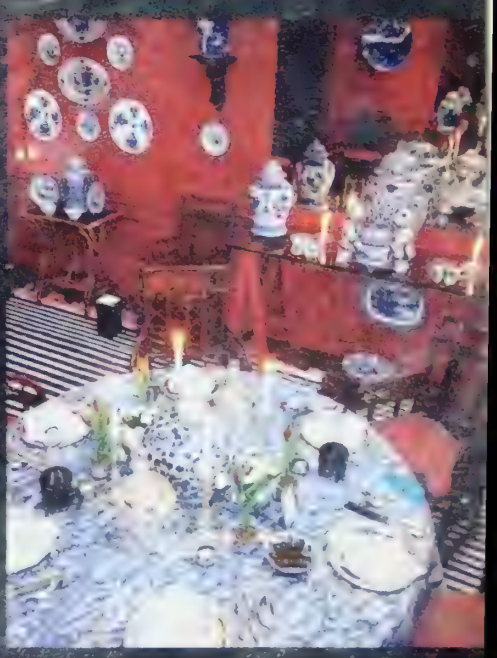
"And it's not finished," says Mrs. Oscar de la Renta. "It's always in motion, changing, growing as we grow." Mr. and Mrs. de la Renta feel that humans are creatures of the senses as well as the psyche, and that an ambiance that soothes the body also stimulates the mind.

For atmospheric lighting, they believe in candlelight: "There is no more flattering light to men or women. It's like champagne—it makes you feel wonderful." To augment the candles, uplights on the floor in the living room, dining room, and hall (here photographed in its natural night-lighting).

"Dare to mix the unmixable. If you love each element by itself, you find they work together"

Entertaining is a matter of sharing the atmosphere with friends. To baskets of potpourri hidden throughout the rooms are added scented candles lit for a few minutes before dinner. On the table, charming, unexpected settings to beguile the eye, and, for the taste, wine—red and white—always at hand, the white (here in coolers) icy-chilled in the freezer. With coffee, bitter chocolates: "Chocolate lovers since the days of Louis Quatorze have clung to the idea it aids the digestion."

The dining room was inspired by a painting, owned by a Russian prince, of a red velvet stairhall full of blue and white porcelains. The de la Rentas' blue and white, all Chinese, all lovingly gathered since their first apartment nine years ago, lives interchangeably on walls and tables, in niches and centerpieces as the de la Renta spirit moves them. Tables are covered in blue and white Barcelona cotton, topped alternatively with batik or pure white squares. Rugs are twin dhurries. Sawhorse tables will one day be replaced by rattan to match tables and chairs Oscar designed. On the table, right, *a feast of blue and white porcelains and flowers, spiked with red tulips (see other table settings in Vogue, Nov. 15, 1971, and Vogue Better Living and Food Guide for 1975-76).* Left: *The entrance hall in its dazzling hand-me-down: hand-painted wallpaper from the de la Rentas' town house bedroom. Its coral balustrade inspired the color of moldings, curtains, and bench cushions. The big Chinese bronze deer has been a member of the family for years; two others of Indian wood recline on the rattan table, wearing gold and coral necklaces. What appear to be unicorn horns are tusks of the narwhal, an exotic mammal of the icy North Seas.*



Decorating Orientale

a, Vogue contributing editor, ho became a professional in-erior designer nearly two years go. "That's when the real work egins. When you see what olors you're drawn to, what he place still needs, how you eally like to live." This is their hird New York address—and ery much an evolution of past ouses, changing needs, devel-ping taste and ideas. "At every nove we eliminate, replace, dd. What we keep, we use dif-erently." The expanding blue nd white porcelain collection n the dining room once filled garden-side sitting room (H&G July, 1969); entrance-all wallpaper came from a ormer bedroom (Vogue, Sept.

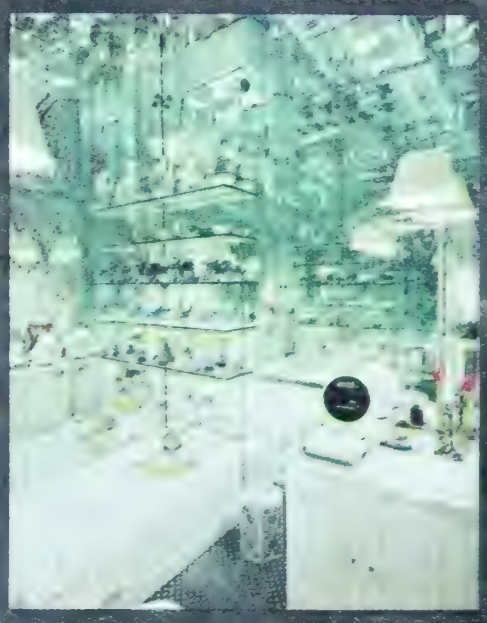
"No matter how much you plan a room, it's your eye that tells you if it's right"

15, 1972). "We're always add-ng new things, trying new deas. Sometimes we make ter-ible mistakes: We painted the iving room dark brown and



lived with it for four months before we realized it was wrong. Some mistakes you can change, others you can't. When you can't, just emphasize it to make a decorating point." Their phi-losophy about what goes with what is simple: "If you love it, use it. You might not think that wicker goes with mother-of-pearl, but it does.

The goal is a house that's completely full—because "full rooms are sensuous and warm-ing. It doesn't just happen, it takes effort and thought. But the reward is a house you can't wait to come home to."



In the bedroom, cotton paisley arabesques across walls, window , chairs, and lamp-shades. The bed is blue taffeta like curtains and dressing table, its headboard draped with cotton lace. But Oscar has designs for a replacement bed of brown and black bam-boo. At each bedside, not one table but several, for telephones, television, water carafes, books. Floor cushions at the foot end are to help two Yorkshires named Zazie and K jump on the bed. Above the bed, a 19th-century Orientalist painting from the growing collection. "We want the bedroom to be full of them." Far left: *Mrs. de la Renta's work desk, from which she organ-izes her life and runs her decorating busi-ness. "The painting of roses makes me feel cheerful even when I'm working out prob-lems that go with the job."* Left: *Her bath (His is all mahogany and quarry tiles), with random-width mirror-paneled walls and ceiling: "When I lie back in the tub, I can watch the people on the avenue below."*



From a Swiss firm famous for its fashion fabrics, decorating cottons with international cachet

Breaking into print

Leave it to the Swiss. Long famous for chocolates, watches, and schussing, they have suddenly burst into the decorating field with an explosion of cotton prints so new they just became available as House & Garden went to press. You can buy them through decorators.

The collection contains more than a hundred patterns, in fine, close-woven cottons, heavier duck-like weaves, chintzes, textures like basket weaves and fine quilting, and even a group of matelassés all about 52 inches wide. The man behind the line is Gustav Zumsteg, chairman of Abraham, the respected fabrics house that has supplied Paris couturiers for years, and whose fabrics were frequently used for decoration, too. "The first to suggest I create fabrics specifically for decorating was Yves St. Laurent," says Mr. Zumsteg. Then he met Federico For-

"All the fabrics go together. You could decorate blindfolded"

quet, a fashion and fabrics designer who also wanted to try his hand at fabrics for decorating, and they decided to join forces as Abraham-Zumsteg.

"We dare to say we have created not a line of fabrics, but a philosophy," says Mr. Zumsteg. "A philosophy of charm and harmony, with enough variations on enough themes to suit every mood, every climate, every decorating style, every possible purpose." When Mr. Forquet showed the fabrics to his friend, Mrs. Gianni Agnelli, who has designed fabrics for her own houses, she was so impressed that she too joined the team. "The fabrics are extraordinary," she says. "You see them, and you instantly think of hundreds of ways to use them all over the house."

The international design team that's making fabric headlines, from left: Gustav Zumsteg; Marella Agnelli, whose designs will be added next fall; and Federico Forquet. Opposite page: For Mr. Zumsteg's straw-lined dining room in Paris, designer François Catroux chose the swirly floral "to make the room part of the garden outside." In the library, top, a mist of small green prints that live happily as upholstery, curtains, pillows, and glued on end tables. "The subtle colors are like nothing before," says Mr. Catroux, "and the range lets you create any mood."

DUANE MICHAELS





ecorating cottons with ternational cachet *continued*

The collection began with a series of large exuberant prints—jungles, florals, paisleys, some patterns based on old documents. From each, several individual motifs were separated out into patterns of their own. Each of these in turn, was enlarged, miniaturized, embellished, textured, and toyed with until the original concept had grown into a whole symphony of variations—every one harmonious with every other.

"I love the small prints," says Mr. Zumsteg. "They're neutral without being neutral, so they make a statement of their own without competing with the furniture and pictures you put with them."

"The idea is total decoration. The fabrics live happily with any furniture, any art"

The collection, though enormous, has by no means finished growing. "Every year we intend to add more, to change a few, delete what is no longer applicable," says Mr. Forquet. "In the fall, we will add Mrs. Agnelli's designs, which will include some woolens. But every addition will be a spontaneous expression of the moment, because that's the only way the fabrics will stay honest and current."

This premiere collection was intended to create a mood of freshness, youth, and livability, but using imprecise patterns and hazed colors that are very sophisticated. Says interior designer François Catroux: "There's nothing sweet about these fabrics. They're subtle, they're quiet, but they've got a certain *rigueur*—toughness: They can stand up to any setting."

"And that's just what we had in mind," says Mr. Forquet. "We want you to be able to choose fabrics from anywhere in the group and be assured they will go perfectly together. In this way you create your own atmosphere, your own mood. It's foolproof."

In Mr. Forquet's dining room in Rome, right, a paisley in terra cottas (the color of the Roman floor) covers tables; motifs appear solo on chairs and banquette pillows. Fabric "that looks plain but isn't" covers walls, is quilted for curtains. Above: In his summer bedroom overlooking the city via folding straw screens, the curtains' jungle separates into patterns for bed and pillows. Opposite page: To make a fresh white New York bedroom even fresher, designers Mica Ertegun and Chessy Rayner of Mac II chose small patterns in plums and beiges for color concentrations on bed and sofas. "They're quiet and serene like neutrals—but with life."

HORST






XOXO

Around age 30, once marriage and career lines have been established, young adults frequently enter a turbulent period marked by a questioning of values

[illegible] growth

[illegible] continued from page 90

long plateau in which random things occur, and then, at around age sixty or sixty-five, a period of decline sets in to be studied by gerontologists. The assumption I am making is that there is something called adult development, an unfolding, just as there is earlier."

Since 1972, the study of adulthood has finally come into its own, with an outpouring of new research and new insights. Across the country, researchers have been studying growth patterns and attempting to delineate normal adult development. While it is not yet possible to say that we know as much about adult development as we do about child development, we are beginning to get some answers to haunting questions: Yes, adults continue to grow psychologically; yes, there are relatively predictable cycles of psychological stability and crisis; and yes, a person's adjustment during childhood may be less revealing of his or her adjustment in adulthood than psychology of the fifties and sixties had us believe. Psychology in the seventies is the psychology of wait and see. A life must be fully lived before we can judge the man or woman who lived it as psychologically sound or failed. In that sense, while the seventies' psychology is new, it is also exquisitely ancient and sage, for it is said that the Greeks had carved onto one of their temples the motto, "Call no man lucky till his life is lived."

It was Erik Erikson, author of *Childhood and Society* and father of the 1960s obsession with adolescents and their "identity crises," who was the most influential figure in the current burst of enthusiasm for studying adulthood. Erikson believed that all individuals *travel* through their lives, mastering psychosocial age-related tasks in order to arrive at a psychic place of contentment and fearlessness in old age. In adolescence, the task is *identity*. In the twenties through the forties, the task is *intimacy*. Later still, people must learn to master *generativity*, the concern with "establishing and guiding the next generation." Those age-related tasks accomplished, men and women in late adulthood, which Erikson placed at after sixty-five, can enter the stage of life he called *integrity*. It is, he says, "the acceptance of one's one-and-only life cycle as something that had to be and that, by necessity, permitted of no substitutions. . . . In such final consolidation, death loses its sting."

Erikson was the philosopher of adult development. Those who have followed in his footsteps have been less concerned with the *purpose* of growth than with delineating more closely the various adult stages. Although different researchers give the different stages different names and slightly different age breakdowns, all seem to agree on an age twenty-to-sixties progression that might be listed this way:

20 to 30	Early adulthood: the mastery of intimacy
Around 30	Early adulthood transition or crisis
30 to 40	Intermediate adulthood: the mastery of careers
Around 40	Intermediate or midlife transition or crisis
40 to 50	Middle adulthood: Reorganization and renaissance
50 to 65	Later adulthood: Increased awareness of mortality

Ages are approximate: Transitions or crises occur within a year or two of the dates given. The explication of these stages which follows is drawn chiefly from the work of three leading life-span researchers —Dr. Levinson of Yale, Dr. George Valliant of Harvard (who has reported on a major study of close to 100 men whose lives were examined at regular intervals from the time they were undergraduates at an Ivy League college until they reached age fifty), and Dr. Roger Gould of the University of California School of Medicine at Los Angeles (who has reported on a study of several hundred men and women between the ages of eighteen and sixty).

Early adulthood: The mastery of intimacy (20 to 30)

All the researchers seem to agree, perhaps taking their cue from Erikson, that men and women in their twenties are chiefly concerned with mastering intimacy. This is the time of life when spouses are wooed and wed, and when adolescent friendships are cast off if they no longer seem desirable, or consolidated if they seem worthy of future investment. Dr. Valliant says of the men he studied that no sooner did they "win autonomy from parents than

Continued on page 160



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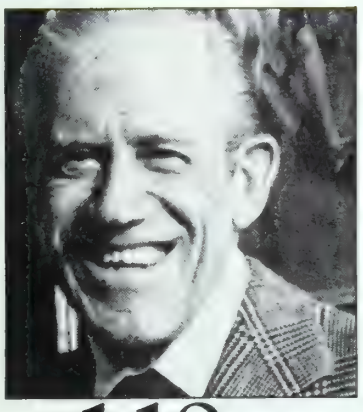
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WINE AND FOOD



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EASY LUNCHES THAT MOVE AROUND THE ROOM
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FANTASY SETTINGS WITH A CARROUSEL TABLE
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READY-TO-GO DRINKS
Prepare-ahead ideas and quick tricks for the party bar by Jane Ellis



page 126
NEW PARTY FOOD AND THE PLATES TO PUT IT ON
Menus and recipes for spring and summer parties for lunch or supper by Julie Dannenbaum, recipes page 141





page 120
MOVABLE FEASTS AND MEALS FOR CONVERSATION
Fleur Cowles always keeps her menus to three courses whether for lunch or dinner. Meals are served on a variety of tables with colored table linens to match the mood of the moment. Every piece is an object of beauty, as is her famous dessert, a stemmed pear baked in a pastry crust, recipe page 158

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TURKISH DELIGHTS
Recipes for yoghurt and egg soup, Jerusalem artichoke salad, and spinach Börek by William P. Rayner





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HIGH VITALITY FOOD AND FITNESS AT THE GOLDEN DOOR SPA
Menus and calorie counts for 1 week. Great low-calorie recipes from chef Michel Stroot.

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New party food

Recipes and ideas for 8 easy-to-prepare lunch or supper parties from Julie Dannenbaum



COEUR A LA CREME

Ingredients

½ pound cream cheese, softened to room temperature
½ cup cottage cheese
¼ cup confectioners sugar
teaspoon vanilla
cup heavy cream, whipped
aspberry purée

ngredients for purée

10-ounce package frozen raspberries
tablespoons framboise or kirsch
onfectioners sugar (optional)

Method

n a large bowl beat together the ream cheese, cottage cheese, ugar, and vanilla. Beat until reamy. Fold in the whipped ream.

ine 6 individual-sized coeur à a crème molds with cheesecloth that has been rinsed in old water and wrung out. Make sure there is enough cheesecloth to fold over the filled molds.

Gently spoon mixture into lined molds and bang down gently. Fold edges of cheesecloth over the top of each heart. Place on a rack over a baking sheet and chill in refrigerator overnight.

Serve in the molds and allow each guest to unmold the cream heart himself. Serve with a raspberry purée. Serves 6.

Method for purée

Add defrosted frozen raspberries to a blender container and purée. Strain to remove the seeds. Add the framboise or kirsch and sugar to taste, if the berries are unsweetened. Makes about 1½ cups.

MARIA'S GREEN PEPPERS

From Maria Donavon, food writer and cookbook author.

Ingredients

2 large green peppers
1½ cups ricotta
¼ pound butter, softened
¼ cup pecorino cheese, grated
2 tablespoons Dijon mustard
½ teaspoon salt
1 tablespoon caraway seeds
¼ cups chives, finely chopped
4 anchovies, finely chopped
1 tablespoon parsley, finely chopped
2-3 tablespoons sweet or hot paprika

Method

Cut the tops off the green peppers about ¾ inch down. Hollow out the peppers, removing the seeds and fibrous interior and set aside.

In a bowl add the ricotta, butter, pecorino, mustard, and salt. Blend until combined well. Add caraway seeds. Fold in the chives and anchovies. Add the parsley and paprika. Mix well.

Pack the cheese mixture into the pepper shells. Put on the tops and chill overnight. To serve, either remove the tops and spread mixture on black bread or slice in thin horizontal rounds and serve overlapping. Good with black bread and thin slices of salami. Serves 6.

TOM YEE



Cheese-stuffed green pepper rounds provide an appealing first course.

ZUCCHINI CREPES

Ingredients

½ cup flour
2 eggs
2 egg yolks
¼ cup oil
½ cup milk
1 cup fresh zucchini, unpeeled, cut into thin sticks
lime wedges
sour cream
red caviar

Method

Make a basic crêpe batter by putting into the blender the flour, eggs, egg yolks, oil, and milk. Blend.

Use a little more batter for each crêpe than usual. Cook on one side, add 2 tablespoons zucchini sticks, turn over and cook on second side. Garnish each crêpe with a wedge of lime, 1 tablespoon thick sour cream, and 1 tablespoon red caviar. Serves 6.

SUGARED FRUIT

Ingredients

½ cup water
2¼ cups sugar
⅛ teaspoon cream of tartar
1 tablespoon light corn syrup
18-24 large firm strawberries
18-24 tangerine sections
18-24 seedless green grapes with stems
18-24 black grapes with stems

Method

In a heavy saucepan bring the water, sugar, cream of tartar, and corn syrup to a boil. Reduce heat to medium and cook syrup to the hard crack stage, 300°-320°. Remove syrup from heat and sit the pan in a larger pan of warm water.

Using tongs, or toothpicks, dip 3-4 pieces of each fruit per person, one at a time, into the hot syrup. Coat well. Place on a greased piece of marble or a baking sheet. In a few minutes the syrup will harden around the fruit. Serves 6.

BELLINIS

Bellinis are very popular drinks in Harry's Bar in Venice and Florence and also in most of the hotels, including the bar at the Gritti Place Hotel in Venice. This is the way barman Fontana makes them there.

Ingredients

6 very ripe juicy peaches, peeled
very cold champagne

Method

Purée the peaches in a blender and add 1/6 of the purée to each of 6 tall highball or balloon glasses. Fill to the brim with the champagne. Makes 6 drinks.

AVOCADO WITH SEAFOOD SALAD

Ingredients

3 ripe avocados
1 pound cooked fish, or shrimp, crabmeat, or a combination of all 3, flaked
juice of 1 lemon
salt
freshly cracked black pepper
½ cup vegetable oil
2 tablespoons capers, drained
2 tablespoons chives, finely chopped
3 hard-boiled eggs
parsley or chives, finely chopped for garnish

Method

Cut the avocados in half lengthwise and remove seeds. With the tip of a tablespoon, very carefully remove the flesh from the skins of each half by digging down inside skin, keeping the flesh in one piece. Set aside.

In a bowl toss together the fish, shrimp, or crabmeat, lemon juice, salt and pepper to taste, and oil. Add the capers and chives and toss well.

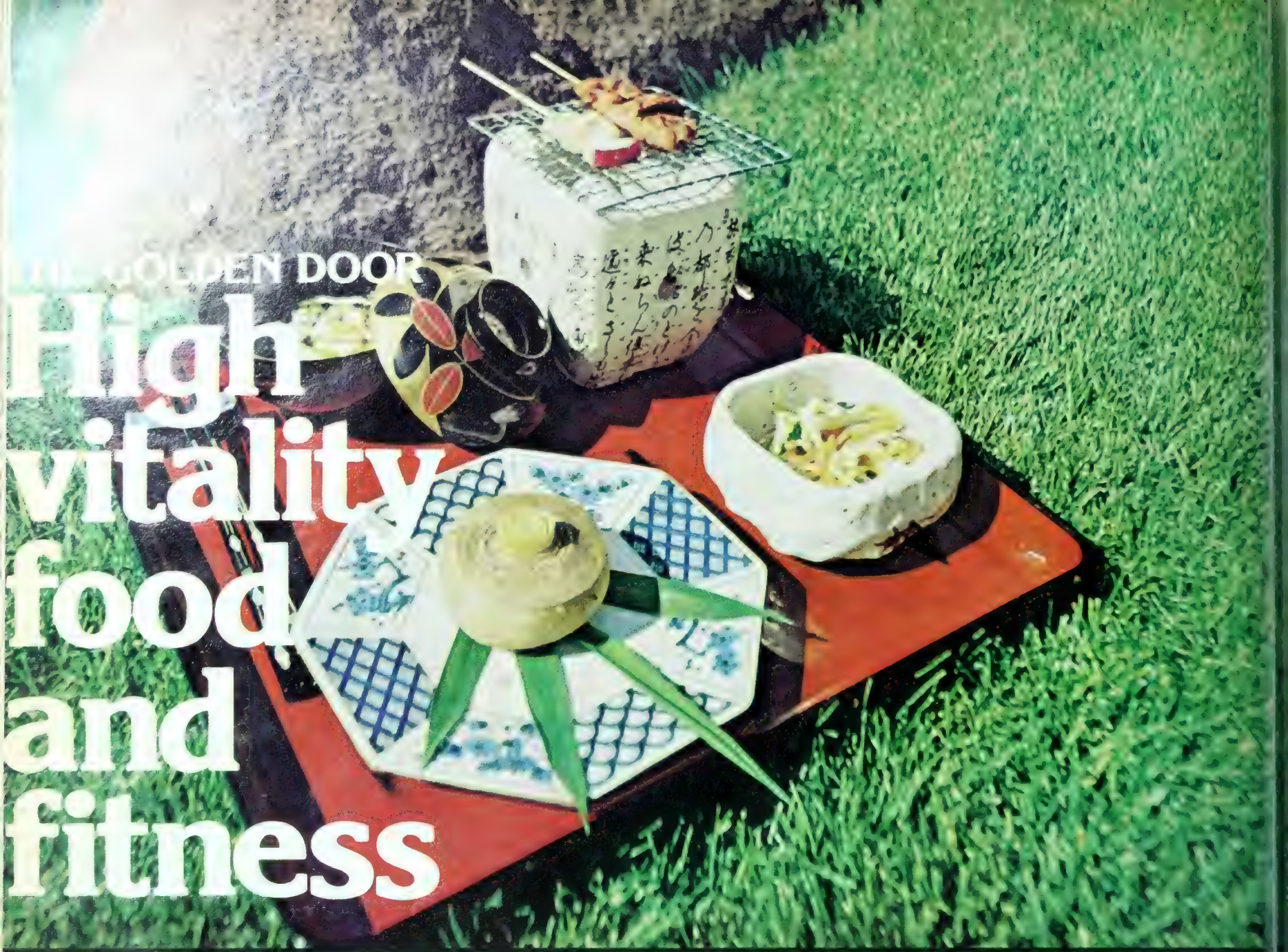
Fill the avocado shells with the fish mixture. Place the avocado flesh over the salad with the rounded side up. Brush the tops of the flesh with lemon juice.

Sieve the hard-cooked egg yolks and finely chop the whites. Sprinkle the egg yolks over each avocado and put chopped egg white around edges to disguise the seams. Sprinkle a bit of finely chopped parsley or chives over each. Serves 6.

CONNIE RUSCONI'S PENNE

This was a delightful pasta dish served to me in Venice at the home of Connie Rusconi and her husband Dr. Natale Rusconi, director of the Gritti Palace Hotel in Venice. Connie created this dish, and the following recipe is my adaptation of it. The combination of the hot pasta with cold raw vegetables over it made an incredible dish that I could not stop eating.

Continued on page 156



GOLDEN DOOR
High vitality food and fitness

"A high vitality life depends on high vitality food," says Deborah Mazzanti, dynamic founder of the Golden Door, California's wonderful Japanese-style spa, whose low-calorie, low-cholesterol, natural foods diet for guests is beautiful to look at and taste.





Deborah Mazzanti, above, center, surrounded by Golden Door staff and guests in cotton track suits. The Golden Door, below, with its symbolic tree of life.

"Weight loss, however, is only partly due to decreased food intake, it is also due to exercise," says Mrs. Mazzanti who serves on the President's Council on Physical Fitness and the Board of the Menninger Foundation, and believes:

"It's just as much fun to spend a calorie as it is to take one in"

Increased movement at the Golden Door starts with an early morning walk-jog; goes on to exercise sessions that vary from warm-up exercises; Leonardo da Vinci's, inspired by his drawing of the Vitruvian Man; spot-reducing classes for specific problems; to water exercises in a warmed pool, yoga, and jazz dancing. They convert even the most slothful guests to Mrs. Mazzanti's maxim:

"Eating allows you to live, but exercise allows you to live better"

The week (two for lucky ones) that guests spend at the Golden Door is not only a time for dieting and exercise, but a unique opportunity to get in tune with the body away from the stress of life, to renew oneself mentally and physically in an atmosphere of "disciplined serenity." Not exclusively a woman's domain, there are eight scheduled men-only weeks and two weeks set aside for couples.

Diets are streamlined to the individual guest at the Golden Door by Mrs. Mazzanti and chef Michel Stroot. It is an average 800 calories a day diet, but the counts swing from 500 to 1100 calories depending on one's personal diet requirements. Menus for a week and some of Michel Stroot's recipes can be found beginning on page 146. If you wish to follow this or any other reducing diet plan, we advise you to consult with your doctor first.

DAVID MA



Guests stay in a series of small houses, above, designed on the esthetic lines of a Japanese inn by Architect Robert Mosher.

Deborah Mazzanti recommends the diet for one week a month maximum at home. If you wish to extend it, add two servings of whole grains (this could be ½ cup of whole grain cereal and a slice of home-baked bread) and peanut butter or an egg for added protein each day.

At popular evening cooking classes during a Golden Door week, chef Michel Stroot teaches guests his secrets for making low-calorie food delicious, and how to prepare the freshest produce skillfully and quickly to preserve its nutrients and eye appeal.

QUICK ENERGY BREAKFASTS

When you're trying to lose weight, allot 10 percent of the day's calories to breakfast; on a maintenance diet, increase to 20 percent.





1 At the Golden Door breakfast is served in bed on a tray after you've returned from an early morning walk on the hillside. "You simply need a small amount of food to raise your blood sugar and get you started on the day," says Deborah Mazzanti. Breakfasts, *left*, show the secret to an early morning tray—great eye appeal. Each day the tray has a different china, napkin, and place mat, a new nosegay of fresh flowers. A fresh peach, sliced and arranged with a strawberry or two for color. Tea with lemon.



2 Breakfast surprise: peanut butter (about a teaspoonful) in center of peeled, cored pear half, tea with lemon.

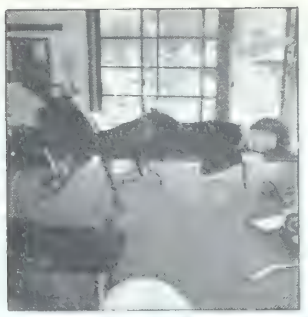
3 Yoghurt with a scattering of raisins and cinnamon; on the side, thin slices of orange; tea with lemon.

4 Poached egg with its own little ramekin with, again, tea or coffee. More breakfast variations to round out a week: 5. Half a grapefruit with 6 black grapes, tea or coffee. 6. Muesli with skim milk. To make it, combine chopped figs, rolled oats. Soak in water overnight. Next morning, stir in grated apple, hazelnuts, and cinnamon.





BEAUTY AND REST









A day's schedule alternates active and passive activities. Exercise periods are spent in light, airy, gyms, working sometimes with equipment, sometimes at the bar, above. Passive moments are spent during a daily massage (a masseuse, above left, demonstrates a walk on the back to release tensions); right, rest in the sauna.

JAPANESE LUNCH

*Tofo Giro**
(consommé)

*Japanese vegetable salad**
*Kobomushi**
(stuffed turnip)

*Teriyaki chicken**
(served on individual hibachis. See the lunch on a tray, opposite page, top)

JACQUES MALIGNON



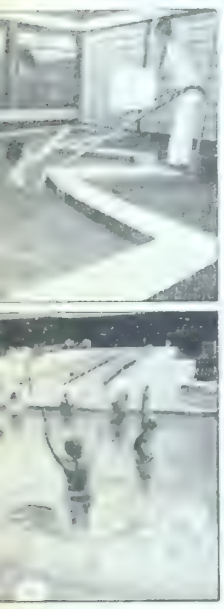
Lunch served on a tray by the pool, right, soup, a fresh fruit, and iced tea. Left, a rainbow of fan cards to indicate the day's itinerary. Guests pin the cards to their exercise suits as an appointment reminder.

MAZZANTI WISDOM

What you learn from a week at the Golden Door is the importance of your own sense of well being. The need for a balance between movement and rest. Movement comes first; rest is the reward. Exercise, divided into two periods each day—one for 10 minutes, one for 30 minutes, should be tailored to suit your own system. If you're superbusy in the morning, exercise for 30 minutes—it will get you going; at the end of the day, exercise for 10 minutes more. If you tend to build up stress and tension during work, a 30-minute exercise slot at the end of the day will release tensions and help you unwind. In this case, schedule the 10-minute session the first thing in the morning.

During the day you build up carbon dioxide in your body; it adds weight and contributes to fatigue. If you exercise or breathe deeply at an open window, you expel the carbon dioxide and bring oxygen to the brain. The result is you feel refreshed.

Exercise to suit yourself, simply by walking if you wish, but at a fast pace and, to be effective, for at least 30 minutes. For more Golden Door information, write: The Golden Door, Escondido, Cal. 92025.





Each day's program includes warm-up exercises to get you going for the day. The accompanying music, each instuctor's favorite record of the moment, keeps pace and spirit up. Beauty periods for the care of skin, nails, hair, and face take up 60 minutes each day, above. Creamed hands and feet are kept warm in heated gloves and booties, while a beautician gives a facial. Far left, a session in the Japanese family tub, a fan-shaped whirlpool bath, followed by an Herbal Wrap, left, herb-impregnated hot towels to mummify the body, cleanse skin, coddle sore muscles. In-water activities, above left, range from exercises, lap swimming, to a competitive game of volleyball.

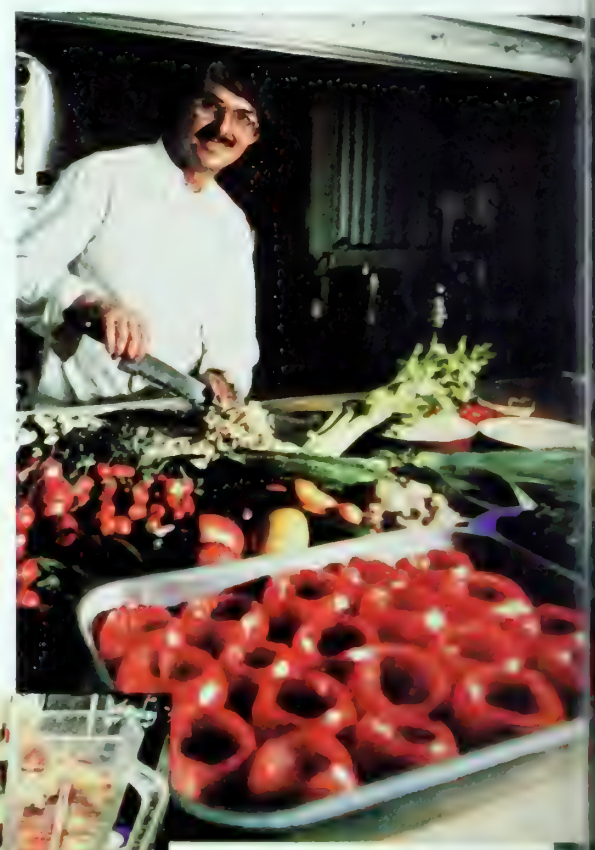
DIET SHOPPING LIST

SPICES, SEASONINGS, SEEDS AND NUTS:
cinnamon, whole cloves, crushed black pepper, Grey Poupon mustard, whole nutmegs, fresh ginger, red wine vinegar, rice vinegar, low-sodium Kikkoman soy sauce, Vege Sal, celery salt, summer savory, leaf thyme, sesame seeds, sunflower seeds, pine nuts.
NON-PERISHABLES:
Deaf Smith County unbleached flour, DasHi no Moto soup-stock mix, D-Zerta lemon and lime gelatin and whipping cream mix, Knox unflavored gelatin, soda water, cold pressed sesame seed oil, cold pressed corn oil
GROCERIES, DAIRY, MEAT:
corn oil margarine, low-fat cottage cheese, low-fat yoghurt, fresh Parmesan, Monterey Jack cheese, Neufchatel cheese, canned tomatoes, eggs, skim milk, miso paste (soybean paste), tofu (soybean curd).
FRESH HERBS, VEGETABLES, FRUIT:
shallots, parsley, basil, chives, mint, oregano, tarragon, garlic, leeks, snow peas, green beans, spinach, green peppers, bean sprouts, cauliflower, Jicama (a Mexican root vegetable) broccoli, zucchini, lemons, grapefruit, grapes—green and black—peaches, apples, pears, oranges, kiwis, pineapples, raspberries, strawberries, the best in-season fruits.

"Everything to do with eating is ritualistic and sensual," says Mrs. Mazzanti, starting with the anticipation, the happiness of a family gathering, the sense of smell, taste, and texture when you eat.

Food served at the Golden Door by Chef Stroot is a constant delight to guests. Although low in calories, the skillful presentation and service give a feeling of leisurely satisfaction at mealtimes. Guests are encouraged to eat very slowly, and are served on individual trays from the kitchen. Lunch or dinner is of 45-minute duration; chopsticks are offered for eating salad, or if you prefer, a chilled fork. Nothing is provided to drink with a meal; "Liquids dilute the digestive juices you need for your food," says Mrs. Mazzanti who serves coffee, tea, or lemon water after the meal.

While you are trying to lose weight, Mrs. Mazzanti feels you should eat 10 percent of your total food intake at breakfast, 20 percent at lunch, and 70 percent for dinner. (With a mid-A.M. and P.M. pick up (½ cup yoghurt or small tart apple and ½ ounce semi skim milk cheese to raise blood sugar.) If you live alone, then you should have the main meal at lunch and something light, such as a large salad, in the evening. For a maintenance diet, switch to 20 percent for breakfast, 30 percent for lunch, and 50 percent for dinner.





Michel Stroot, above, Belgian-born, Golden Door chef, believes in absolutely fresh food. No dish takes more than 20 or 30 minutes to prepare, and cooking is timed to finish just as guests sit down to dinner. "Food tastes better, looks better when it is absolutely fresh," says Mr. Stroot. On the left, fruits for fruit sherbet (see below), topped with a slice of kiwi, a favorite garnish. Below, a low-calorie lime soufflé.

SECRET OF SMALL PORTIONS, SMALL DISHES







Everything is served in tiny, pretty containers, diminutive lacquered bowls from Japan, and earthenware cocottes that hold just 1½ cups of liquid and give an illusion of a much larger portion. Dinner is served on a tray. Above, a golden, fan-shaped tray holds chicken cocotte with crisp varied vegetables, also served separately on a tiny dish. Salad served in a square bowl contains a variety of greens, apple wedges for crunch, alfalfa sprouts sprinkled on top.

THE GOLDEN DOOR

continued

LOW-CALORIE COOKING TIPS

Yoghurt fruit dressing for the fresh fruit sandwich, right, is made by puréeing yoghurt, papaya, mango, strawberries, and honey in the blender. See recipe on page 157.

Make salad dressings very strong in flavor, suggests Michel Stroot, then a little goes a long way. 1 cup salad dressing is enough for 30 salads.

A teaspoon of honey will raise your blood sugar, give you vitality if you're tired.

The Golden Door baked potato is just a jacket. Rub a baking potato with oil and bake. Cut in half lengthwise, scoop out, leaving ¼ inch potato on skin. Sprinkle with a few drops corn oil, and return to a 400° oven for 20 minutes until crisp.

Golden Door Croutons: toasted sesame seeds tossed over the top of a salad. Vegetables are served in big pieces to encourage crunching and munching. Hot apple juice with cinnamon and cloves is a wonderful cool day pickup. Low-cholesterol omelettes are made with 1 yolk and 2 egg whites, whisked up to a good froth before cooking. Fresh herbs for adding at the last minute or including in summer dishes can replace salt. Grated cheese makes a great thickener in sauces instead of flour. Use ground mushrooms to replace beef, 2 parts mushroom to 1 part ground beef cuts calories. To sauté the low-calorie way, use a heavy, skillet and just rub it over with enough sesame seed, safflower, or sunflower oil to prevent the food from burning. Lunch, right, stuffed tomato baked with California Bay Shrimp.





MENU FOR DINNER

Stuffed mushrooms
Mixed salad with vinaigrette

*Veal escalope Florentine**
Baby carrots and
snow peas macédoine

Chocolate mousse



Menus and recipes for a week of high-vitality living from the Golden Door

continued from preceding page

MONDAY

Breakfast

Peach	35
½ slice whole-wheat toast dab of honey	50
Black coffee or tea	
Total	85

Lunch

2 wedges apple, ½ ounce Monterey Jack cheese	70
Soup paysanne*	60
Total	130

Dinner

Tomatoes oreganata*	50
Filet of sole Florentine	160
Spinach à l'Anise	50
2 sesame bread sticks	34
Chilled minted pear	50
Total	344
Snacks	185

Total for day 744

TUESDAY

Breakfast

½ grapefruit	40
⅓ cup low-fat cottage cheese	60
6 black grapes	12
Black coffee or tea	
Total	112

Lunch

Cucumber daikon (slices of cucumber and Japanese radish)	20
Tomato stuffed with California bay shrimp*	190
Small cup fresh strawberries	25
Total	235

Dinner

Mixed green salad with 1 teaspoon grated Parmesan	75
Breast of chicken cocotte* with vegetables	200
Fresh fruit sherbet	50
Total	325
Snacks	185

Total for day 857

WEDNESDAY

Breakfast

Yoghurt with raisins and cinnamon, orange slices	82
Black coffee or tea	
Total	82

Lunch

Tofo Giro (consommé)*	20
Japanese salad*	50
Kabomushi (stuffed turnips)*	50
Teriyaki chicken*	80
Total	200

Dinner

Oxtail soup	20
2 slices Melba toast	30
Cold poached salmon	220
Crudités Sauce Vincent*	60
Lime soufflé*	75
Total	405
Snacks	185

Total for day 872

THURSDAY

Breakfast

Poached egg	72
½ slice whole-wheat toast. dab of honey	50
½ sliced orange	35
Black coffee or tea	
Total	157

Lunch

Fresh watercress with 1 teaspoon French mustard dressing*	25
Fresh fruit sandwich*	190
Total	215

Dinner

Mixed salad with vinaigrette	50
Veal escalope Florentine*	220
3 stuffed mushrooms	15
Baby carrots and snow peas macédoine	50
Chocolate mousse	60
Total	395
Snacks	185

Total for day 952

FRIDAY

Breakfast

½ pear, peeled and served with a dab of peanut butter	80
Black tea or coffee	
Total	80

Lunch

Grapefruit cocktail	50
Stuffed zucchini, Chef's style*	200
Total	250

Dinner

Spinach mushroom salad	50
Light bouillabaisse	200
2 sesame bread sticks	34
Fresh fruit macédoine (if calories allow, Michel likes to serve it with a few drops of Grand Marnier)	50
Total	334
Snacks	185

Total for day 849

SATURDAY

Breakfast

Muesli	120
with skim milk	65
Black coffee or tea	
Total	185

Lunch

Golden Door cheese omelette	200
Celery salad	40
Total	240

Dinner

Japanese salad	50
New York steak, teriyaki style	240
Baked potato skin	50
Agar-agar (Japanese custard)	50
Total	390
Snacks	185

Total for day 1000

SUNDAY

Breakfast

1 buckwheat pancake stuffed with cottage cheese, raisins, cinnamon	200
1 cup fresh fruit cocktail	75
Black coffee or tea	
Total	275

Lunch

Spinach soufflé	200
Fresh fruit kebob	25
Total	225

Dinner

Mixed salad with ginger dressing	50
Breast of turkey*	200
Celery sauce	25
Tomato Parmesan	45
Orange glacé	45
Total	355
Snacks	185

Total for day 1040

For recipes see page 148



✪At the Golden Door, calorie counts for the day are adjusted to each guest's specific requirements and vary between 500 and 1100 calories a day. The following menu for 1 week is modified for use at home where a low-calorie diet should contain about 1000 calories a day while you carry on normal activities. Supplementary food and drinks, and snacks, are served at the Golden Door between meals to boost energy. In the morning ½ cup "Potassium broth," 35 calories, with a little low-fat cheese, 40 calories. In the afternoon 4 ounces either fresh orange or pineapple juice, 55 calories. A "cocktail," a low-calorie fruit slush that is sipped through a straw, 25 calories, and raw vegetable crudités accompanied by a vegetable or cheese dip, about 30 calories, are served before dinner.

The Galliano desserts.

Three simply beautiful ways to end a meal:

Ice Cream à la Galliano.
Pour 1 ounce of Liquore Galliano over your favorite ice cream.

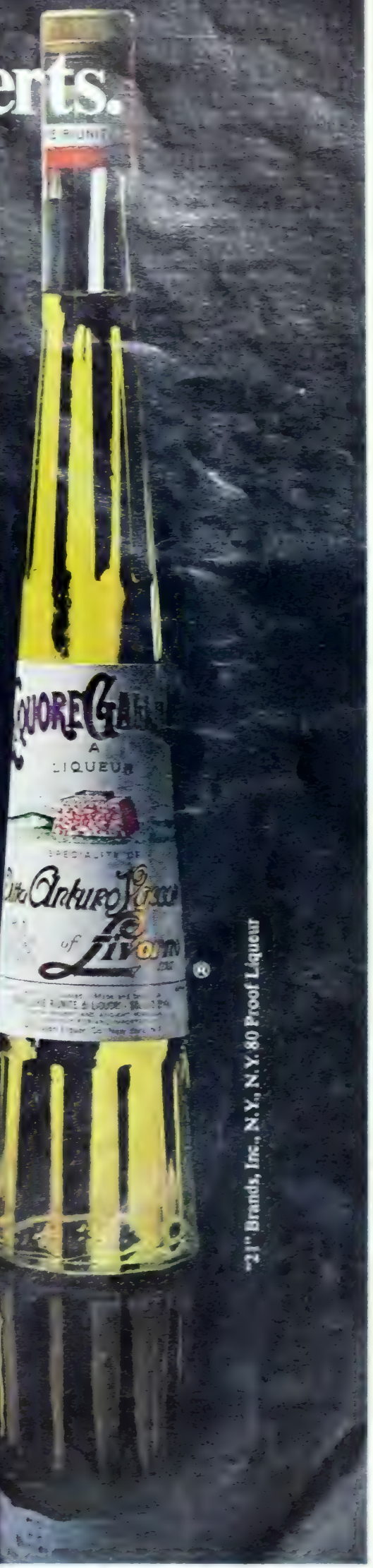
Roman Coffee.
Pour 1 ounce of Liquore Galliano into a cup, add a teaspoon of sugar. Pour hot, strong coffee to ½ inch of top. Swizzle, add whipped cream.

Fresh Fruit Cocktail Galliano.
Pour 1 ounce of Liquore Galliano over freshly-cut fruit assortment.

LIQUORE GALLIANO®
A LIQUEUR







For a low calorie hors d'oeuvre top an oyster with a little puréed spinach, a drop of Pernod, a sprinkle of Parmesan and bake until hot

Continued from page 146

[illegible]

[illegible] as a main dish, Michel puts as many vegetables into the soup as there are in the market, all cut Chinese-style. As a small side soup, only about 4 vegetables are needed. "It's impossible to get so many vegetables in such a small bowl!"

Ingredients

3 pounds bones—veal knuckle or chicken carcasses
water
Vege Sal
crushed peppercorns
4-5 bay leaves
2 teaspoons leaf thyme
2 celery roots, well washed and cut in quarters
2-3 leek tops, well washed and cut in large pieces
1 carrot, washed and whole
parsley, chopped
2 onions studded with 4 cloves each
3 cups mixed vegetables, cut into small pieces. Choose from: spinach, broccoli, cauliflower, bean sprouts, bell peppers, celery, zucchini, leeks
Kikkoman soy sauce

Method

In a tall 11-quart pot, put bones and fill the pot ¾ full with water. Bring to a boil, dump water out, reserve bones, and wash pot. (This is necessary with veal bones.)

Fill pot again, add veal bones, and bring to a boil. Add Vege Sal, peppercorns, bay leaves, thyme, celery root, leek tops, carrot, chopped parsley, and onions and simmer for 4-5 hours.

Skim the fat off the broth and defat as much as possible with paper towels. Strain through cheesecloth.

Cut the fresh vegetables Chinese-style into small pieces on the diagonal. Add to the broth and bring it just back to the boil. Vegetables should still be tender-crisp. Season with soy sauce to taste. Makes about 2 gallons. **20 calories as side dish; 60 calories as a main dish.**



TOMATOES OREGANATA

Ingredients

7-8 ripe tomatoes, peeled and cut in 6 pieces
oregano
Vege Sal
black pepper
¼ jar French mustard dressing (see below)

Method

To peel tomatoes, cross bottom skin with knife and drop in boiling water for 2 minutes. Peel and put into stainless steel bowl, sprinkle with oregano, Vege Sal, and freshly ground black pepper.

Pour ¼ jar of French mustard dressing over tomatoes and marinate ½ day in the refrigerator. Serves 15. **50 calories per serving.**

FRENCH MUSTARD DRESSING

Ingredients

2 full teaspoons Grey Poupon mustard
1 teaspoon black pepper
scant ⅓ cup red wine vinegar
scant ⅓ cup corn oil

Method

In an empty, clean Grey Poupon mustard jar put the mustard and freshly ground black pepper. Add red wine vinegar to ½ way up jar. Add oil almost to the top. Shake well. **About 15 calories per teaspoon.**

TOMATO STUFFED WITH CALIFORNIA BAY SHRIMP

Ingredients

4 ripe tomatoes
1 small garlic clove, minced
olive oil
½ teaspoon fresh oregano
salt
black pepper, freshly ground
½ cup "Potassium broth" (see recipe February, 1976 House & Garden) or tomato juice
1 teaspoon fresh sweet basil
1 teaspoon fresh Italian parsley
1 teaspoon fresh chives
1 small zucchini, diced
½ pound spinach, chopped
8 ounces tiny bay shrimp, peeled and deveined
1 ounce Parmesan cheese, freshly grated
bean sprouts

Method

Cut off tops of tomatoes and



scoop out insides. Reserve tomato shells and tops and chop pulp.

In a large saucepan sauté the garlic in very little olive oil and add the chopped tomatoes, oregano, and salt and pepper to taste. Simmer for 15 minutes and add the broth or tomato juice. Let simmer for another 20 minutes.

When sauce is cooked, add the herbs, vegetables, shrimp, and cheese and cook for 3-4 minutes. Stuff into the reserved tomato shells, sprinkle on a handful of bean sprouts, put the tops on, and serve immediately. Serves 4. **190 calories per serving.**

CHICKEN COCOTTE

Ingredients

2 whole chicken breasts, skinned, rib bones in (otherwise the meat will get too dry)
4 cups chicken broth, clear, strong, seasoned
bay leaves
fresh tarragon
Vege Sal
Italian herbs
½ cup carrots, peeled and sliced
½ cup turnips, peeled and sliced
½ cup cauliflowerets
½ cup green beans, cut into ½-inch pieces
½ cup snow peas, cut into ½-inch pieces

Method

Cut each chicken breast in half and place each in its own 1½-cup cocotte. Fill ¾ full with the chicken broth. Put a bay leaf in each, and season with fresh tarragon, if you have it, Vege Sal, and Italian herbs. Put on the lid and bake 35 minutes in a 375° oven.

Cook each vegetable in its own separate pot in a little bit of chicken broth until it is tender but still crisp.

When the chicken breasts are cooked, remove lids and add

ome of each vegetable to the ocottes. Serve more vegetables eparately. Serve immediately. erves 4. **200 calories per serv-ng.**

TOFO GIRO

consommé)

ngredients

package DasHi no Moto soup stock
cups water
inch salt
tablespoons soy sauce
ean curd
cup shrimp or sliced chicken
hives, chopped

Method

Prepare soup according to pack-ge directions. Season with the alt and soy sauce. Add chunks f bean curd to each bowl and ivide shrimp or chicken be-ween bowls. Garnish with the hives. Serves about 25. **25 cal-ries per 2½-ounce serving.**

JAPANESE SALAD

All the vegetables are cut in very hin sticks.

ngredients

arrots
ucchini
ucumber
ean sprouts
elery
atercress

Method

Arrange about ⅔ cup of the egetables on a lettuce leaf. Spoon over a scant teaspoon of dressing. **50 calories per serv-ng.**

DRESSING

Ingredients

1 teaspoon lemon zest
1 tablespoon lemon juice
½ teaspoon soy sauce
½ teaspoon mustard
1 teaspoon wine vinegar
1 tablespoon salad oil
salt to taste (optional)

Method

Put all the dressing ingredients into a blender and blend. **11 calories per teaspoon.**

KABUMUSHI

(Steamed, stuffed turnips)

Ingredients

5 small or medium turnips, washed and trimmed of top ½ inch (save the tops) and bottom ¼ inch
1 medium eggplant, peeled and chopped finely
1 carrot, chopped
1 small onion, chopped
5 mushrooms, chopped
1 tablespoon oil
1 teaspoon soy sauce
1 teaspoon miso paste (soybean paste)
1 cup bean curd, mashed

Method

Steam the turnips for about 25 minutes or until tender. Let cool. Scoop out turnip flesh and reserve.

In a heavy pan sauté the eggplant, carrot, onion, mushrooms in the oil until tender. Add turnip. Add the soy sauce, and miso paste. Add bean curd and stir together.

Fill the turnips with the vegetable mixture. Replace caps and steam for 15 minutes more. Serve with sesame sauce. Serve 1 turnip per person. **About 50 calories each.**

SESAME SAUCE

Ingredients

2 tablespoons white sesame seeds, roasted
1 tablespoon miso paste
2 tablespoons soy sauce
3 tablespoons mirin (Japanese sweet wine) or light sherry
3 tablespoons sugar

Method

Whirl all the ingredients in a blender or beat with a mixer and serve with the turnips. Makes 1 cup. Spoon a very scant 1 teaspoon over stuffed turnip and replace cap.

TERIYAKI CHICKEN

You may use the same method for steak or white fish.

Ingredients

3 chicken breasts, skinned and boned
1 small clove garlic, finely minced
1 small onion, finely minced
¼-⅓ cup soy sauce
1 teaspoon sake

Method

Marinate the chicken breasts for at least 18 hours in the garlic, onion, soy sauce, and sake.

Cut the chicken into small pieces and sauté quickly until tender. Assemble on small skewers. Serve chicken on individual hibachis. Serves 6. **80 calories per serving.**

SAUCE VINCENT

(low-calorie mayonnaise)
Serve with cold poached salmon or as a dip for raw vegetables.

Ingredients

5 hard-boiled eggs
½ cup diet mayonnaise
1 egg yolk *(Continued on page 157)*

Why your bartender always makes a great Gimlet.



Because he uses Rose's Lime Juice. As a matter of fact, practically every good bartender in the world does. So if you want your gimlet to taste as good as your bartender's, always use Rose's.

Here's how he does it: Stir together one part of Rose's Lime Juice and 4 to 5 parts gin, vodka or white Puerto Rican Rum. Serve ice cold, straight up or on the rocks.

Rose's Lime Juice. For great gimlets.

Turkish delights

By William P. Rayner

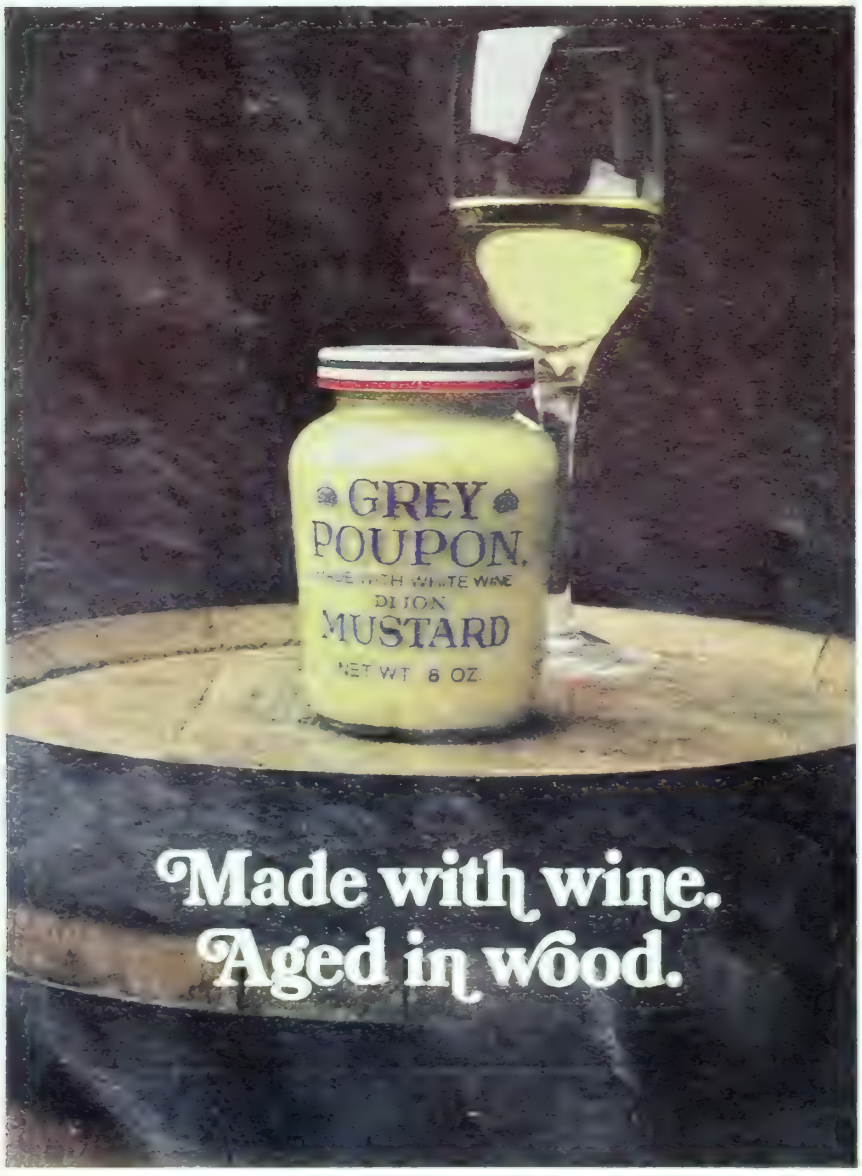
From the Turkish table—recipes for superfresh foods, simply cooked

On the Aegean coast deep in Turkish Anatolia, there remains the village of Bodrum where Herodotus, "The Father of History" or "The Father of Lies," was born some 2,500 years ago. This author of *Histories*, the first great European prose work, spent his childhood next door to where our hosts have restored their house in a style of Mediterranean architecture that is unique to the locale. Approaching the entrance, you will see a pair of symmetrical milk-white, flat-roofed, wings of masonry each 60 feet in length and 2 stories high, whose deep inset louvered windows and wooden balconies are trimmed in burnt umber. The two houses are connected by an arch, and when the massive pine entrance door swings open there can be seen a citrus grove, agapanthus, vines of flaming bougainvillaea, and towering firs. Just behind this Arcadia are the remains of the Mausoleum at Halicarnassus—one of the seven wonders of the ancient world (see page 24). Across from the front entrance is the deep harbor of Bodrum, watched over by a mammoth Crusader fort, while on the horizon beyond is the Greek island of Cos, with whom brisk trade exists when these intimate enemies are at peace.

Each evening, we must return our two young housegirls to their family, for in these primitive parts public transportation still means to walk. Their two elder sisters, twin brothers, and a mother, who by edict has replaced veil with shawl, live in three scrubbed white Spartan rooms, the only picture being that of Mohammed. In the small plot behind the mother's house dwell the goat, two lambs, and a new litter of puppies. Like other villagers, the old woman each day marches her goat and lambs down to the port, hikes up her pantaloons, secures the shawl between her teeth, and scrubs the animals clean. They hate it. On the quay behind, men sit beneath the palms playing backgammon, sipping coffee or sour tea, chatting or absorbed by the sea. From time to time, small caravans of camels pass bearing produce from the neighboring farms. And what they bring! Each Thursday one can hear, coming down from the hills, the far-off sound of camel bells, which announce the arriving caravans. They are carrying trappings for the festival for each Friday's bazaar. The square is tented over; the fruit and vegetables are arranged on booths with hand-painted signs to announce their price. These in themselves are from another age: beans 12¢ a pound, tomatoes 7¢ a pound, figs 79¢, grapes 14¢, and so on. But more important than the prices are the fruit and vegetables themselves, which are the finest we ever found. But even if they weren't, the charm of shopping in this bazaar, where vendors in falsetto tones wail of their wares, then bargain in whispers; where the smell of citrus mingles with that of fresh tarragon, strong oregano, sweet basil, dill, and ginger; where hobbled chickens cackle and boys duck like Ali Baba among the stands then dash between shawled women carrying straw baskets, all silhouetted against a topaz sea is worth a trip half round the world.

Our pretty, wonderfully old-fashioned housegirls, wrapped in Bodrum scarfs of multicolored flowers (each locale has a differently designed scarf denoting its village) are down shopping. They will marry soon and, like other girls, have been adding laces and linens to a trousseau begun for them at birth. They will drink their wedding soup, dust on henna two nights before the ceremony, and observe all customs save one. Unlike their mother, they will choose their own man (they are not that wonderfully old-fashioned). They do, however, honor and observe other customs. They show respect by kissing our host's hand and then placing it on their forehead. They are scandalized when we sit cross-legged in front of our elders. When the house was finished, they were first to walk in the blood of the sacrificial lamb. They make their ablutions and they pray to Allah five times each day, and they never go abroad without their evil-eye beads in place. But unlike their elders, they can read, know their sums, and are in daily contact with a dangerous influence—the infidel —us.

The daily life of us infidels works into a dreamlike routine. One arises early and breakfasts on yoghurt, tea, fruit, crisp toast, feta, and honey. Yoghurt is a staple in Turkey, eaten alone, with, and on practically everything. It is speculated that the first yoghurt was made about 9,000 years ago when nomadic tribesmen tried to pre-



A few commonly used Turkish cooking terms

Borek. Filled pastry made with phyllo pastry. (See recipe)
Baklava. Dessert made with phyllo pastry filled with walnuts and soaked in syrup.
Dolma. Vegetables stuffed with meat, rice. (See recipe)
Feta. Delicate white cheese, lightly salted, made of sheep or cow's milk. (Refrigerate ¼ submerged in water.)
Halva or Halvah. Desserts made with flour and nuts, served with cinnamon.
Kebob. Cooked meat. There are various kinds such as shish (stick) baked or broiled.
Kofta. Meatballs or patties.
Meze. Hors d'oeuvres.
Phyllo pastry. Paper thin pastry sheets.
Pilav. A method of cooking long grain rice in chicken or beef broth. (See recipe)
Raki. Turkish national drink made from grapes and flavored with aniseed. When mixed with water, turns white like pastis.
Sis kofta. Ground meat broiled on spits over charcoal.
Tas kebab. Cooked cubed meat, then covered and cooked with rice and spices.
Yalanchi dolma. Grape leaves stuffed with rice.
Yoghurt. Milk heated, combined with a bacillus starter.

n the evening we return to the rooftop to listen to the camel bells, sip vodka and pomegranate juice, and await the sunset.

erve their milk by putting it in hallow earthenware jars, then exosing it to the heat of the sun. In he process of evaporation, it urned into a semi-dry acid curd ike yoghurt. Homer reports that he terrible Cyclops, using an improved method, was seen making oghurt when he discovered Odyseus and the Achaians in his cave.

"Next he curdled half of the white milk and packed it into wicker baskets."

Beyond the fort, off on the Aegean, the special Bodrum boats haped like the ark sail beyond the arbor. Each day, on one, we go o sea, anchoring by a deserted each, visiting the camp in Cnidus f Iris Love, who is searching for raxitiles's other Aphrodite, dive or a ruin undersea at Mindos (not ar from where George Bass in 960 discovered a sunken 3,200ear-old Bronze Age merchant hip), or simply swim by the ark. hen we take lunch on deck under candy-striped awning, which disracts the midday sun. In the eveing we return to the rooftop of ur house to listen for the camel ells, sip vodka and pomegranate uice, and await a sunset all pinksh blue and soft as talc. Sipping Turkish wine each evening, we dine in the grove on écrevisse, a lamb sis, a spinach börek, Jerusalem artichokes, dolmas, feta, potato turc, tomatoes with onions, fresh figs in heavy cream, and Turkish coffee. The guest is always the same Abyssinian cat—one of a thousand such waifs who exist nowhere else in Turkey. A magnificent creature whose Minerva eyes "beam with mind." She has adopted our group with an imperative that does not allow sharing with cousins. We have no say in this. She is, I think, Bodrum's godmother.

YOGHURT

Ingredients

1 quart skimmed or whole milk
1 tablespoon plain yoghurt—the starter
1 dairy thermometer

Method

Heat milk to 180°. Remove and cool until temperature abates to 110° on the dairy thermometer. Add 1 heaping tablespoon of plain yoghurt to milk and stir in well. Do not add extra measure, for bacillus is a living organism and overpopulation offends them; the resulting sour, watery "glop" will offend you. Cover pot, wrap snugly in a towel or blanket, and allow to stand in a warm, quiet place 8 to 10 hours or overnight.

There are also commercial electric yoghurt makers that yield excellent results.

YOGHURT AND EGG SOUP

Ingredients

2 8-ounce packages yoghurt
6 eggs
1 clove garlic
3 tablespoons butter

Method

Bring yoghurt to room temperature. Poach eggs. Rub skillet with garlic and melt butter.

Divide yoghurt between soup bowls and place 1 poached egg in center of each. Pour on garlic-flavored butter and serve. Serves 6.

DOLMAS

Ingredients

1 pound lamb, ground
1 medium onion, chopped
¼ cup uncooked rice
1½ cups canned whole tomatoes, drained of juice
½ cup parsley
¼ cup fresh dill, chopped
1 teaspoon each salt and pepper
4 fat zucchini, about 6 inches long
3 firm tomatoes
3 green peppers
butter

Method

Combine lamb, onion, rice, tomatoes, parsley, dill (save stems), and salt and pepper. Knead well. Scrape and wash zucchini. Cut off stem end and shape into a cover. Trim opposite end. Scoop from the cover end out and discard inside, leaving shell. For peppers and tomatoes, cut off tops, reserve for lids, and scoop out.

Fill shells with meat mixture, a little at a time, packing down

Continued on next page

The new Early American collection from Case gives you a beautiful feeling of the good old days. And it lets you enjoy the same painstaking craftsmanship that Case has been putting into knives for more than a century.

For example, we put at least 75 hand operations in each one of Case's nine Early Americans. Notice how the tang extends the full length of the handle for extra strength. And how the handles are natural walnut for natural beauty, impregnated with acrylic to resist grease and moisture absorption.

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W. R. Case & Sons Cutlery, Bradford, Pa. 16701

CASE

The Early Americans

Something old is something new.



continued from preceding page

with spoon. When full, replace stem end for cover. Place on rack at bottom of heavy saucepan. Place dill stems on rack and arrange zucchini on top. Dot with butter. Add 1½ cups water to pan.

Cover with wax paper and place dish on top to give weight. Cover and cook over medium heat (300°) about 1 hour. More water may be added if necessary. Serves 6.

POTATO TURC

Ingredients

6 medium potatoes
4 tablespoons wine vinegar
1 tablespoon mustard powder
4 tablespoons olive oil
2 tablespoons lemon juice
1 tablespoon fresh dill, chopped
salt and pepper
2 medium onions
1 tablespoon salt
12 black olives, pitted and sliced

Method

Peel potatoes. Cook until done, remove from water, and cool. Slice thinly. Place in salad bowl and add vinegar.

Mix well mustard, oil, lemon, dill, salt, and pepper to taste. Fold into potatoes.

In sieve, add 1 tablespoon salt to onions and thoroughly combine. Rinse well with water, dry, and add to potatoes.

Garnish with olive slices. Serve at room temperature. Serves 6.

PILAV

Ingredients

2½ cups beef or chicken consommé (1 10½-ounce can condensed combined with equal parts water)
1 cup long grain rice

Method

Boil consommé and add rice. Cover and simmer for approximately 20 minutes or until all liquid is absorbed.

Remove from heat and cover with napkin for another 20 minutes until all excess steam is absorbed.

JERUSALEM ARTICHOKE SALAD

Ingredients

1 pound Jerusalem artichokes
6 tablespoons olive oil
2 tablespoons tarragon vinegar
½ teaspoon each salt and pepper
2 heads Boston lettuce

Method

Wash and peel artichokes. Slice thinly and place in cold water.

Combine olive oil, vinegar, salt, pepper and toss with lettuce.

Add artichokes. Toss again and serve. Serves 6.

SPINACH BOREK

3 10-ounce packages chopped frozen spinach
1 large onion
3 tablespoons butter
4 tablespoons grated Parmesan cheese
2-3 tablespoons crumbled feta cheese
½ teaspoon sugar
1 tablespoon milk
3 eggs
½ teaspoon each salt and pepper
¼ pound butter
1 pound phyllo pastry sheets
1 pint yoghurt

Method

Defrost spinach, press out all water, and set aside. Grate onion and brown in butter until translucent, 5 to 7 minutes. Remove from heat and add cheeses, sugar, milk, eggs, salt, and pepper. Combine ingredients well and set aside.

Preheat oven to 350°. Butter an 8-by-12-inch baking pan. Melt ¼ pound butter. Place 1 sheet of pastry on smooth, dry surface and brush with butter. (Do not use too much butter.) Place a second sheet on top of first and butter. Continue in this manner until you have used 6 sheets.

Then arrange ¼ of the spinach along the longer side of the pastry, 5 inches from the edge. Fold over the pastry and roll into a strudel or tubular shape. Place in baking pan. Repeat process until 4 rolls are completed.

Brush with butter and bake for 30 minutes or until golden brown.

When finished, divide each börek into 4 equal pieces, making 16 pieces. Serve with plain yoghurt on the side.

Note: This may be prepared a day in advance, by refrigerating. Phyllo pastry may be purchased in many bakery shops, supermarkets, or at Armenian food stores.



Ready-to-go drinks

To speed up party drink-making, prepare-ahead ideas and quick tricks from superorganized hosts

By Jane Ellis



Wineglass by Orrefors; double Old-fashioned glass by Fostoria, champagne flute by Waterford.

loody Mary's for a crowd: Save half-gallon jug wine bottles with andles for serving Bloody Mary ıix. Make one hot and spicy, one ıst spicy. Pour vodka and aquavit ıto two decanters and let guests ıake their own Bloody or Danish ſarys, as Jane-Howard Hammer-ɛein does. "I love aquavit in my ıloody Mary. It tastes just like quid rye bread," says Mrs. Ham-ıerstein, who always keeps a good ıpply of corks on hand to use ith her old wine bottles.

Villiam McGrail prepares **a slew f Bloody Marys** by lining up 3 mpty vodka bottles. To each, he dds 3½ inches of vodka and nough Worcestershire sauce to ırn the vodka amber; ¼ teaspoon elery salt; 1 teaspoon horseradish; dash of Tabasco sauce; and the ıice of 3 limes and 2 lemons di-ided among the 3 bottles. Fill up ach bottle with Heublein's tangy 3loody Mary mix.

or an extra-quick batch of Bloody Marys, Paul Bonner mixes gin with canned Clamato juice; Elisabeth Ortiz adds a quick dollop of horseradish to a can of Sacramento tomato juice and stores it in the refrigerator overnight.

For a **Green Lizzard,** Charles Mount combines equal parts of vodka and frozen lime juice concentrate that has been defrosted. Allow to stand in a covered glass container for at least 2 days. Serve over cracked ice in a tall glass. Add tonic, if you wish.

Quick and easy Vermouth Cassis: Playwright Samuel Taylor pours 2 ounces from a full bottle of Noilly Prat or Boissière vermouth and refills it with crème de cassis. Shake well and keep refrigerated. Will keep several weeks. Serve over ice with a twist of lemon or in a tall glass with soda. For Bloody Marys, Mr. Taylor keeps empty Worcestershire sauce bottles filled with his own secret seasoning ready to add to spirits and tomato juice.

For Jane-Howard Hammerstein's Bloody Mary Mix: Put into a blender 24 shakes Worcestershire sauce. Add 1 very small onion, peeled and finely minced; 1 seeded jalapeño pepper, finely chopped; the juice of 1 orange; the juice of 2 lemons; 8 ounces tomato sauce; 1 teaspoon salt; and plenty of freshly ground black pepper. Blend until smooth; pour into jug. Stir in 1 large can of V-8 juice—for a hot spicy version also add more jalapeño and salt.

For speedy beers, Mrs. Hammerstein fills the sink of her bar with crushed ice and plants it with German beer for self-service, or she might decant an armload of bottles into an antique water pitcher for easy pouring.

Along with drinks, Mrs. Hammerstein fills an enormous antique washbowl with hard-boiled eggs to be dipped into a homemade mayonnaise.

To cool a milk punch without diluting it, Mrs. Franklin R. Foster floats sealed plastic bags filled with ice cubes in huge crocks of the punch to chill it before serving. Make up the bags of ice cubes well in advance and store them in the freezer.

Do-ahead ice cubes for picnics and outdoor cocktails: Mix up a heady brew of tomato juice, a touch of grated onion, freshly squeezed lemon juice, and a few dashes of Worcestershire sauce, suggests Doris Tobias. Pour into ice-cube trays and add an unpeeled slice of cucumber to each cube. Freeze.

Continued on next page

Before you buy a smooth-top range, find out what's under the smooth top.

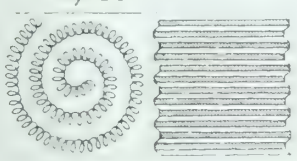
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READY-TO-GO-DRINKS
continued from preceding page

When you're picnic-bound, plunk ice cubes into plastic bags, tie securely, and place, along with a bottle of chilled vodka, in a thermal picnic hamper. Add 2-4 cubes to a jigger of vodka.

For Bullshot cubes: Fill ice trays with beef bouillon, season with freshly ground pepper, and add a few thinly sliced rounds of fresh scallion to each cube. Freeze.

Lemon-mint ice cubes are always kept in the freezer by actor Richard Chamberlain for dropping into last-minute white wine spritzers. A sprig of mint, a curl of peel are added to each section of the ice tray.

For Hot Toddies, Helga Gruber fills a large percolator with apple juice or cider. When guests arrive, make individual toddies by adding rum and a stick of cinnamon to the hot juice.

Vin de Framboise, that can be made with strawberries or blackberries as well as raspberries, is made each summer by Mrs. Leonard Birnbaum to keep in the refrigerator for adding to Kriter, a sparkling white wine, or just plain soda or water for poolside drinking. To each pound of fruit, add 1 bottle of a simple red Bordeaux wine and marinate for 48 hours. Strain, allowing some of the pulp but no seeds to go through the strainer. Take equal parts of juice and sugar, plus ¼ measure extra sugar, simmer 15 minutes. Pack into clean wine bottles. Cork.

A summer citrus syrup is kept in the refrigerator by Helen Worth for mixing with chilled white wine when friends drop by. Slice an orange, a small lime, and a small lemon paper thin. Cut orange slices into quarters. Make a sugar syrup with 1 cup water to 1½ cups sugar. Pour over fruit and chill at least 4 hours or up to 3 weeks. To serve, add 2 teaspoons syrup to a glass with some of the fruit and fill up with ½ cup white wine. Soda can be added, if you wish, or serve it alone with the fruit syrup. For pitcher service, fill ¼ full of ice, add ½ cup fruit syrup and fruit, and a bottle of white wine.

Sangría base, made the day ahead and stored in the refrigerator, is Cesar Ortiz's source of quick party drinks. Mix 2 cups orange juice with 1 cup lemon juice sweetened to taste—the amount of sugar varies with the acidity of the lemons. Next day, mix with 1 bottle Spanish wine, a robust one from the south of Spain. "Never put ice cubes in the pitcher, only the glasses," says Mr. Ortiz, who thinks it dilutes the sangría. Elisabeth Ortiz marinates cut-out peaches in maraschino overnight. Next day, combine with a light and flowery German Moselle for a refreshing summer fruit cup.

Martinis can be mixed up several days ahead and stored in the refrigerator until they're really cold, suggest Robert Misch, who also keeps a bottle of Polish or Russian vodka and one of mirabelle in his freezer for unexpected company.

For a Gimlet Punch, Mrs. Kelvin Cox Vanderlip always keeps on hand a bottle of Rose's Lime Juice, a bottle of gin, and a block of ice with fresh mint frozen in it, to be combined at a moment's notice.

Quick refreshing drinks: Carta Blanca beer and tomato juice combined, and with a sprig of parsley added, suggest Mr. and Mrs. William M. Robbins. Or mix ginger beer and Miller High Life half and half for a **Shandy Gaff.**

Espresso is stored in the refrigerator by Robert Pascal of the restaurant Chez Pascal, for combining with rum for an after-dinner drink. Rim a tall glass with lemon, then dip rim in rum, then sugar. Add a jigger of dark rum to the glass and fill up with espresso. Top with whipped cream.

Sugar syrup keeps indefinitely in the refrigerator, says Julie Dannenbaum, who keeps it there for making Planter's Punch. She also keeps a jar of slices of orange and lemon covered with cognac for adding to summer **Sangrías.**

Star anise fruit syrup gives a surprise taste to summer fruit drinks. Suzanne Taylor makes the syrup by combining ½ cup water with ¼ cup sugar, 2 tablespoons fresh lime juice, and 1 teaspoon crushed star anise. Boil 2 minutes with a pinch of salt. Steep for 10 minutes, strain and chill. Add a few drops to lemonade or frozen pineapple drink and a little gin, if you wish.

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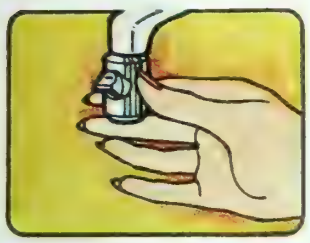
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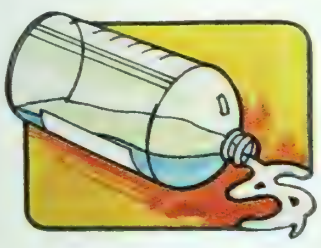
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Allow six to eight weeks for delivery HG

Slice broccoli stems very thinly and combine with slivers of carrots, potatoes, and rutabagas and sauté very quickly

...PARTY FOOD
continued from page 141

Ingredients

1½-2 pounds penne (pen-shaped pasta)
salt
½ cup olive oil, plus 1 tablespoon
1 cup tomato, peeled, seeded, and finely diced
½ cup red onion, finely chopped
¾ cup celery, finely chopped
½ cup green pepper, finely chopped
½ cup red pepper, finely chopped
¼ cup carrot, peeled and finely chopped
¾ cup cucumber, unpeeled, seeded, finely chopped
¾ cup baby zucchini, unpeeled, finely chopped
2 tablespoons basil, finely chopped

Method

Cook the penne in a very large pot in 5 quarts of boiling water to which 2 tablespoons salt and 1 tablespoon oil have been added. Cook until al dente, about 8-10 minutes. Drain. Place on a large platter or in a large bowl and toss with the ½ cup olive oil.

Over the top of the pasta, sprinkle the finely chopped vegetables ending with the basil. Toss and season with salt. Pass a cruet of good olive oil and black pepper from the mill. Serve with toasted bread sticks. Serves 6.

SAUTEED JULIENNED VEGETABLES

Ingredients

1 bunch broccoli, very fresh
2 large carrots, peeled
2 medium potatoes, washed and peeled
2 rutabagas, washed and peeled
4 tablespoons butter
salt
freshly cracked black pepper
2 tablespoons parsley, finely chopped

Method

Remove the stems from th bunch of broccoli. Save th heads for other use. Slice th broccoli stems, carrots, pota toes, and rutabagas on a mar doline and cut them all into ju lienne. The vegetables shoul be even in size—and the thick ness of a kitchen match.

Individually parboil each vege table in saucepans for 3 min utes. Refresh them in cold wa ter. Dry on towels.

Melt the butter in a skillet an when hot and foamy, toss th vegetables together in the butte to coat them well. Toss and cool for 3-4 minutes only. The vege tables should be tender-crisp.

Season them with salt and pep per to taste and sprinkle with parsley. Serves 6.

Note: The vegetables are equal ly delicious served with a vinai grette.



Match-stick strips of vegetables keep crisp when quickly sautéed.

CARROT AND WATERCRESS SALAD

Ingredients

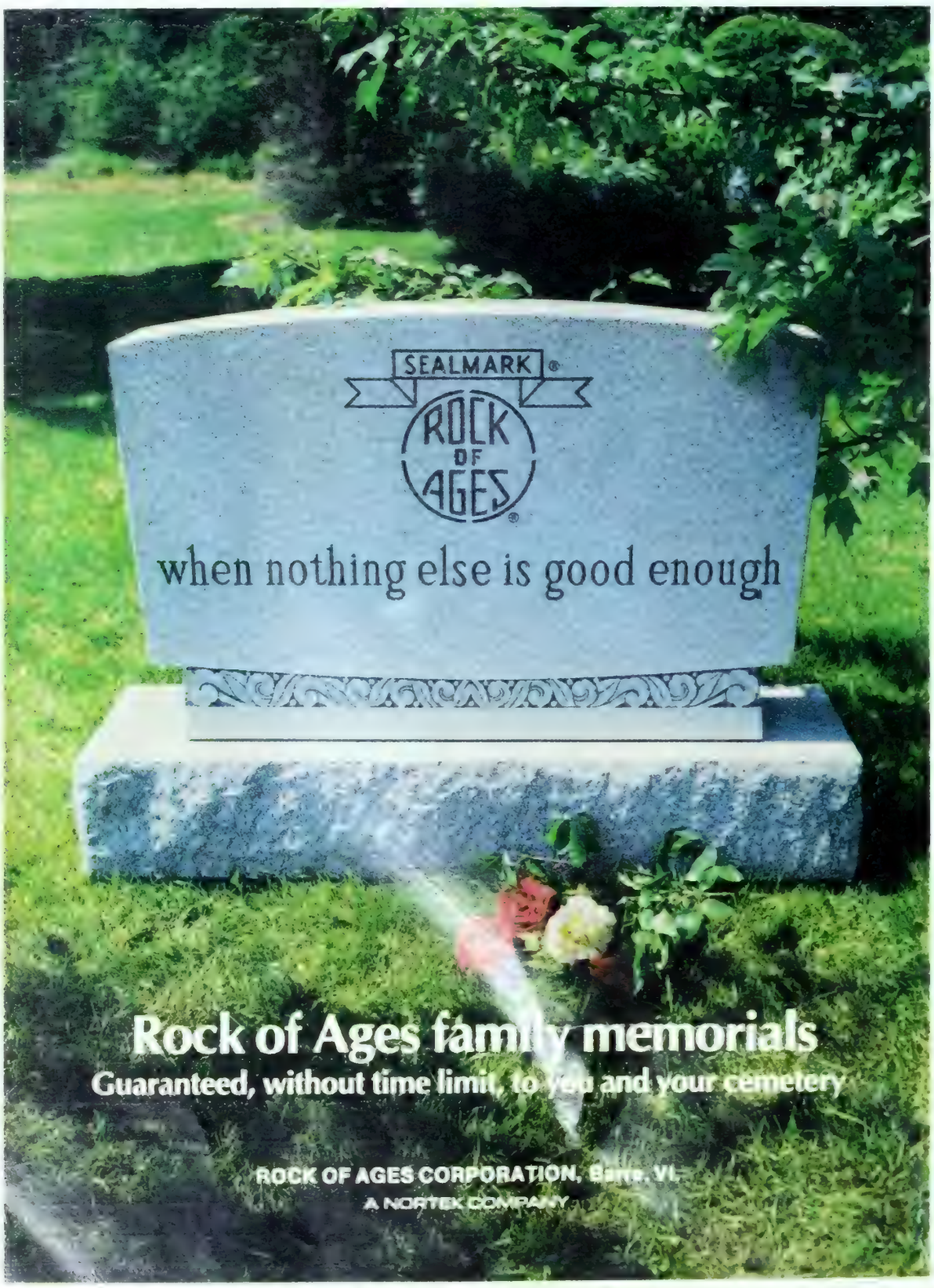
4 carrots, washed and scraped
3 bunches watercress, tough stems removed

Ingredients for vinaigrette

1 teaspoon salt
½ teaspoon black pepper, freshly cracked
4 tablespoons vinegar
¾ cup vegetable, olive, or French peanut oil

Method

With a potato peeler, peel off lengthwise, about 24 thin strips of carrot. Cut 4 slits, lengthwise, on each carrot piece, leaving ¼-inch margin on each end. Fasten the ends of each carrot piece together and secure with



a toothpick. Drop into a bowl of ice water. Soak for 2-3 hours.

Wash watercress quickly in cold water. Dry on paper towel. Be careful not to bruise the leaves. Drain and dry the carrot curls, remove toothpicks. Arrange watercress in a salad bowl and place carrots on top. Dress with vinaigrette and toss just before serving. Serves 6.

Method for vinaigrette

Into a small bowl put salt, pepper, vinegar, oil. Beat with a fork or whisk. Makes 1 cup.

PEARS STUFFED WITH GORGONZOLA CHEESE

Ingredients

6 pears, Anjou or Comice, ripe, beautifully shaped, washed
½ pound Gorgonzola cheese
¾ cup butter
6 shiny leaves for garnish

Method

Remove the stems from the pears and cut a slice off the bottom of each so it will stand erect. Hollow out each pear using a corer or small knife.

Cream the cheese in a bowl. Beat in the butter. Fill a pastry bag fitted with a rose or star tip with the cheese mixture.

Fill cavity of each pear with cheese mixture. Pipe a cheese rosette on stem of pears. Attach a shiny leaf to cheese on top of each. Serves 6.

STRING BEAN SALAD

Ingredients

1½ pounds string beans, the smallest and thinnest possible
½ pound mushrooms, large and white
½ cup walnut halves
salt, fresh black pepper
¼ cup lemon juice
½ cup walnut oil

Method

Remove ends of beans. Put beans into boiling salted water to cover and cook uncovered for 5-7 minutes. Beans must be tender-crisp. Refresh in cold water. Drain and dry them. Put them in a large salad bowl.

Wipe mushrooms clean with a damp cloth. Cut the tops horizontally into thin disks and slice the disks into fine strips. Add to the salad bowl.

Add walnuts to bowl. Add salt and pepper to taste. Squeeze lemon juice over salad and add oil. Toss well. Let marinate at room temperature 1 hour before serving. Serves 6.

Add something to give a little crunch to every salad—seeds, nuts, or raw apple

THE GOLDEN DOOR
continued from page 149

½ cup lemon juice
handful each parsley, basil, mint, chives, tarragon (all fresh)

Method

Remove yolks from 3 of the hard-boiled eggs and reserve for later use. Put mayonnaise in a blender with the 5 egg whites, 2 egg yolks, 1 uncooked egg yolk, lemon juice, and herbs and blend briefly until smooth.

Make just before using as the fragrance and texture will last only 1 hour.

Serves 20. **20 calories per teaspoon.**

LIME SOUFFLÉ

Ingredients

10 egg yolks
1½ cups lemon juice, freshly squeezed, strained
1 teaspoon honey
1 envelope D-Zerta lime gelatin
1 envelope D-Zerta lemon gelatin
2 envelopes Knox unflavored gelatin
boiling water
4 packages D-Zerta whipping cream
zest of 1 lemon, grated
3 tablespoons Cointreau
18 egg whites

Method

In the top half of a double boiler put the egg yolks, lemon juice, and honey. Beat over boiling water until fluffy and remove immediately from heat.

In a 1-cup measure put the 4 packages of gelatin. Add boiling water to make about ½ cup. Mix well to dissolve gelatin. Add cold water to make 1 full cup and pour into yolk mixture. Let cool over ice for about ½ hour and stir with a wire whisk occasionally so the bottom and sides will not set. The mixture should remain smooth.

Make the whipping cream according to package directions. In a heavy saucepan, add the grated lemon zest and enough water to cover. Boil for 1 minute. Strain through cheesecloth and put zest back in pan. Add the Cointreau and bring to a boil again. Cook less than 1 minute. Let cool and add to the whipping cream. (Make sure whipping cream stays creamy and does not get stiff.)

Put the egg whites in a very large bowl and beat until they form stiff peaks, using an electric beater. Turn beater to lowest speed and immediately pour the yolk mixture into egg whites all at once. This part is critical—only 5 or 6 turns of the beater should be used to blend the 2 mixtures together.

Fold egg white mixture ⅓ at a time into whipping cream. It should be light and fluffy.

Fit a 10-by-3-inch soufflé dish with a 4-inch foil collar with tape. Pour soufflé mixture into dish to within 1 inch from the top of the collar. Refrigerate the soufflé for about 4 hours to set. Serves 25. **75 calories per small slice.**

FRESH FRUIT SANDWICH

Serve 1 slice of each fruit cut ¼ inch thick. Stack them up and they look like a small pyramid.

Ingredients

3 ounces low-fat cottage cheese per person
¼ apple, grated
cinnamon
1 scant tablespoon sunflower seeds
1 slice grapefruit, peeled
1 slice orange, peeled
1 slice pineapple, peeled
1 slice watermelon, peeled
1 slice kiwi, peeled
1 ounce dressing

Method for salad

Blend together with a rubber spatula the cottage cheese, grated apple, cinnamon, and sunflower seeds.

Layer the fruits with the largest slice on the bottom. Spread each with cottage cheese mixture. Top with slice of kiwi. Pour about 1 ounce of dressing on top. **190 calories per serving.**

YOGHURT FRUIT DRESSING

Ingredients

1 cup yoghurt
1 papaya, peeled
1 mango, peeled
1 cup strawberries, washed and hulled
1 teaspoon honey

Continued on page 159

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Desserts for company

Recipes from three creative party givers— Van Day Truex, Fleur Cowles, Zandra Rhodes

CINNAMON APPLESAUCE

(from Van Day Truex)

A favorite Truex quickie. To 1 jar cinnamon applesauce add cinnamon, nutmeg, honey, and lemon juice to taste. Blend well, and serve hot or cold.

TRUEX CHERRY COMPOTE

Ingredients

2 pint jars dark Queen Anne cherries and the juice from 1 jar
Juice and grated zest of 1 orange
1 cup dark brown sugar

Method

Put cherry juice, orange juice, grated zest, and brown sugar into a saucepan and boil down to a syrupy sauce. Drain the juice from the second jar of cherries and put all the fruit into a bowl, pour the syrup over them, and serve.

These are equally good hot or cold, and are improved with sour cream or yoghurt.

DRIED FRUIT COMPOTE

Ingredients

1 cup each dried prunes, pears, apricots, and figs
2 cups dark brown sugar
juice and grated zest of 1 orange

Method

Soak the fruit overnight in enough water to cover (even better is a strong infusion of Earl Grey tea).

Next day, put the fruit and its soaking water (or tea) in a pan with the sugar, orange juice, and zest. Simmer for about half an hour or until the fruit is tender and the syrup is very thick. Serve hot or cold with a dollop of sour cream (if your diet permits it) or yoghurt.

ORANGE COMPOTE

Ingredients

4 oranges
2 cups water
2 cups sugar

Method

Peel the oranges or, for a more intense flavor, grate the zest, and then peel. Remove all white membranes until the fruit is as naked as you can get it, then slice it as thinly as possible.

Put the ribbons of peel or the grated zest in a saucepan with the water and sugar. Bring to a boil, then reduce heat and simmer for about 20 minutes or until you have a nice syrup. Pour over the orange slices, allow to cool, then refrigerate. Serve very cold. (If you have used the strips of peel, fish them out.)

PEARS BAKED IN PASTRY

(from Fleur Cowles)

Ingredients

6 pears, peeled with stem intact
pastry (see recipe below)
glazing syrup

Method

Beginning at the stem end, wrap raw pears in ½-inch-wide strips of pastry on the diagonal to encase pears in dough completely. If pastry strip is not long enough, continue with a new strip, pinching ends together to seal.

Brush the pastry-covered pears with a glaze made by combining water, sugar, and brandy, and cooking over medium heat u thick. Bake pears in a 375° ov for 20-25 minutes. Serve wa with heavy cream. Serves 6.

PASTRY

Ingredients

1¾ cups all-purpose flour
pinch salt
1¼ sticks butter (¼ pound plus 2 tablespoons), cut in small pieces
2 tablespoons iced vegetable shortening
2 tablespoons sugar (optional if you like sweet dough)
⅓-½ cup iced water

Method

Put the flour and salt in a m ing bowl. Quickly add chill butter, shortening, and optio sugar. Mix flour and butter gether with an electric mixer a medium speed until butter reduced to tiny bits covered w flour. Don't overmix. The dou should be light and dry.

Add iced water and contin mixing until dough masses, ad ing drops of water to any u blended bits. Gather dough in a ball and press into a flat ma Roll in flour and refrigerate several hours in a plastic bag.

When ready to use on pears, r out thinly on a lightly flour surface. Cut into ½-inch stri to wrap around each pear.

FROZEN APRICOT CREAM

(From Zandra Rhodes)

A simple dessert for six.

Ingredients

2½ cups canned apricots with juice
2 tablespoons apricot liqueur (optional)
2 cups heavy cream, whipped

Method

In a blender, whiz apricots wi juice and optional apricot queur until smooth. Combi with heavy cream. Freeze un thick but not too hard, stirri occasionally during settin time. Serves 6.



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HE GOLDEN DOOR
ontinued from page 157

Method

Whirl the yoghurt, papaya, mango, strawberries, and honey in a blender until smooth. Serves 30.

VEAL ESCALOPE FLORENTINE

The seasoned spinach can also be tucked into an omelette or put on top of an oyster, baked.

Ingredients

pound spinach
lash celery salt
lash nutmeg
ennel stalk, chopped
ounce Monterey Jack cheese, grated
Spice Island's Italian herbs
-12 pine nuts
100-gram (3.6 ounce) veal escalopes
ew drops oil
andful shallots, chopped
¼ cup dry white wine
uice of ½ lemon
¼ ounce corn oil margarine

Method

Cook spinach fast for 2-3 minutes in ½ inch water in a large pan with 2 plates or a plate with a weight on top to weigh down the spinach. Cook just until wilted. Drain spinach and chop. Sprinkle with celery salt and nutmeg. Add just a little fennel.

Return spinach to pot over low heat and quickly stir in the cheese just until melted. Season with Italian herbs. Divide spinach into 4 portions, add 2-3 pine nuts to each, and wrap the veal escalopes around each portion.

Rub a few drops of oil in the bottom of a heavy skillet. Sauté veal quickly until brown, then cover skillet and put in preheated 350° oven for 10 minutes.

Remove veal to a heated platter. Over medium heat add shallots to skillet and sauté. Deglaze the skillet with the wine and lemon juice. Cook the sauce down. Stir in margarine. Return veal to pan for just a minute and serve immediately. Serves 4. **220 calories per 100-gram serving.**

STUFFED ZUCCHINI, CHEF'S STYLE

You may substitute eggplant for zucchini in this recipe. The small Japanese eggplants are especially good to use. Can be reheated in a microwave oven.

Ingredients

12 zucchini, washed
Vege Sal
oregano, dried
2 pounds mushrooms
1 large clove garlic
1 small onion
pepper
Spice Island's Italian herbs
4 tomatoes, fresh or canned, chopped
4 ounces chuck steak, chopped and browned
1 ounce Parmesan, grated
3 ounces Monterey Jack cheese, grated
parsley
chives

Method

Cut zucchini in half lengthwise and crisscross flesh with a knife for easier cooking. Add to a large pot with ½ inch water and sprinkle the top with Vege Sal and oregano. Cover tightly. Cook on top of the stove over very low heat about 20 minutes, or in a 400° oven for 20-25 minutes. (Eggplants will take 35 minutes.) When cooked, scoop out center making sure to leave skin whole. Reserve skins and flesh.

Grate the mushrooms in a Cuisinart food processor or blender with the garlic and onion. In a skillet cook mushroom mixture very slowly and season with Vege Sal, pepper, Italian herbs. Add tomatoes, cook down.

Add the chopped chuck, Parmesan, and Monterey Jack. Mix well. Add reserved zucchini and cook down until firm.

Chop parsley and chives at the last minute and fold in. Fill the zucchini skins. Serves 12—1 whole zucchini each. **200 calories per serving.**

TURKEY BREAST

Ingredients

1 12- to 14-pound turkey breast, skinned
2 celery roots, peeled (reserve peels—they go in the pot to help make the sauce)
2 white onions, studded with 4 cloves each
2 cloves garlic, peeled
Vege Sal
bay leaf
thyme
summer savory
peppercorns, crushed
2-3 ounces Neufchâtel cheese
juice of 1 lemon
nutmeg, freshly grated
chives, chopped

Method

Put the turkey breast in a large ovenproof pot with a tight lid. Add the celery root and peels, onions, garlic. Season the turkey with Vege Sal, bay leaf, thyme, summer savory, and peppercorns. Cook at 400° for ½ hour, then 350° for 3 hours. Never remove lid or the meat will dry out.

When cooked, remove turkey and keep it warm. Strain and defat the broth (there will be lots of juice, but not much fat). Discard vegetables. Purée 2½ cups of broth in batches in a blender.

Return the purée to the pan, add the Neufchâtel and scrape the bottom of the pan. Add the lemon juice and a grating of nutmeg. Adjust seasoning.

Pour the sauce over the turkey and sprinkle with chopped chives. Serves 30. **200 calories per 3-ounce serving.**

FRUIT SLUSH

(Served as a "cocktail")

Ingredients

strawberries, pineapple, peaches, or any in-season fruit
ice, cracked
soda water, Fresca, or any diet soda
kiwi slice or fresh mint for garnish

Method

Use proportions of ⅓ fruit to ⅔ ice. Add the fruit and cracked ice to blender container and blend. Pour into tall glasses, thin with either soda or Fresca or any diet soda. Garnish with a slice of kiwi or fresh mint. Serve with a straw. **About 25 calories a 2½-ounce serving.**

GINGER DRESSING

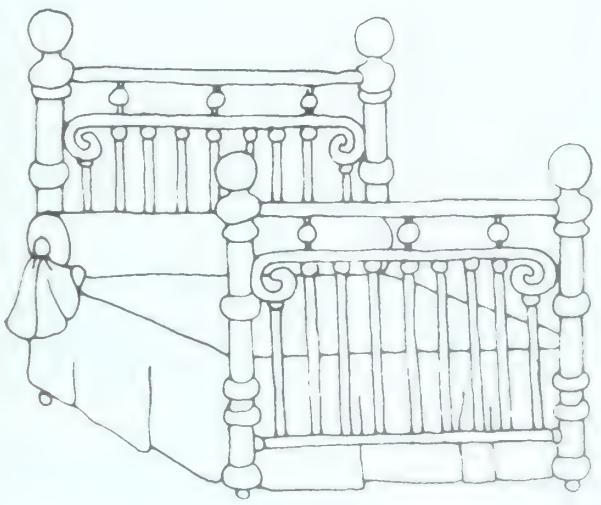
(for tossed green salads)

Ingredients

1 small clove garlic
1 tablespoon fresh ginger, chopped
zest of 1 lemon without white pith
½ cup sesame seed oil
1 cup rice vinegar

Method

Put all ingredients in the blender and blend to creamy stage. Makes 1½ cups. **14 calories per teaspoon.**



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...who don't have a crisis at around forty become terribly weighted down and lose the vitality they need to continue developing

...learned how to entrust themselves to others."

Levinson calls a part of this period GIAW—Getting Into the Adult World—and certainly young adults do not feel quite part of the grown-up life of responsibility and duty. They must get into it, must learn its rules, and experiment with adult roles. While some of them choose and start on careers, it is usually with only a modicum of commitment; others delay, devoting themselves first to sexual and social goals. Many have children now and are intensely absorbed in parenting. Roger Gould finds this period of life a relatively calm one, at least until young adults reach their late twenties. "Extreme emotions are . . . guarded against. . . . The emphasis is on modulating the emotional tone in an experimental effort to learn the proper tone for adult life."

Early adulthood: Transition or crisis (Around 30)

Once marriage and career lines have been established, young adults frequently enter a turbulent period marked by a questioning of values and commitments. Around age thirty, young married men and women may first consider and even have extramarital affairs. The men may switch careers and the women become more serious about having one. The focus of the earlier years is gone, and the direction of the next decade unclear. Gould says the trouble lies in the fact that at this point young adults feel that "some inner aspect is striving to be accounted for." Levinson finds that men around thirty question their career lines because they feel their occupational choice is too constraining or is "a violation or betrayal of a dream they now had to pursue." Similarly, men whose lives in their twenties were unstable and unconstrained may now feel a need for order and responsibility. "This brief transitional period," says Levinson, "may occasion considerable inner turmoil—depression, confusion, struggle with the environment and within oneself—or it may involve a more quiet reassessment and intensification of effort."

Intermediate adulthood: The mastery of careers (30 to 40)

The transitional period behind them, men and women now begin to make a strong commitment to accomplishments outside the personal. Levinson calls this period "Settling Down." People in their thirties seem to want stability, a niche in society, and they also want to "make it," to move toward major occupational goals. The Ivy League men whom Valliant studied were, at this time in their lives, very outerdirected, and not introspective. "They tended to sacrifice playing and instead worked hard to become specialists. Rather than question whether they had married the right woman, rather than dream of other careers, they changed their baby's diapers and looked over their shoulders at the competition."

In their later thirties, men in particular are involved in what Levinson calls BOOM—Becoming One's Own Man. A curious phenomenon of this urge toward selfhood is that people may now begin to pull away from and even turn against formerly cherished professional mentors. The phenomenon has been chiefly documented in men, but at Yale it has begun to be studied in the lives of professional women as well. The mentor, usually ten to fifteen years older than the late-thirties individual, once served as benevolent guide to the depths and shallows of a profession. But in the course of becoming one's own man or woman, a late-thirties striver must abandon or at least separate from the mentor. Levinson's subjects chose physical distance: Scientists set up their own labs in far-off universities; writers changed editors; blue-collar workers and executives switched to new companies.

By thirty-nine, the decks are clear and men—most life-span studies have followed them—begin to focus on key events in their careers, something through which the world will signal whether or not they are valued. It may be the promotion to a new job, the reception of a new book, the acceptance of a piece of research. This signal takes time to receive, so that late-thirties men often seem to be waiting, suspended.

Intermediate or midlife transition or crisis (Around 40)

Slowly, inexorably, whatever the outcome of the awaited event, the midlife crisis now begins. The man around forty may have attained his life's dream—the critics may have lauded his novel, the National Institutes of Health may have granted him bountiful research funds—but still he is thrown into a state of bemused or even rageful introspection. Men at this age feel their achievements are hollow, their bodies are declining, and they hear death whispering to them for the first time in their lives. It is at this point that many men translate *angst* into action: They divorce, take a trip to Europe, change the direction of their research or their style of writing. Even when they don't make such dramatic changes, when the externals of their lives show no such extreme variation, the men themselves are somewhat different. Having held onto their life structures, their personalities change.

Is the crisis harmful as well as painful? Levinson believes that it often enriches and strengthens men for their later years. He himself, at forty-six, changed the direction of his research entirely and left Harvard for Yale, and he points to other more famous examples of men whose lives took a turn for the better after they had weathered a troubled midlife crisis: men like Freud, Gandhi, Frank Lloyd Wright. In fact, says Levinson, "Many men who don't have a crisis at forty become terribly weighted down and lose the vitality they need to continue developing in the rest of the adulthood stages."

Middle adulthood: Reorganization and renaissance (40 to 50)

For most men and perhaps—but we do not know yet—most women, the midlife crisis reaches its peak sometimes in the early forties, so that the period which follows is relatively calm. Levinson calls it a time of "restabilization"; Gould, one in which there is "a relief from the internal tearing apart of the immediately previous years." Men and women in their forties display a more stable loyalty to their mates. "They very actively look for sympathy and affection from their spouses, who in many ways they seem to be dependent on in a mode similar to that of their former dependency on parents." But Valliant points out that this period is not altogether an untroubled one. For men, at least, it is often marked by depression and renewed questioning of the meaning of life and work. Still, he suggests that despite an increased awareness of unhappiness, the man in middle adulthood is nevertheless calm. Even though men in their forties are conscious of more depression, he writes, "they also in midlife appeared far more able to accept their own tragedy and that of others."

Later adulthood: Increased awareness of mortality (50 to 65)

Gould calls this a period of "mellowing and warming up." Men and women are truly "adults" now, for they no longer see their parents as the cause of their life problems, nor view their spouses as controlling them, and thus resemblin... parents. According to Gould, "th... children's lives are now seen ... potential sources of warm comfo... and satisfaction. . . . The spouse ... now seen as a valuable source ... companionship in life." There i... of course, an increased awarene... of mortality and this may mak... men and women in later adulthoo... seem petty, become focused o... their health or their anxieties, o... yet again express doubts about th... value of their contributions to th... world. But, curiously, according t... Gould, this is not a time of dimin... ishing interest in human contact... Rather it is a period of life i... which "there is a hunger for per... sonal relationships." John A. B... McLeish, an eminent Canadian... educator, has documented this i... a recent book, *The Ulyssean Adult: Creativity in the Middle and Late Years*, and indicated the... remarkable personal and profes... sional accomplishment of many... people in late adulthood.

These, then, are the major life... cycles that researchers have re... cently identified. If they seem t... describe men's growth and crisi... more often than they do women's... it is because most life-span re... search was in the past directed... toward the lives of men. This is... changing. The Yale study of the... role of mentors in women's lives... will soon be completed, and so far... it appears that women, too, must... at some intermediate adulthood... stage separate from their mentors... if they are to continue to grow. At... New York's City University, a... study of young women and their... mothers being conducted by Jill... Allen indicated a similar phenome... non: At an early adulthood stage... women who do not separate them... selves in their attitudes and aspira... tions from their mothers seem less... capable than others of psychologi... cal growth and professional mas... tery. In the years to come, we will... surely know as much about wom... en as we do about men.

While the life cycles already... described are interesting, revealing... patterns all of us can readily rec... ognize in ourselves, our friends,... and parents, they do not seem to... me as fascinating as another more... subtle aspect of the study of adult... growth. Life-span research has in... dicated that personality itself may... alter as adults grow, has revealed... that we are not bound to the course... we are set on in our early child... hood years. Levinson talked of... how men's personalities changed... depending upon how they weath... ered their midlife crises. Valliant... came to the surprising conclusion... concerning the Ivy League men... that "a stormy adolescence, per se,... was no problem to the normal...

ogression of the adult life cycle. fact it often boded well," and noted that: "The men who were dged by the staff to have negoti- ed adolescence best were not al- ay the men with the best midlife ljustments."

Similarly, midlife adjustment nd midlife styles do not always rm a reliable guide to what a an or woman can expect in old e. In a recent monumental study, 142 men and women whose ves were examined over a forty- ar period—from age thirty to e seventy—California research- s Henry Maas and Joseph Kuy- rs came up with some surprising formation. They noted that while r most people, early adulthood estyles set the tone for old-age yles, for certain individuals this as not the case. These people ere more often women than men nd, astonishingly, they were wom- n who, in their thirties, had been nsidered by the researchers to ave had the lowest energy levels, have been the most depressed, ssatisfied, and unambitious. Yet ese women sometimes changed dically for the better when their issatisfactions reached a crisis vel as a result of a divorce, the eath of a spouse or a child. They egan to work outside their homes, eveloped hobbies and friendships, nd became in their later sixties highly involved as guest or visi- r or worker."

Some of us, then, continue to row throughout our adult lives, ven during those final decades hen, presumably, our choices ave been seriously narrowed. As o the rest of adult life, it is, as we ow know, not a single unity but time marked off by distinctive ge-related growth cycles. Rooted n our families, we unfold and row; we have fallow periods and easons of sudden spurts of change; ve are not the same today as we vere yesterday, and we will have one, before we age, through at east three or four distinctively dif- erent growth periods. ■

EDITOR'S NOTE: *Linda Wolfe is a writer specializing in psychology and behavior. She is married to a New York psychologist and has one child. Her recent book,* Play- ng Around: Women and Extra- Marital Sex *(Morrow), will be pub- ished in paperback next month, and she is currently working on a new book.*

Turkey

continued from page 30

Armada sailed into the adjacent resh waters of Lake Bata, inspired another image. Though he never saw the site, it was Herakelai that inspired Keats to write of how Endymion was placed in a spell of eternal sleep by Diana, the moon goddess. "A thing of beauty is a joy forever."

From Herakelai one drives southward through the valley of Meander, where shade is a luxury, then past pastures rich in cotton and tobacco, up through pine forests in which white death flowers that must not be bothered grow, and down into Bodrum, the birthplace of Herodotus, the "Father of History." It is a lovely passage along a road that traces Alexander's conquering path 2,300 years before. Around each turn caravans of camels bearing goods and wood appear. The sundown prayer is chanted from the village minarets, black goats tribe on the hills, and great live oaks decked in ribbons, calico, and bows bloom as wishing trees in memory of the dead. Past this and over a steep scarp to Bodrum on the Aegean we drive. It is a village of 6,000, where the mausoleum at Halicarnassus, our second wonder of the ancient world, remains.

The world's first mausoleum was built by Artemesia II in memory of her late husband, who was also her late brother. It was a huge structure, which in re-created models looks to be a pyramid floating in air, with 36 columns supporting 24 steps, topped off by a four-horse golden chariot. But perhaps more interesting than even this is the person who commissioned it. An extraordinary queen linked to a remarkable line of powerful women, godmothers so to speak. Her great-grandmother, Artemesia I, was, according to Herodotus, the first woman admiral in history (has there been a second?), who during the Persian defeat in the Battle of Salamis fought with such ferocity that Xerxes remarked: "My men have turned into women, my women into men." Her sister Ada, later banished from Bodrum, allied herself with Alexander and defeated the heirs of Xerxes to return to Bodrum as queen. But Artemesia II was the rarest. It seems that when her brother/husband died, the rulers of Rhodes wished war against the "mere woman" for they fancied the harbor of Bodrum. A decided error. The "mere woman" devised a tactic that warriors still employ—which is to say, the best defense is often offense. Before the fleet from Rhodes arrived, Artemesia II took her modest navy "to a secret harbor joined by a canal to the great harbor." The mighty fleet of Rhodes sailed in and disembarked its men to shore. Whereupon, late that night, the queen struck at the anchored naked ships, grappled up their buoys, and dragged the fleet to sea. Deprived of their retreat, the army of Rhodes was overcome. At sea, Artemesia II manned her newfound navy, sailed on to Rhodes, where the citizens supposing their own men had returned victorious, embraced a Trojan horse. Returning home the "mere woman" went on to build one of the seven wonders of the ancient world.

Her work stood for 1,800 years. Earthquakes did not disturb it. The Romans would not touch it. The Byzantines, who razed all pagan monuments, could not bring themselves to harm it. It took the Knights of St. John to ravish it when they built their Crusader castle in honor of the fisherman, St. Peter. They "pulled down, hacked and broke all to burn and make lime" for their fortress home. Marble columns, Ionic capitals, reliefs, statues, friezes, architraves, cornices, all were sacrificed pell mell into their ugly walls. Recently, part of the famous relief depicting the battle between the Amazons and the Greeks was found to have been employed as a building block. (A portion of this relief has been preserved, thanks to Newton, and is in the British Museum.) These knightly men, out of this unique material, labored 98 years to build a protection from which they fled without a fight when Suleiman the Magnificent got serious. These knights were no "mere woman."

A tour of Anatolian Turkey similar to the one described can be arranged through the Turkish Tourist and Information Office, 500 Fifth Avenue, New York, N.Y. 10036. Telephone: (212) 564-5990. ■

Importance of privacy

continued from page 20

to dietary deficiencies and cause other damage to the system.

4. Do you *now weigh* about what you *should have weighed at age 20?* If not, zero in on that number starting today, on your own or with your doctor's plan. Overweight causes and aggravates so many troubles there's no space to list them. Reduced life expectancy is one dramatic effect. Better appearance and more comfort are enough reward by themselves. Remember, it is physical appearance which *first* attracts men and women to each other because it has a stimulating hint of sex adventure. No crash diet or superhuman effort! A pound a week will do it more reliably.

5. Better muscle tone, heart function, good (and good-looking!) posture will be your prizes if you take suitable *exercise*. Excess body fat and flabbiness will be minimized. Your age and life situation determine the best exercise for you. Competitive sports like golf and tennis have the best interest value. However, you can jog and perform otherwise indoors without special clothing and in all sorts of weather. Radio news and music reduce boredom. Timing and other ways of measuring your progress can help to motivate you. Your doctor can prescribe exercise if you inquire.

6. *Rest* isn't just a pleasure, it's a *must*. Seven or eight hours of sleep should do it. You don't need more and those extra hours slow your circulation.

7. Think twice before you pick up the next cigarette. The Surgeon General has determined that cigarette smoking endangers your health.

8. Let your *doctor* and *dentist* see you each year. Don't put it off because you worry about what they might find or because you have symptoms that seem scary. The anxiety of not knowing—not to speak of not getting treatment if needed—is much worse than getting it settled.

9. *Enjoy your good health.* Asked "What's the most important thing in your life?" most people say "My health!" That's what they say, but just about every one of them takes good health for granted and doesn't really appreciate it. Seeing, hearing, smelling, tasting, being able to stand, walk, bend over, and sit comfortably—these are all wonderful abilities! The whole sensation of well-being, *not hurting,* is one of life's treasures. To recapture this feeling, think back to when you were last ill. How you longed simply to be well? Every morning, think about that feeling. ■

Movable feasts

continued from page 121

us from breakfast almost into lunch and no one knows where the time has gone." Fleur Cowles always keeps her menus to three courses, whether for lunch or dinner. Produce from the garden and orchard make it easy to specialize in seasonal dishes like lamb cutlets on a bed of fresh peas or crêpes with a filling of fresh raspberries and grape jelly. A menu American friends enjoy is a *quiche maison* made with onions, bacon, and sausage balls, a green salad with pomegranate seeds, dressed with a vinaigrette sauce, and "one of those old-fashioned English suet puddings, treacle being my favorite, and even dieting friends always swoon over it." ■

Recipe on page 158

Correction

In February House & Garden on page 124, the map that accompanied "Discovering All-American Wines" incorrectly located Chalet Debonné Vineyards and Moyer Vineyards in New Jersey. Both are located in Ohio: Chalet Debonné is in Madison and Moyer in Manchester.

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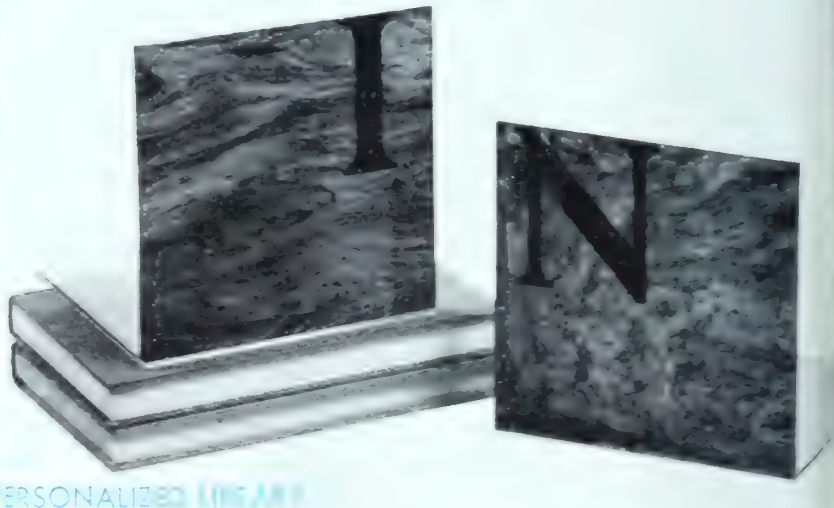
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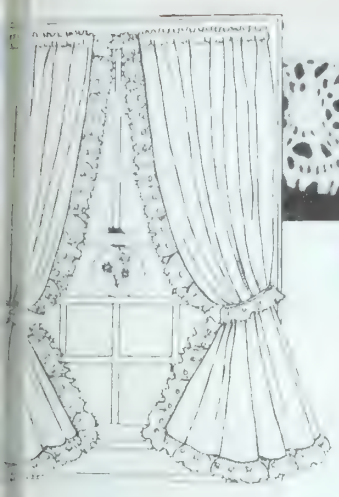
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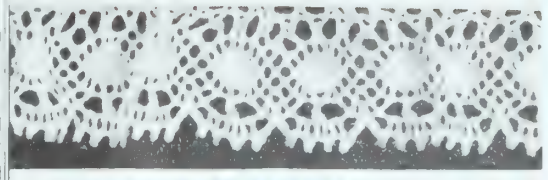
A row of books is much handsomer between 6" by 6" acrylic book ends personalized with your initials. The tortoise shell look with black initials (shown), $25 pr.; clear with white initials, black with black, or milk white with white, $23 pr. Ppd. ISA Designs, HG5, 150 E. 56th St., New York, NY 10022.



MUSICAL BOUQUET

Decorative music box with hand-painted Limoges porcelain pitcher, hand-crafted flowers in solid brass and glass case, 3¾" by 7½" h. Blue model plays "Tenderly"; yellow, "For the Good Times"; pink, "Somebody Loves Me" (specify). $60 plus $1 post. Catalogue, $1. The Music Room, HG5, 3701 Hempstead Tpk., Levittown, NY 11756.





IRISH LACE RUFFLES

Pretty window dressing. Generous two-inch lace ruffle edges permanent press cotton/polyester curtains in natural or white. 90″ w. per pr. 30″, 36″, 40″ l., $11.25 pr.; 45″, 54″, 63″ l., $16.50 pr.; 72″, 81″, 90″ l., $19.50 pr. Add $2 post. Write for free catalogue. Country Curtains, HG5, Stockbridge, MA 01262.



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Rug in ivory and earthtones is replica of Navajo tribal designs. 3′ by 5′, $34.95; 4′ by 6′, $49.95; 6′ by 9′, $89.95; 9′ by 12′, $169.95 Ppd. Color catalogue featuring Indian, Oriental, Colonial hooked and braided rugs, $1. Peerless Imported Rugs, GE-56, 3028, N. Lincoln Ave., Chicago, IL 60657.

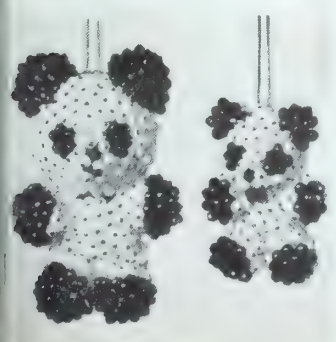






FIRE ESCAPE

Life-saving insurance. Secure escape ladder fastens unobstrusively to side of house. Folds to 5¾″ w. when not in use. Pull of cord snaps it into sturdy ladder. A child can operate HideAscape.™ Non-rusting aluminum. Adaptable to all heights. Write for full details. Mylen, HG5, Box 350, 650 Washington St., Peekskill, NY 10566.



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Anything and everything! Slip in a disc and presto! A head of cabbage shredded, a bowl of potatoes sliced. Not just a cute cut-up—Shred-matic is a superb appliance!



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FERRY HOUSE, Dept. G-576 Briarcliff Manor, N.Y. 10510

The Talbots

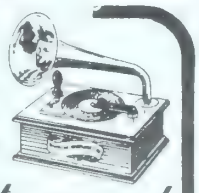


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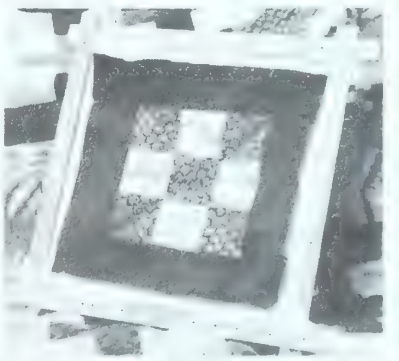
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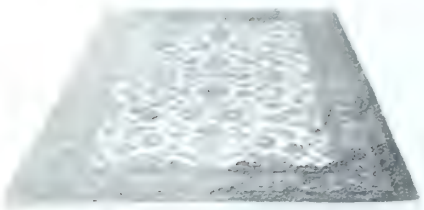
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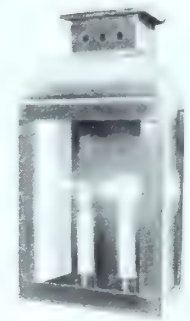
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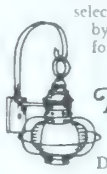
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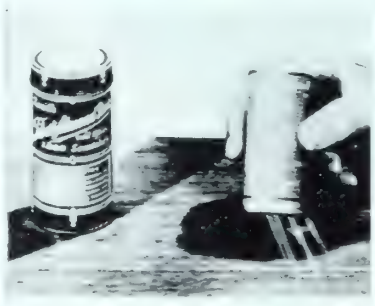
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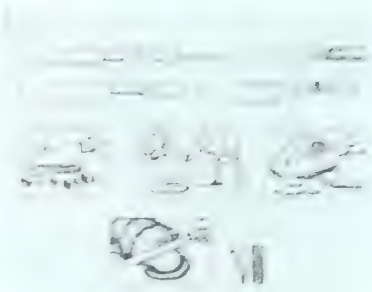
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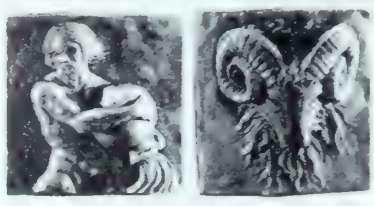
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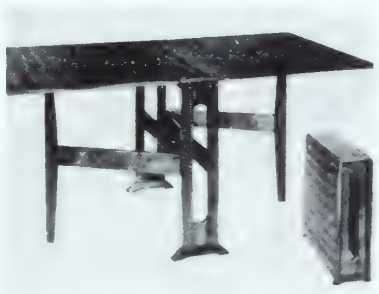
Portable bar rolls to where the party is, indoors or out. Two lift-out ice buckets hold the rocks; storage wells 20″ w., 23″ h. hold 10 bottles, 12 glasses. In bright sun yellow. $14.99 plus $1.75 post. Madison House Gifts, Dept. 11820, 4500 NW 135 St., Miami, FL 33059.

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Style 200-G (Gold) Style 200-S (Silver)

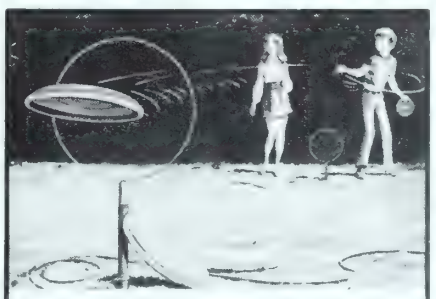
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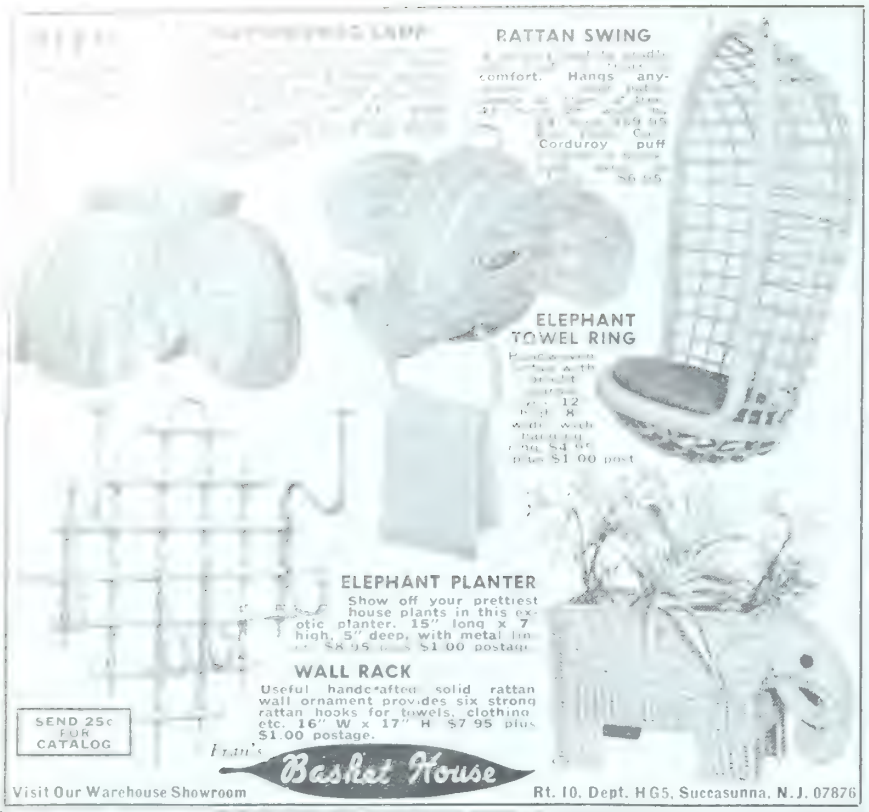
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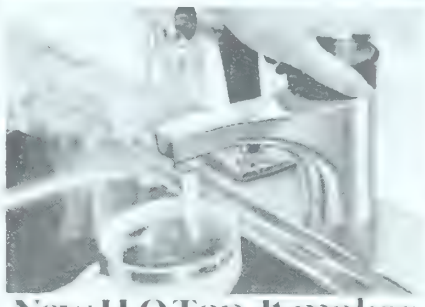
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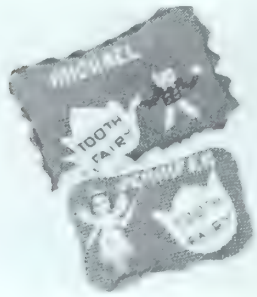
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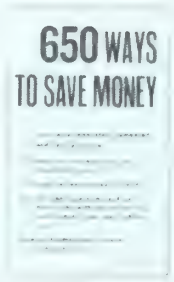
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MAGIC MOMENT

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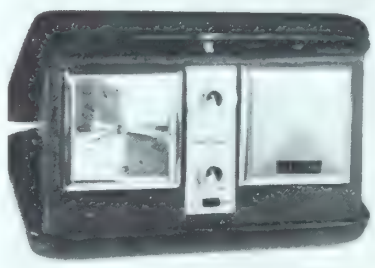
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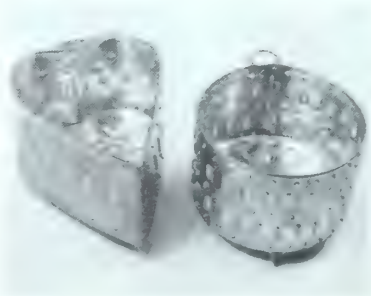
TRAVEL FRIEND

Wake up to music with a 6-transistor radio alarm clock. Fluorescent hour dots for easy viewing in the dark. Alarm automatically triggers radio if desired. In luxurious black leather case 7" by 4". AM/FM $49.95; AM only $39.95. Ppd. Bruce Bolind, HG5, Boulder, CO 80302.



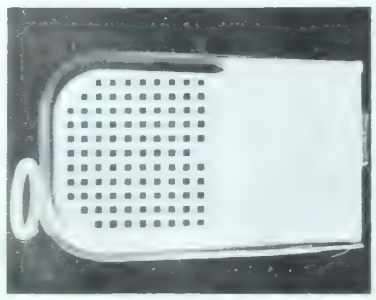
SAFETY FIRST

Keeps those dangling electrical cords off the floor and out of the way with cord shortener that holds up to three feet of cord. Just wind excess cord around shortener. Only $1.49 for set of six plus 25c post. Anthony Enterprises, HG5, 556 Mission St., San Francisco, CA 94105.



CHEESE MOLDS

Authentic hand-pierced copies of tins used for egg cheese by Penn. Dutch. Recipe included. Nice interim use: dried flowers or mints. Pewter-like finish. Heart 5½" w., round 4½" w. Each $6.90 ppd. Catalogue 50c. Robert Bruce, HG5, 26 W. Main St., Shiremanstown, PA 17011.

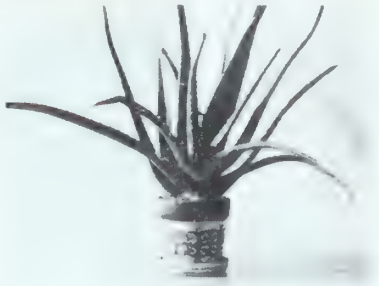


BODYGUARD

Carry a personal alarm system. Triggers instantly with sound of high intensity to scare off assailants, summon help. Safe, legal. Has a handy flashlight. Eveready penlite batteries included. $9.95 ppd. Witt Enterprises, HG5, Box 2526 E. Love St., Las Vegas, NV 89121.

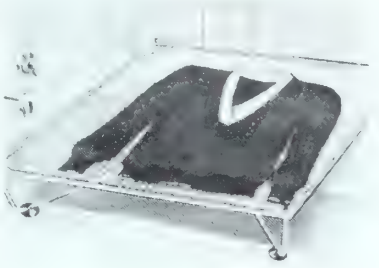
SHOPPING AROUND

HELLO, ALOE



The aloe vera plant, treasured for its reputed benefit as a skin moistener, burn salve, shampoo! Instructions. Rosette that grows 4″ to 8″ h., $1.98; 8½″ to 12″, $3.98; 12½″ to 16″, $4.98. Add 50c post. Gromantic Gardens of Florida, HG5, Box 6234, Pompano Beach, FL 33060.

NET EFFECT



Sweaters dry in a breeze on a fabulous frame that lets air circulate through fine net. 24″ x 24″; reinforced corners fit over metal frame that's hinged to fold flat. Ideal for stockings. $4.98 plus 75c post. Anthony Enterprises, HG5, 556 Mission St., San Francisco, CA 94105.

ART COLLECTION



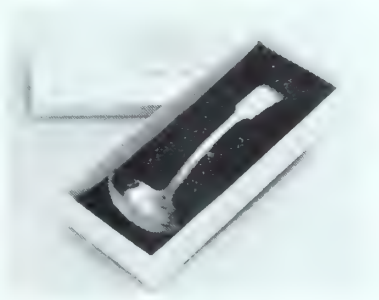
Catalogue illustrates more than 200 art prints of masterpieces by the great artists in four popular sizes. Includes decorating hints and artists' biographies; looks more like an art book! $1 ppd. Lambert Studios, Inc., HG37, 910 No. La Cienega Blvd., Los Angeles, CA 90069.

VICTORIAN STYLE



Fully assembled all-wood doll house, realistic in detail and color. Ceiling lights on first floor, 3 floor lamps on second. Wallpaper, carpeted stairs. 1″ to 1′ scale. One of 14 models. From $40. Doll catalogue $1. Dolly Doll Houses, HG5, Box 65, Glenville St., Greenwich, CT 06830.

CLASSIC PEWTER



Fiddle back ladle for sauce or gravy is an authentic reproduction of an Early American original. 6½″ long and handsomely gift wrapped for this bicentennial year. $10 ppd. American Archives, Dept. MV-20, 122 Charles St., Box 1776, Meriden, CT 06450.

IT'S A CINCH



You can turn any simple dress into a simply smashing outfit with a golden butterfly belt. Gleaming metal links backed by sturdy elastic fit waists 25″ to 42″. 1¾″ wide. Butterfly clasp 3¼″ x 3″. $4.98 plus 75c post. Ferry House, HG5, Briarcliff Manor, NY 10510.

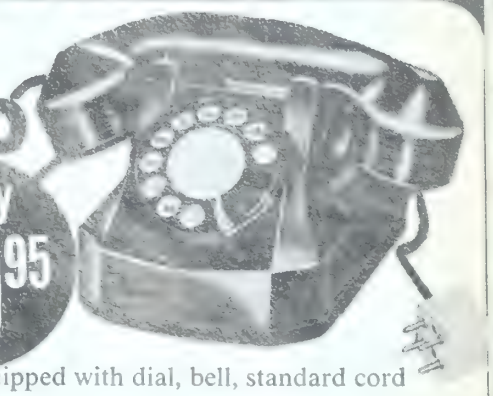
KNIT VALET



Handy little comb strokes out mats, pills and balls from napped fabrics in seconds. Use it on sweaters, shawls, any knit. May be used on fabrics of man-made fibers. $1.98 plus 25c post. Order D-Fuzz-It from Anthony Enterprises, HG5, 556 Mission St., San Francisco, CA 94105.

YOU CAN BUY YOUR EXTRA TELEPHONE. ON SALE NOW!

BLACK STANDARD PHONE



Choice of Wall or Desk Model

Only $10.95

Reconditioned for use as that step saving extra phone. Completely equipped with dial, bell, standard cord and plug for instant use.

Priscilla Telephone

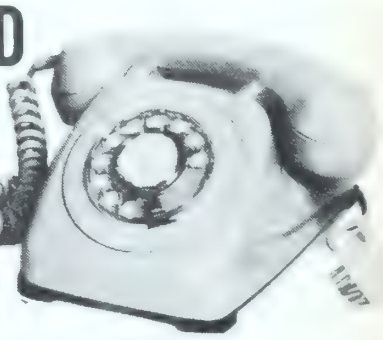


Only $19.95

if buzzer is needed add $10.00

Factory rebuilt, fitted with standard cord and plug for instant use. Available in pink, beige, white, blue or turquoise (but please give several choices of color).

MODERN STANDARD COLOR PHONE



Choice of Wall or Desk Model

Only $23.95

Late model reconditioned phones with standard cord, plug and bell, ready for instant use, white, ivory, green, red, yellow, beige or blue (please give several color choices).

ERICOFON



Only $39.95

The Modern Telephone

A famous one piece stylish phone. Lift, it is ready to dial. Dial and shut-off fitted on bottom of phone. A complete self contained refurbished phone, choice of white, beige, red, pink (give 2nd and third choice).

if buzzer is needed add $10.00

Grand Com Inc. Dept. HG 5-6
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Send me_____
_____phones

Colors_____
(give second or third choice). $ _____ enclosed (include $2.00 per phone shipping and handling charge).

Charge my Credit Card.
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Card #_____
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Send 50¢ for complete Catalog.
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Fantastique:

New shower curtain sexier than it seems...

The daring, durable, unique and discrete see-through experience focused on a new concept in curtain design.

Each disc is a fresh new form that provides an open-ended series on either side of the shower curtain.

A fantastic effect that changes as the subject moves.

Beautifully sculptured effect. Available in a clear tone, light pink, blue and yellow. Practically shatterproof, waterproof, stain-free and mildew resistant.

[illegible] $14.95 + $1.25 post./hdlg. N.Y. Res. add [illegible] sales tax. If not fully satisfied I can return the [illegible] within 10 days for an immediate refund.

[illegible] Clear Pink Blue Yellow

Send check, money order, BankAm or MC [illegible] may also charge card #

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Little Neck, New York 11363

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Address _____
City _____ State _____ Zip _____

BICENTENNIAL THIMBLES



Left to Right:

American Eagle. In hand cast pewter. 3160. $5.95ppd
Betsy Ross. Enamel overlay on Sterling Silver. 3403. $15.95ppd.
Liberty Bell. Magnificent replica in Sterling Silver. 3407. $15.50ppd.
Molly Pitcher. Minted in hallmarked Sterling Silver. 3406. $27.50ppd.
Thimble and Homesewing Catalog 50c. N.Y. Res. add sales Tax!

The Sewing Corner Dept. HG5
150-11 14th Ave., Whitestone, N.Y. 11357



The Contessa Fabulously flattering glamor turtleneck in caressably soft ribbed polyester knit. Back zipper, full billowy sleeves. Machine washable. White, Light Blue, Pink, Red, Dark Green. Order M223230. Sizes: 30, 32,34,36,38..... $7.99
Extra Sizes: 40,42,44,46.....$8.99
Plus $1 postage and handling.
ALL MAJOR CREDIT CARDS ACCEPTED.
Lana Lobell
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Bichtel

UNIQUE GIFT

Be original — give "LOVEABLES" Custom full color, watercolor art from an original animal alphabet. Ideal for new babies, weddings, birthdays, house warmings, anniversaries — you name it! 9″x12″ matted in yellow, blue, pink, green, orange or red. Up to 8 letters only $5.95 each matted. Additional letters 50¢ each and size increases to 14″x18″ matted. You can also add your own slogan or special message. 14″ x 18″ complete alphabet available at $10.95 matted. Specify capitals or small letters. Postage and handling $1.25 up to 3 pieces to the same address. Orders shipped within 72 hours of receipt. Send check or money order to:

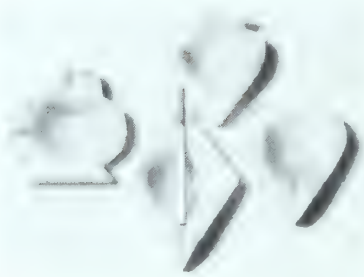
LAURA'S LOVEABLES ©
Dept. HG 576, P.O. 7381
Las Vegas, Nevada 89101

SHOPPING AROUND



FRINGED COLONIALS

Double-knotted 4″ fringe on no-iron natural or white polyester/cotton muslin. 72″ w. per pair; tiers, 24″, $6; 30″, $6.50; 36″, $7; 45″, $8; 38″ swag top, $8 Valance, $4. Add $1.50 post. per order. Free brochure. Old Colony Curtains, G653E, Box 759, Westfield, NJ 07090.



GOOD DEAL

Handsome onyx ashtrays are just the thing for the bridge table: each is shaped like a card suit. Ivory-toned with gold striations, the heart, diamond, spade and club are 4¼″ l. A grand-slam hostess gift! Set of four, $8.98 ppd. Bolero Imports, HG5, Box 3085, Clarksville, TN 37040.



HIGH SIGN

Instant recognition among pals happens when you're wearing an emblem of a favorite beer atop jeans. Embossed Coors sign on bold brass-plated belt buckle that snaps easily in place of old one. $5.98 plus 35c post. Holiday Gifts, Dept. 305-E, Wheat Ridge, CO 80033.



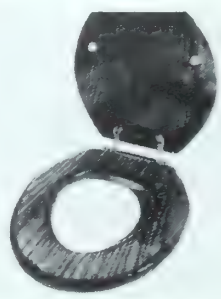
WEDGE SANDAL

Pamela has soft leather adjustable straps, one inch crepe sole. Ideal for summer, the straps adjust to fit foot's width. In dark tan, white or bone; medium width only. Sizes 4 through 12. $12.95; sizes over 10, add $1. Post., $1. Sofwear Shoes, HG5, 1711 Main, Houston, TX 77002.



LIFE SIZE HEROES

Batman, Superman, Spider-man or Galen from "Planet of the Apes." They're all in full color on fully jointed cardboard to hang, climb or guard the door from mom or utter destruction. $3.50 each plus 75c post. Family Bazaar, Inc., HG5, 80 New Bridge Rd., Bergenfield, NJ 07621.



SOLID OAK LUXURY

Hand-crafted seats, sanded and polished. Cast brass hardware, chrome plated. Clean with soap and water. For standard toilet bowls. Light, medium or dark oak. $45 plus $3.75 ($4.55 W. of Miss.) post. Free catalogue. Carpenteria, HG-46, 111 Bowery, New York, NY 10002.



SPARKLING SPRAY MIST

Crystal chandeliers, sconces and candelabra come bright and clear after a spray shower of silicone mist from an easy-to-handle 7 oz. can. No need to wipe; just let dry naturally. $3.98 plus 65c post. Anthony Enterprises, HG5, 556 Mission St., San Francisco, CA 94105.

SHOPPING AROUND



MACRAME HANGS

Handcrafted wall decor, 4′ long, or plant hanger, 3′ l., (shown) with porcelain plaque personalized by any one word you specify (to 10 letters): name, zodiac sign name or whatever else you choose. Each $10 ppd. Nina's Ware, Dept. HG5, 932 Larrabee St., Los Angeles, CA 90069.



TALL AND HANDSOME

A Bentwood hat rack gives you a place to hang your coat and hat in style. Adds distinctive touch anywhere in the house. In natural or walnut finish. 75″ tall. $59.50 exp. coll. Catalogue, 52 pages, $1. J & D Brauner, HG5, 1331 So. Michigan Ave., Chicago, IL 60605.

GRAND ELOQUENCE

Made to order for the grandparents. Belgian linen stamped for cross-stitching in brightest colors. 8½″ by 16″ in a simple wood frame, specify mahogany or maple finish. Also, grandfather kit, each $4.25, 60c post. Victoria Gifts, 12H Water St., Bryn Mawr, PA 19010.



SEWS LOCK STITCH

Tool does great things: sews leather and canvas. Do your own repairs on shoes, handbags, awnings, seats, upholstery. Pack includes bobbin of wax thread, two needles. $4.98 plus 50c post. Anthony Enterprises, HG5, 556 Mission St., San Francisco, CA 94105.



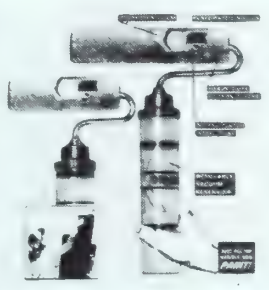
DUTCH DESIGN

Sloping sides admits 26% more light. All parts pre-cut and predrilled. All redwood frame that bolts together. Clear acrylic, fiberglass reinforced panels 12′ l. by 8′ w. $334.95 exp. coll. Free catalogue. Peter Reimuller/ The Greenhouseman, 11EP, 980 17th Ave., Santa Cruz, CA 95062.



SPEED PAINTER

Koto-matic is new way to paint fast. No pan, no need for drop cloths. Just fill handle, and go. Uses all paints indoors or out. Homeowner's model $5.98; professional $8.98. Add 50c post. International Fiberglass Co., HG5, 34 E. 12th St., New York, NY 10003.



GLEAMING GIFT

Surprise him with boxer shorts of smooth acetate satin, rich-looking and comfortable. Waist sizes 30 to 44. Black, bronze, blue, red, white, gold, silver. $5.98. Monogram (print initials) $1.50. Ppd. Scintilla Satin Shop, Dept. G, 4802 No. Broadway, Chicago, IL 60640.





HANDMADE OLD-FASHIONED CROCKERY PITCHERS

Colorfully painted and glazed with the name(s) of your choice. Perfect for mixing your favorite beverage! ½ gal. size $22.50 ppd. 1 gal. size $27.50 ppd. Specify size, type—Bloody Mary (with recipe on back) or Iced Tea—and name(s) to be painted on front. (Maximum 14 letters). Please print.

No COD's please. Texas residents add 5% tax. Allow 3 weeks for delivery.

DODY HG 10
P.O. Box 7416, Dallas, Texas 75209

SEND $2.00 FOR 100 PAGE CATALOG OF "TIMELESS FURNITURE MADE ONLY BY FORSLUND'S"

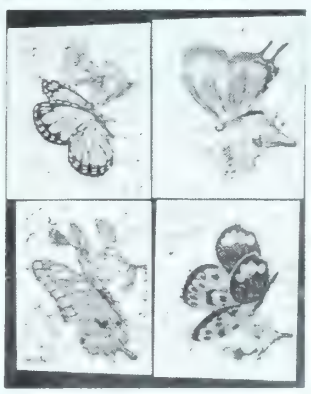
$2.00 refundable on 1st purchase

The Mary Lou Comstock yarn stand shown below is just a sample of the many reproductions of Timeless Furniture made by Forslunds. Yarn stand — $39.75 prepaid

Carl Forslund
Father and Three Sons



BUTTERFLY BATIK PRINTS



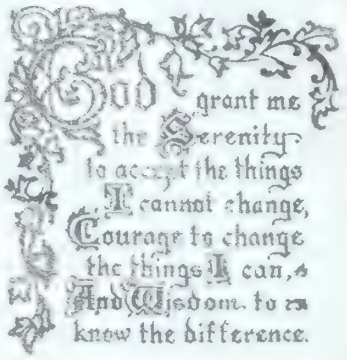
"If I would try, and if I could fly. I would want to be a butterfly". Four beautiful 9 x 12″ masterpieces of butterflies, wings unfurled, in full color, savoring the nectar of gorgeous flowers. Printed on finely grained art paper. Ideal for a child's room, kitchen, den, a favorite hallway. Mount as they are, frame or decoupage. Each is different. Great "little" gift for all occasions.

Set of 4 Only $1 + .35¢ pp.

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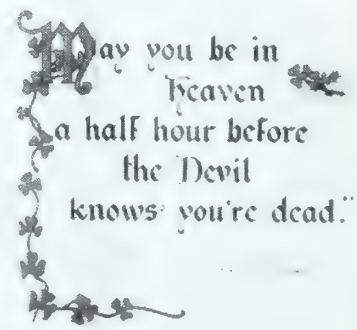
CERAMIC TILES



SERENITY PRAYER



CLOCK OF LIFE



IRISH TOAST



GAELIC ROAD



IRISH TIPPLER

Colorful Ceramic Tiles used as wall plaques or trivets. Cork base with hanger, 6 x 6".

$4.98 Each + 60¢ Mailing Each

Calif. residents add 6% sales tax

Anthony Enterprises Dept. HG-56
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COUNTRY CURTAINS

Cotton Muslin or Permanent Press

Natural or White



TIERS	COTTON MUSLIN	PERMANENT PRESS
30", 36", 40"	6.00 pr.	7.00 pr.
TIEBACKS		
45", 54", 63"	8.50 pr.	10.50 pr.
72", 81", 90"	11.00 pr.	12.50 pr.
VALANCE		
10" x 80"	3.00 ea.	3.50 ea.

78" wide per pair with 2" ruffle.

For years Country Curtains have graced the bright, clean windows of charming colonial homes. Country Curtains add warmth to every room . . . Country Curtains retain their fresh crispness and are a credit to your thriftiness . . . Country Curtains are a lifetime friend and supply their own sunshine . . . New England at its very best.

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"Whitewashing the Fence"

1976

Tom Sawyer Plate

$24.00 ppd.

First edition of a 4 plate series. Limited to 10,000. A Rockwell in full color.

Matching figurine

$60.00 ppd.

Send for Platter chatter with price list. Mastercharge & Bank Americard accepted with complete number and expiration date.





Edd, the florist, inc. Dept. HG56 823 North Court Street Ottumwa, Iowa 52501



REPLACE WORN SILVER

Silver Plus deposits new, pure silver on copper, brass, or bronze where the original plating has worn away—and polishes at the same time. Silver Plus is ideal for polishing Sterling. It does not deposit new silver on Sterling, but helps maintain its beauty and lustre. 4 oz. bottle.

702 SILVER PLUS . . $5.98 Plus 65¢ Postage & Handling Each

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Satisfaction Guaranteed or Your Money Back

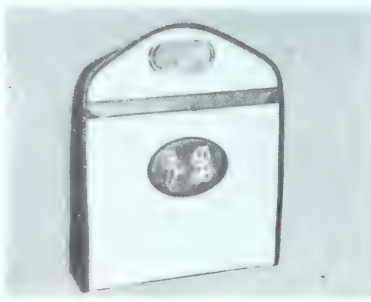
Anthony Enterprises Dept. HG-56 556 Mission, San Francisco, Calif. 94105

SHOPPING AROUND



BY GUM

Working telephone takes incoming and outgoing calls—also takes pennies to dispense the real bubble gum balls inside! Sure-fire conversation piece, too. 17" h by 7" w by 7" d; $149.95 plus $6.50 post. The Great Phone Co., HG5, 5404 Northfield Rd., Cleveland, OH 44137.



SUPER FOR SUMMER

Luxury tote of leathery white vinyl with intricate edging in luggage tan. Golden handle and two 2" initials in Florentine finish. Inside zippered pocket. 12" by 15". $9 plus 50c post. Decor and Gifts Galore, Dept. 352, 140 Monument Ave., Barrington, IL 60010.



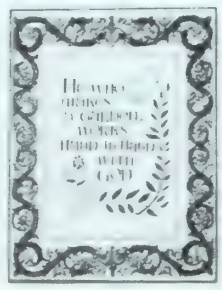
BIRTHDAY CHILD

Babies born this year deserve the bicentennial blanket for their patriotic birth date: red and blue plush velour numerals on white edged in red satin ribbon. Machine washable, blanket is 40" by 45". $19.95 plus $1.50 post. Blankety Blankets, HG5, 438-H3, Mamaroneck, NY 10543.



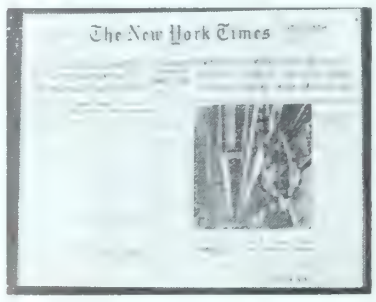
REEL-Y HANDY

This very practical key holder does away with fumbling and groping. Reel clips inside purse: unreels keys, automatically rewinds into case. Clip to your bag, pocket or belt. $2.98 plus 45c post. Order from Anthony Enterprises, HG5, 556 Mission St., San Francisco, CA 94105.



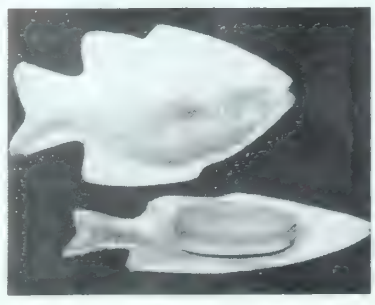
GOD'S GARDENER

Wooden plaque with full color Italian scroll border and beautifully lettered words of inspiration "He who makes a Garden works Hand-in-Hand with God." 8" by 6" and laminated for permanence to. $1.98 plus 50c post. Cadlyn's, HG5, 2077 N.Y. Ave., Huntington Sta., NY 11746.



READ ALL ABOUT IT!

Facsimile of New York Times front pages from 1851 to the present are available. Great birthday or wedding anniversary gift to learn what happened in the world the day you were born or married. $3.95 each ppd. Thrift Gift Center, HG5, 1 E. 42nd St., New York, NY 10017.



PEARLIZED PRIZE

Natural Capiz shell fish dish from Philippine waters. Lovely for butter dish, for bath soap. Clear nontoxic resin protects shell and preserves whiteness. Size 7" by 4" by ¼". $4.49 plus 90c post. Livingstone Evans Enterprises, HG5, Box 64276, Los Angeles, CA 90064.

SHOPPING AROUND

BEAUTY SPOT



Revolving swivel stool, 19″ h. seat 18″ dia. Upholstered in various patterned or plain fabrics. In cotton velvet $75; your fabric (1½ yds. 54″) $62. Exp. coll. Catalogue (request types, colors for swatches) $2. Hunt Galleries, HG765, Box 2324, Hickory, NC 28601.

BLOW-UP



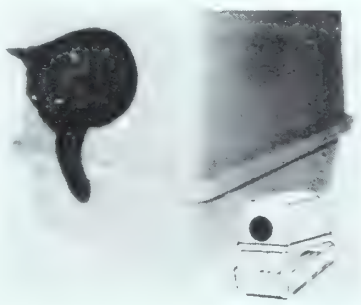
An inflatable hanger is a help for drip-dry laundering. Blow it up to plumpness so it holds garment loosely with air space inside. Floral print vinyl with swivel top. Fold flat to store. $1 plus 25c post. Anthony Enterprises, HG5, 556 Mission St., San Francisco, CA 94105.

CLEAR TO GROW IN



There's nothing like hand blown glass to display flowers, green leaves and it is perfect for starting cuttings. Set globe on window sill or hang to admire. Dias: 4″, $5.95; 5″, $7.95; 6″, $9.95; set of three, $22.95. Ppd. Bud's, Dept. HG-56, 155 E. 26 St., New York, NY 10010.

KITTI-POTTI



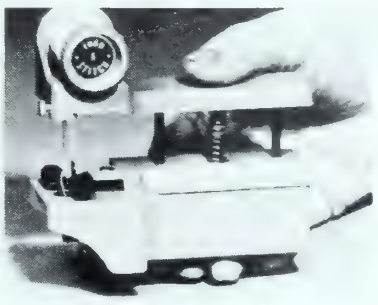
This litter pan confines odors, hides wastes and stops litter spills. The top removes. Molded plastic. 16″ wide, 22″ long, 18″ high. $18.95. Colors: blue, beige, yellow, avocado or white. Write to Haugen Products, HG5, 709 W. Huron, Box 1986, Ann Arbor, MI 48106.

AHOY BABY!



The tiniest mermaids enjoy this unsinkable seat. Built-in cloth bucket seat takes tots from toddlers to first graders. 20″ x 26″ with 11″ deep seat. Foam plastic guarantees flotation. $6.98 plus $1.39 post. Catalogue, $1. House of Minnel, Dept. 556E, Deerpath Rd., Batavia, IL 60510.

SPEED SEWING

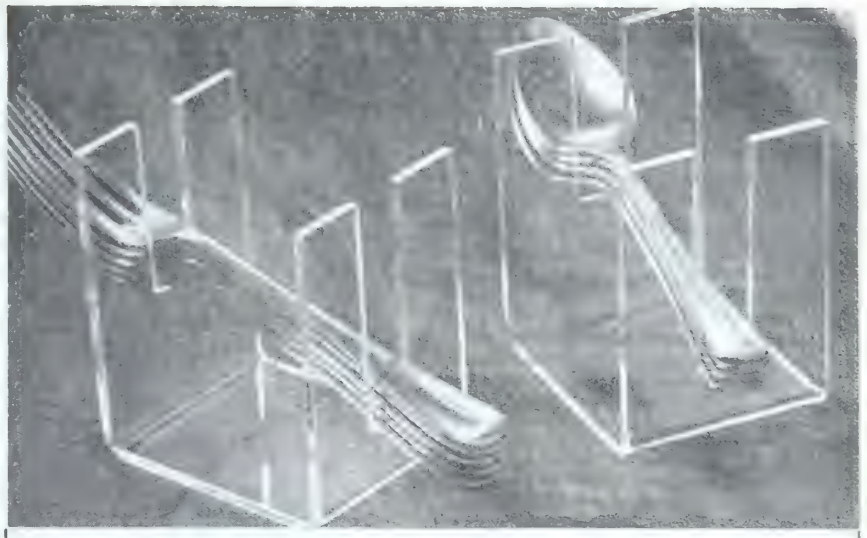


Dexter hand machine can baste, tack, zigzag, sew on buttons and zippers. Blind-stitches hem what you're wearing. Does draperies and curtains while they're hanging. With needle threader, booklet. $6.98 plus 75c post. Anthony Enterprises, HG5, 556 Mission St., San Francisco, CA 94105.

WALLET PHOTOS



Twenty-four new borderless color prints made from a Polaroid color print, photo (up to 5″ by 7″), negative or slide. Wallet size, silk textured color plus free photo in plastic, $2. Black and white, 36 for $1. Add 50c post. Roxanne Studios, C-32, Box 1012, Long Island City, NY 11101.



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After it starts, put the leaf in a pot. The bigger the pot, the bigger the plant will grow — from one to six feet tall. You can have the size you want and it grows in sun or shade.

It blossoms with fragrant pink & lime bell-like flowers that look like jeweled, oriental lanterns.

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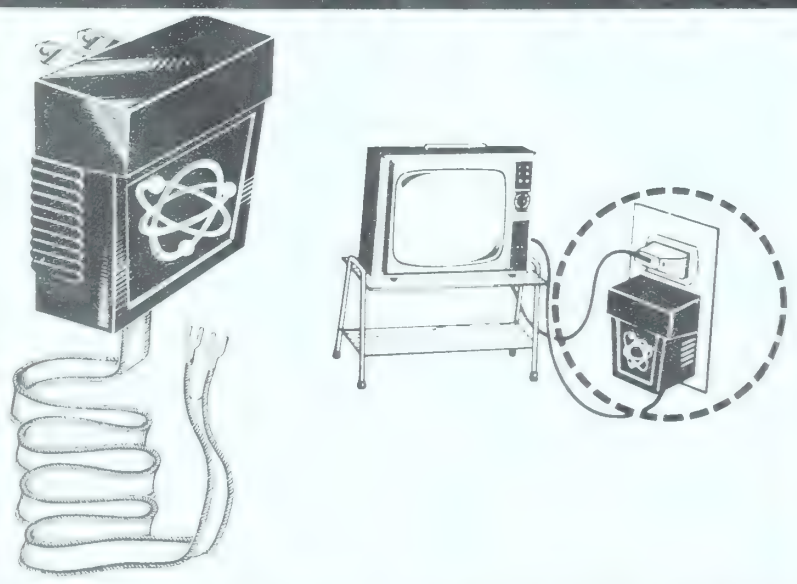


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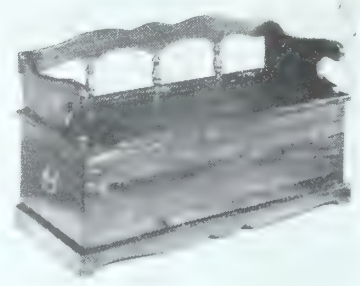
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SHOPPING AROUND



DUAL ROLE

Solid light or dark pine blanket chest gives you storage and seating space. Use it in bedroom, in family room, or in the foyer. 28″ h. by 48″ w. by 20″ d. $124.95 exp. coll. Catalogue is $1. Bryan Robeson, Dept. HG-160, Route 10, Box 793, Hickory, NC 28601.



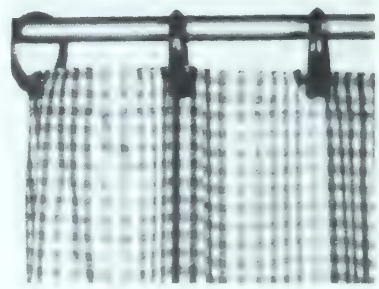
FRIENDLY GARDEN AIR

Indoor gardeners find a natural rattan frog an able assistant when it comes to growing, tending and feeding plants. He holds scissors, rake, hoe and spray atomizer; 8″ h., 7″ w., $8.95 plus post. Catalogue 25c. Fran's Basket House, HG5, Rte. 10, Succasunna, NJ 07876.



FAMILY AFFAIR

Clever clear-plastic cabinet keeps all toothbrushes free from dust and mix-ups. Holds 5 in separate compartments, each with its own door, ever ready and sanitary. $1.98 plus 30c post. Anthony Enterprises, HG5, 556 Mission St., San Francisco, CA 94105.



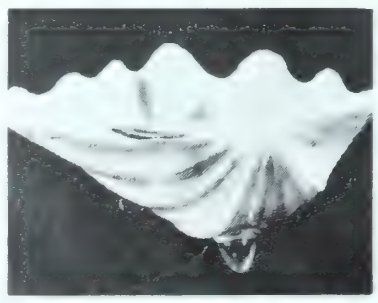
GINGHAM CHECKS

Vinyl shower curtain in red, gold, blue, green, pink, orchid, black. 6′ by 6′; tieback window curtains, 54″ l. by 68″ w; or cafe curtains with valance. $9.50 a set plus $1 post. Curtain alone $4.95 plus 85c post. Brochure, swatches, 50c. Mather's HG5, 31 E. Main St., Westminster, MD 21157.



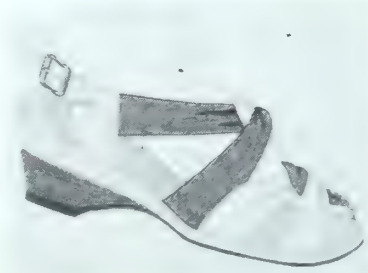
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Save on cooking oil with a 9½″ dia. disposable grease filter. Just pour used liquid through, oil is clean and particle-free so you can reuse oils and fats many times over. Shapes easily to funnel, strainer. 20 for 89c ppd. Regal Filter Co., HG5, Box 20247, Ferndale, MI 48220.



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Natural white clam shell is a bright choice for dips and chips. Great for sweets, floral arrangements or planter. Small, 5 to 7″, $4.95; med., 7 to 8″, $6.95; lge., 8 to 10″, $8.95; add $1 each post. All 3, $15.85 plus $2 post. The Shell Divers, HG5, 5713 NW 65th, Way-Tamarac, FL 33319.

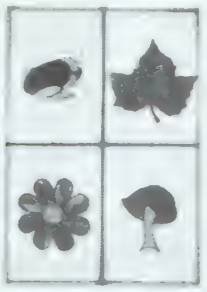


HERE'S GLENDA

Comes in navy, black, beige, white, gray/black/white, ombre blue, ombre beige, deep-multi and multi-pastel kid. 1¾″ wedge; AAAA-EE, sizes 2½ to 10, $28.95; 10½-12, $29.95. Add $1 post; 25c each add'l pair. Free catalogue. Solby Bayes, HG5, 45 Winter St., Boston, MA 02108.

SHOPPING AROUND

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Let handcrafted stained-glass originals brighten your daily outlook. Here are four to add to different windows: Green 5½″ frog, $12; red 7″ leaf $18; a blue 7″ flower, $15; orange 6″ mushroom $10. Ppd. Color brochure 50c. Elusive Butterfly, HG5, Phoenicia, NY 12464.

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Short-sleeved style by Tanner. White dacron/cotton; scalloped collar piped and mongrammed in emerald, red, navy, yellow, bluebell or hot pink. 8 to 18. $15; monogram (underline last initial) $3. Add $1.75 post. Free catalogue. The Talbots, Dept. YF, Hingham, MA 02043.

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Liquid specifically developed to help strengthen fingernails so they grow longer. The amino liquid is absorbed by nails to help stop breaking, splitting and cracking. $2.98 plus 25c post. Long 'N' Strong, Dept. JNP-157, Caroline Rd., Philadelphia, PA 19176.

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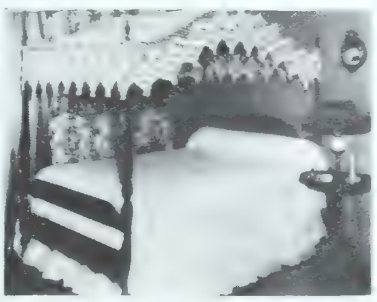
Personal jigsaw puzzle is a blown-up photo from your color or black/white original. In full color 8″ by 10″, $6.99; 11″ x 14″, $7.99; 12″ x 18″, $8.99. In b & w, 8″ by 10″, $3.99; 11″ x 14″, $4.99, 12″ x 18″, $5.99. Ppd. Photo Poster, Dept. X883, 210 E. 23 St., NY 10010.

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Made for measuring and just 3″ high. Marked for 1-oz. and 2-oz. levels, it has the classic thick solid crystal base. Crafted in Europe for spill-free pouring. Ideal gift for the host, $2.98, 3 for $7.98 plus 50c post. Lillian Vernon, G5E, 510 So. Fulton Ave., Mt. Vernon, NY 10550.

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Cream, green, yellow, rose, walnut, red, indigo, delft or lt. blue, avocado on white. Single or double with fringe, $90. Fishnet canopy in white or cream in four designs. Tester, 87½″ by 56½″, $106.50. Ppd. Literature, 25c. Virginia Goodwin, HG5, Dilworth Sta., Charlotte, NC 28203.

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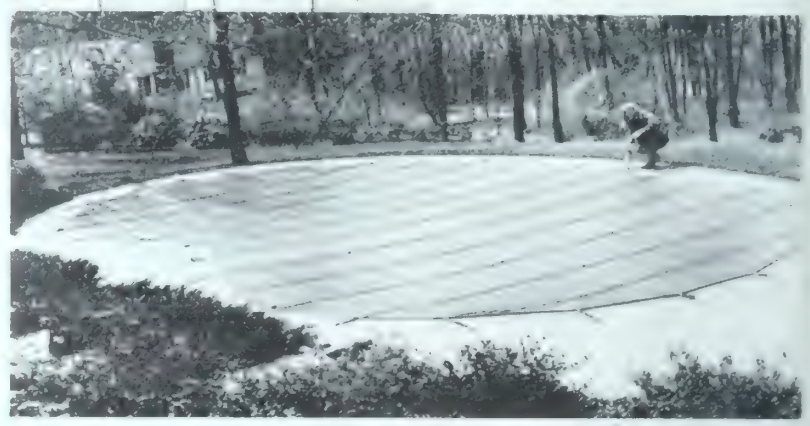


PRETTY FEMININE

Floral print polished cotton swimsuit and cover-up by Gabar. White blossoms, grosgrain ribbon trim. Elasticized back bodice inserts, built-in bra. Turquoise/white or apple green/white. 10-20. $39 plus $2 post; long-sleeve tunic, mandarin collar, buttoned cuffs. S., M., L. $35 plus $2 post. Carol Reed, HG5, North Conway, NH 03860.

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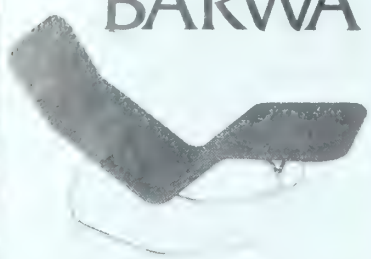
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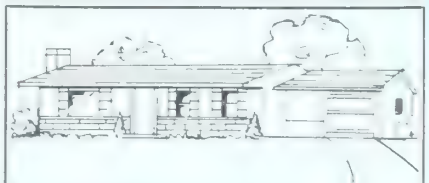


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Plant 2" A-20 plugs in distressed or bare spots 6" to 12" apart and watch the green come back. Plant spring, summer, fall. Easy to follow instructions provided. Plant into any existing bluegrass lawn for total A-20 coverage

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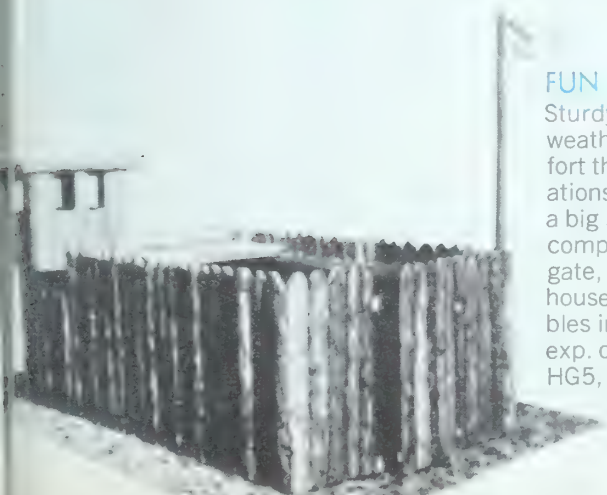
Smart cover-up bathing suit doubles as a tennis dress too. Flattering square neck, slimming stitched down front pleats, optional self-belt, back zip. Modest 28" l. from shoulder. Separate pants. 100% nylon jersey double knit. Washable. Yellow or white. Sizes 8-18. $30 plus $1 post. Vicki Wayne, 600 S. Country Club Rd., H5Q, Tucson, AZ 85716.

GOOD NEWS

The famous butterfly chair cover comes in "Tuff Stuff" canvas or nylon. 18-oz. canvas: tangerine, black, olive, lemon, blue, white, green, royal, marigold. $16.95. Nylon: green, orange, wheat, royal, yellow, $17.95. $1.50 post. first cover, 50c ea. additional ones. The Patio, HG5, 550 Powell, San Francisco, CA 94108.

THE EXTRA TOUCH

Wide-ruffled chintz pillows to lavish on patio settee, and chairs. Enchanting bird and flower motifs. Rectangle, circle or triangle, 18" overall. Handmade, stuffed with 100% polyester. Blue, yellow, pink with beige. $18.95 ea.; three for $54 Ppd. Custom shapes, colors, $5 extra per pillow. Marina Ltd., HG5, Box 549, Harrison, NY 10528.



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42" x 72"	8.00	11.00
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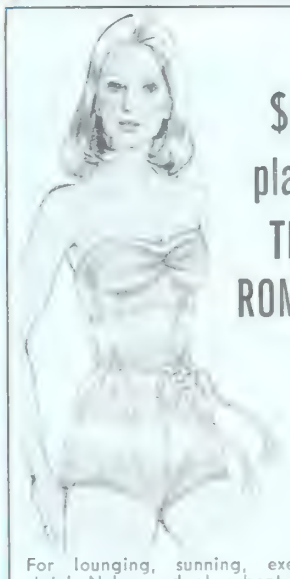
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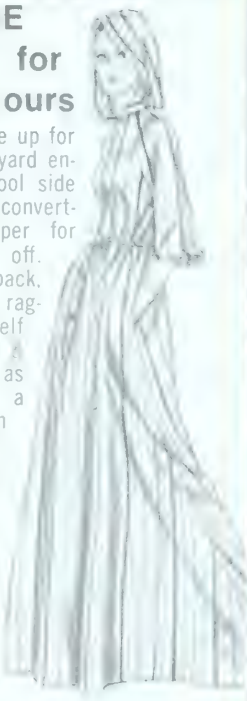
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VICKI WAYNE—H5V
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HIS MIDAS SNAP bikini swim suit in wet look nylon lamé, brass buckle sides. You can shine in this one. (Blue, Red, Gold or Silver) S-M-L-XL **$9.95**

HER MIDAS SNAP in metallic nylon lamé, interlocking brass buckles on sides and bra front with adjustable ties. (Gold or Silver) Bra cup sizes A,B,&C. Bikini in even sizes 6 thru 16 **$29.95**

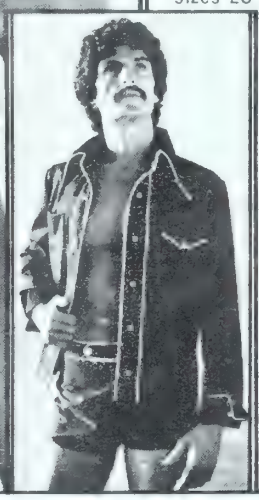
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WESTWAY SWIMSET—a classic Western Shirt with matching Swim Trunks. Stylish Jacket has turned back cuffs and snap closures. Contrast piping sets off this truly masculine look. Polyester and cotton in Navy, White, or Powder Blue. **The Jacket**, in S-M-L-XL **$24.95**

The Swim Trunk, odd and even sizes 28 thru 38 **$12.95**

Buy **The Set** for **$35.00**... and SAVE!

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Send $1.00 for Color Catalog

AH MEN

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All Rubber Bathing & Shower Shoes

Whatever your plans, you'll want **high quality Italian imported** rubber bathing shoes ... with thick treaded bottoms and built-in inner soles. Sure-footed **protection** on shoreline rocks, pool or boat decks, and shower floors. Eliminate sore feet on sharp rocks, shells, or hot sand. Styled for **comfort** and **good looks.** Flexible, light-weight, easy on and off. Great in and out of water. **Satisfaction guaranteed.**

How to order:

Sizes: Complete range for men, women, children. State shoe size & width. Also, give age for child. **Colors:** White, yellow, red, blue for women & children. **Men,** blue & white only. Always state alternate colors. Price: $7.98 per pair. Add shipping & handling: one pair $1.25; two pairs $1.75; three or more pairs $2.25. **Fast delivery.** Color catalog, **FREE,** with order.

Dorsay
Dept. RB 72

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SHOPPING AROUND
FOR POOL AND PATIO

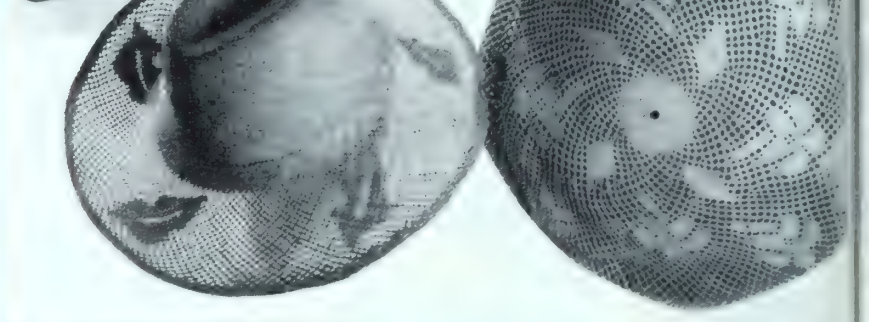


COOL COVER

Crinkled cotton gauze, washable and drip-dry. Shirt has epaulets, pleated/buttoned pockets, front/back shoulder yokes, buttoned cuffs. Drawstring-waist pants. Apricot, lt. blue, navy, black, sheer off-white. S, M, L. Set $38 plus $1.50 post. Free catalogue. Ulla, HGE5, 886 Madison Ave., New York, NY 10021.

SUN CHARMERS

Brightly breezy beachcomber hat and bag of natural straw hand-crocheted in China. Hat with turned-up side is flattering and protecting on sunny days and vacations. The matching bag has 17" diameter and enough strap to carry over shoulder. Hat and bag, each $6.95 plus 50c post. ea. Elizabeth McCaffrey, HG5, Northport, NY 11768.





FOR POOL SET

Sociable white paper napkins with dark pool design and bright red lettering. *A Dip and A Sip with.* Personalized with family name, two first names, or single full name. (Please print.) In packs of 75. Cocktail 9½" size $2.89; luncheon 12½" size $3.19. Ppd. Miles Kimball, 100 Bond St., Oshkosh, WI 54901.

CAFTAN COMFORT

Free and easy top that's flattering with pants or skirt. Permanent-press pleats, adjustable neckline. Washable no-iron acrylic. In green-blue-pink combination or purple predominating; solids: hot pink, black, peacock blue, white. One size fits all. $22 plus $1 post. Vicki Wayne, H5E, 600 So. Country Club Rd., Tucson, AZ 85716.



SHOPPING AROUND

SWEDISH CHARM



Imported picture to embroider in basic stitches on electric blue linen ground. Yarns: gold, orange, white and browns. Kit has full instructions, mounting board. 13¾" by 13¾". #0372. $19.75 plus $1 post. Catalogue $1. Skon, HG5, 55 Lambert La., New Rochelle, NY 10804.

GUEST GREETER



Sturdy vinyl mat will welcome callers for years. Five-color pattern is not printed on mat but goes right through to back. Solid ridged surface is great for scraping boots. 17" by 28". $9.95 plus $1 post. Buckboard, Dept. RS-8H, 380 Madison Ave., New York, NY 10017.

FRESH DOTTED SWISS



White ruffled cotton and polyester permanent press curtains look and stay fresh. 25", 30", 36", 40", $8 a pr.; 45", 54", 63", $10.50; 72", 81", 90", $13; 12" by 72" valance, $4 each. Add $2 post. Free catalogue. Country Curtains, HG52, Stockbridge, MA 01262.

LEATHER TRAVELER



Hobo bag in soft, supple leather. 14½" by 17", holds securely, packs completely flat. One handle slips over the other for carrying. Red, black, beige or white, beige, black, navy, brown suede. $16 plus $1 post. Old Pueblo Traders, 600 S. Country Club Rd., H5N, Tucson, AZ 85716.

SPECIAL SPECS



Flip-up magnifying specs that make eye make-up blunders obsolete. No more squinting into mirrors! Specs come in their own plastic case complete with adjusting screwdriver. One size fits all. $7.95 plus 50c post. Herman Optical, HG56, 164 Clymer St., Brooklyn, NY 11211.

HAND OR WALL SHOWER



The perfect shower to keep hair dry has a suction lock that holds it to the wall, but can be removed from mount for hand use to give a gentle directed spray. White vinyl, hose is 5'. Fits most tub faucets. $8.99 ppd. Walter Drake, HG64 Drake Bldg., Colorado Springs, CO 80940.

SILVER ACCENT



Striking necklace handcrafted by Mayan Indians of Guatemala. Intricate linkings are heavily silver-plated, single strand 36", doubled 18". Often called an engagement necklace by Central Americans. $11.95 ppd. Mayan Imports, HG5, 901 Via Verde, Monterey, CA 93940.

Personalized Suitcase Suspenders

3 for $4.98

The perfect personalized gift, and terrific two ways! They'll make luggage easy to identify —it stands out from the crowd so you can spot it in an instant! And they'll really save the day if a latch or a zip ever gives way! Rugged elastic webbing in striped red white-and-blue, or beige-brown — both boast gleamy luggage tags of lifetime solid brass, engraved with your initials. American-made in assorted sizes to fit any bag. Set of three.

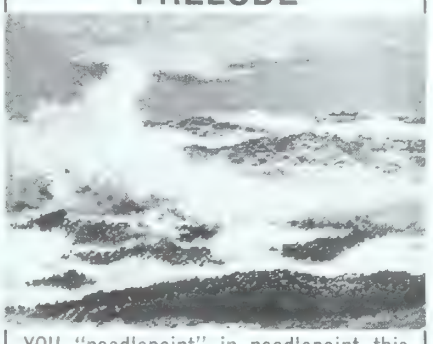
#1197—Red-white-blue $4.98
#1341—Beige-brown $4.98

Please PRINT initials, add 35c post. & hdlg. N.Y. residents add applicable taxes

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PRELUDE



YOU "needlepaint" in needlepoint this dramatic prelude to an approaching storm off a rock-bound coast from a signalled chart 190 stitches wide by 140 stitches deep. KIT INCLUDES 32 shades of 4-ply DESIGN WOOLS to work the entire seascape, CHART, NEEDLES and 23"x20" 10 Ga. NEEDLEPOINT CANVAS @ **$27.95**; out of U.S. **$29.45**. CHART ONLY **$8.50**; out of U.S. **$9.25**. Color snapshot 30¢. Descriptive leaflets my designs $1.00, deductible first Kit or Chart order. Arizona residents add State Sales Tax.

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GOLF TEES . . . $2.98 Plus 40¢ Postage & Handling Each Set

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VALUABLE PLAK COUPON

SHOPPING AROUND



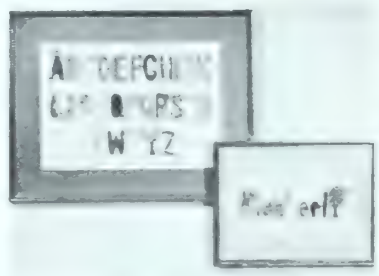
BRIGHT IDEA

Sumptuous Holly Hobbie shirt has its design woven right into the fabric. Machine washable, it's in cotton and polyester for long-time good looks. S, M, L in white, pink or blue. $5.99 plus 50c post. Almatex International Co., Mail Order Div., 3569 Bristol Pike, Cornwells Heights, PA 19020.



VICTORIAN TOUCH

Turn-of-the-century look goes contemporary in table crafted of butcher block. Round top is mounted on cast-iron base. 30" dia. $126.50; 36" $147.50; 42" $181; 48" $215.50 Exp. coll. Catalogue 50c. Butcher Block & More, HG5, 1600 So. Clinton, Chicago, IL 60616.



WHO'S ZOO?

Watercolor animal alphabet spells names (specify) in bright colors. 9" x 12", matted, up to eight letters, $5.95; more letters, each 50c. Entire alphabet, capitals or small letters matted, 14" x 18", $10.95. Add $1.25 post. Laura's Loveables, Dept. 576, Box 7381, Las Vegas, NV 89101.

HANDY TO HAVE

Pocket knife is by Victorinox, who make swiss army knives. It has quality steel blade, nail file, scissors, key ring. Clean silvery aluminum alox handles. ¾ oz. Closed 2¼" long. $9 ppd. Color catalogue $1. Williams Cutlery Store, HG5, 566 Market St., San Francisco, CA 94104.



COLLAR OPEN SESAME

It's almost magical what the collar-extender can do to ease any tight collars on his good shirts. Tiny hook-on gadget gives extra half-size comfort for a just right feeling! $1.29 for set of two, add 30c post. Anthony Enterprises, HG5, 556 Mission St., San Francisco, CA 94105.



FLOWER ARRANGEMENTS

Flower arranging can be a hobby or a career at home. Floral Arts Center can even show you how to start your own shop and make money. Write for material on table arrangements, bridal bouquets, decorations. Floral Arts Center, Dept. 6DNE, 1628 E. McDowell Rd., Phoenix, AZ 85006.



CLASSICS IN GLASS

Crystal-clear bowls from Italy with setting-hen lids, lavish details. Lovely for serving or decor. Gift boxed. Large 8" l. by 7¼" h. $14.98; small 2¾" by 2½", set of two $5.98; all three $18.50. Add $1 post. Lillian Vernon, G5E, 510 So. Fulton Ave., Mt. Vernon, NY 10550.

SHOPPING AROUND

FROM THE SEA



A gift from the sea: aromatic planters made of natural sea grass for indoors or the patio. Set has three sizes: 7″ h. and 6½″ dia.; 6″ h. and 5½″ dia.; 5″ h., 4½″ dia. Set of three, $5.95 plus $1 post. Catalogue, 25c. Fran's Basket House, 295 Rte. 10, Succasunna, NJ 07876.

SUMMER-FRESH LAWN



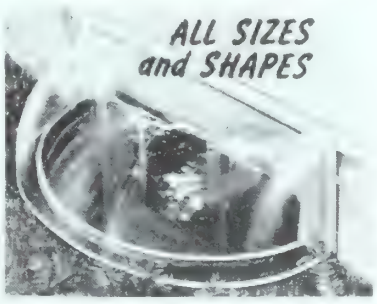
Striped polyester and rayon lawn in eggshell or white for tier curtains. 24″, 30″, 36″, 40″, $5.50 a pr.; 45″, 54″, 63″, $8; 72″, 81″, 90″, $10.50; 11″ by 85″ valance, $2.75 each. Post., $2. Curtains, 86″ wide per pair. Free catalogue. Country Curtains, HG53, Stockbridge, MA 01262.

TIME THIEF



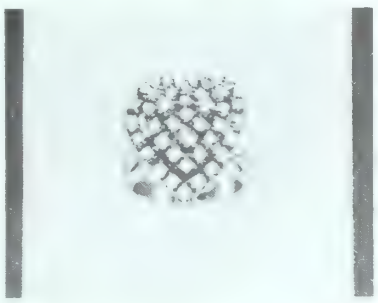
Is your pool robbing you of time? Meyco safety pool cover takes two minutes to put on or remove. Keeps out dirt, leaves; children and pets are safe when you're away. Discourages algae. Custom made, any size. Write to Meyco, HG5, 225 Park Ave., Hicksville, NY 11801.

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JEWELLED HEART



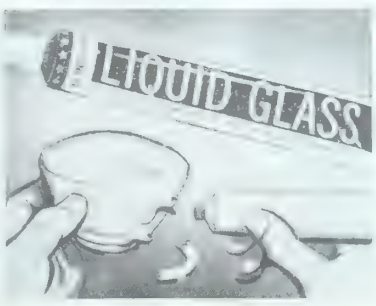
Beautiful strongite stones set in 14k white gold make a ring to wear and treasure. Stones are pure white and cut like diamonds. Guaranteed against chipping and scratching. $150. Post. $1. Free catalogue of rings. The Strongite Co., HG5, 2 W. 47th St., New York, NY 10036.

UP TO SPA



Loofah, that massage pad material used at beauty spas for deep cleansing and scrubbing massage, is available in three hand-sized pads for a glowing look. Set of three, $1.99 plus 50c post.; Two sets, $3.49 ppd. Health House, Dept. 11817, 4500 NW 135 St., Miami, FL 33059.

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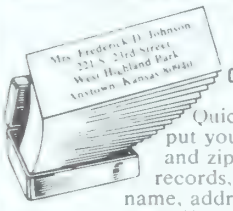
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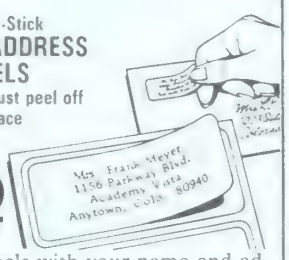
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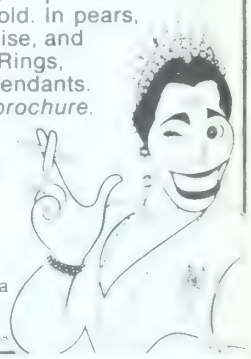
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Our stainless steel flatware authentically reproduced from an antique English design. Classic pistol handle knives, 3 tined forks, ... and a mellow pewter look. Dishwasher safe. Service for eight includes: 8 dinner forks, 8 dinner knives, 8 salad forks, 8 soup spoons, 16 teaspoons and 2 serving pieces.

Service for 8 ..... $38.95
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Prices include postage and handling

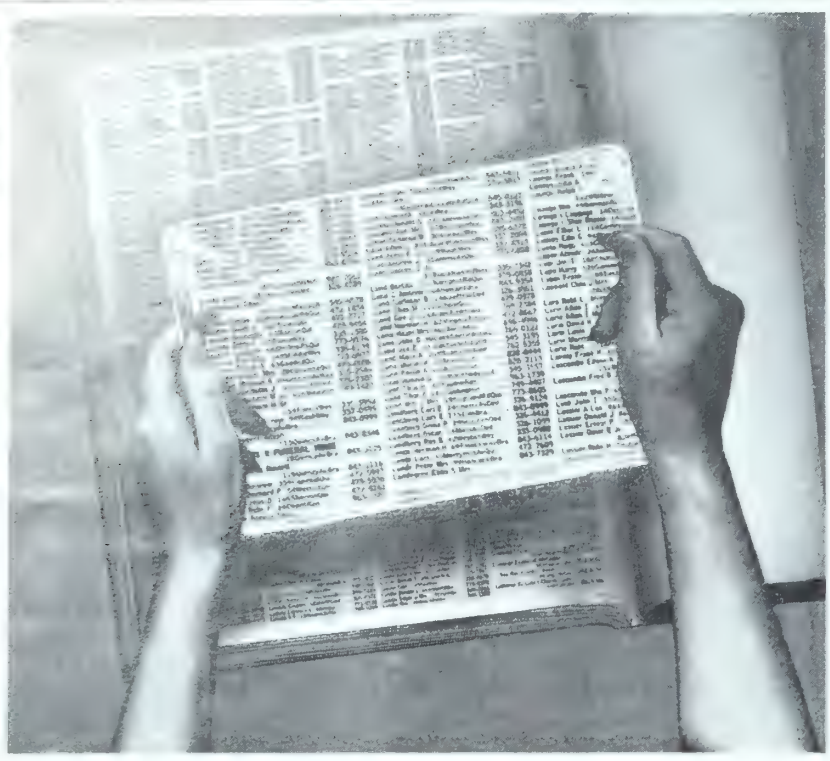
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You've never seen anything like this bright orange Jungle Ball, featuring masses of flower-laden Black Eyed Susan Vines (Thunbergia), creeping out of the circular openings on the sides. Blooms range from orange to yellow, vividly colorful with black centers. As the blossoming vines progress downward from the Jungle Ball, they also creep up the supporting cord, creating the illusion of a floating garden! Truly a gorgeous sight to behold!

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☐ Jungle Ball, $2.98 2 for only $5.75

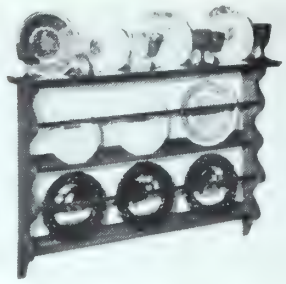
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SHOPPING AROUND



CHOICE DISPLAY

Named after 17th century American, "Madam Knight," reproduction has revolving guide rods to hold plates. Solid cherry in buckwheat honey or dark cherry finish. 36″ w., 24″ h. by 6″ d. $97.15. Ppd. Color catalogue $2. Carl Forslund, HG5, 122 E. Fulton St., Grand Rapids, MI 49502.



MACRAME KITS

Collars and leashes: red/white braided nylon, blue wood beads, hardware, instructions. Cat/sm. dog (to 15″) or med. (14″-22″) collar $1.75; lg. (21″-32″) collar $2.75; sm. leash $4.50; med./lg. $5. Add 50c post. Pet Projects, HG056, Box 1133, Stamford, CT 06904.



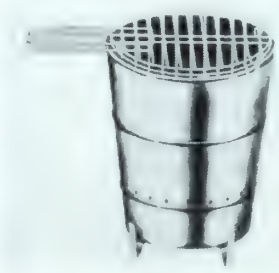
STRAW VOTE

A wicker basket, needlepointed monogram. Kit includes 10½″ x 6″ x 5½″ basket, wool, instructions, canvas, monogram chart, velvet ribbon in rose, blue, red, black, green or gold. Open basket, $4.95; lidded $6.95. Add 60c post. Victoria Gifts, 12H Water St., Bryn Mawr, PA 19010.



CEILING FAN

Natural air cooling. Adaptair adjusts angle of blades (on 52″ only). 2 speeds. 5 yr. guarantee. 52″ fan with adaptair lever $299; without, $259. 36″ fan $179. Light Adapter kit $20. Free brochure. The Ceiling Fan Gallery, HG5, Indian Neck Lane, Peconic, NY 11958.



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Sleep is king night or day that you don the mask: shuts out any flicker of light that could disturb the psyche, the body's rest. Fabric and elastic band's so constructed that it fits any cranium. $2.98 plus 25c post. Anthony Enterprises, HG5, 556 Mission St., San Francisco, CA 94105.



LUCKY CATCH

Beautifully handcrafted pendant finished in pure gold on solid sterling silver. Fish, ¾″, 16″ gold-filled chain. Gift boxed. $12.95 plus $1 post. Available in 14K solid gold. Fish, $55; 16″ gold chain, $20. The Allan Collection, HG5, Box 181, Old Chelsea Sta., New York, NY 10011.

SHOPPING AROUND

WOODLAND CREATURES



Winsome ceramic owl and frog hold plants aloft from sisal hanging cords. In colorful rustproof glazed ceramic, owl is 4½″ by 3½″ in forest green; frog is 5½″ by 4″ in green and yellow. Each $2.49; two, $4. Add 75c post. Greenland Studios, 11818 Greenland Bldg., Miami, FL 33059.

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Gold-finished aircraft cable key ring holds 25 keys and can withstand a pull of 150 pounds. No links to loosen, no chain to break. Its intriguing twist-lock opens easily, stays closed otherwise. $1.98 plus 20c post. Anthony Enterprises, HG5, 556 Mission St. Francisco, CA 94105.

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Smoke Magnet contains more than 2000 charges of spray to absorb annoying odors from tobacco, kitchen and bathroom. It leaves a light fragrance. Palm size container can be left on shelf or table. $5 plus 50c post. Air Superb, HG5, Box A, Gracie Station, New York, NY 10028.

Lady be good to your feet

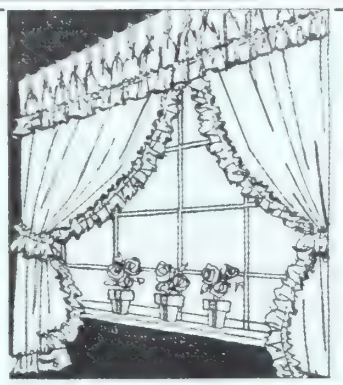
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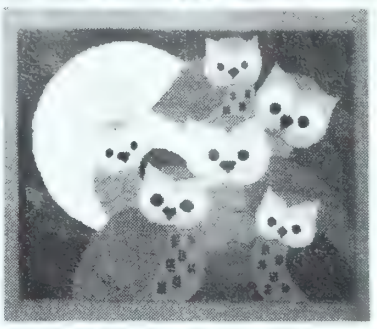
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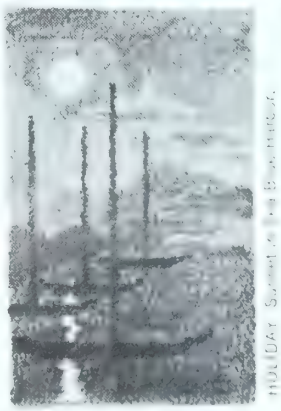
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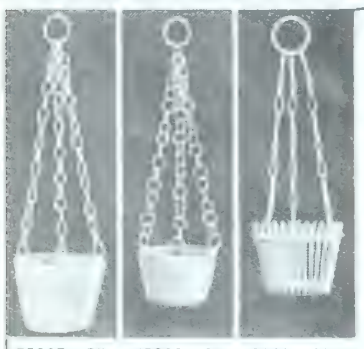


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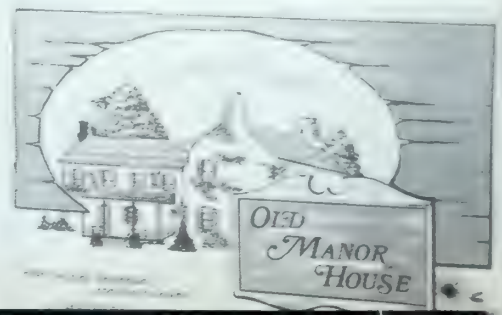
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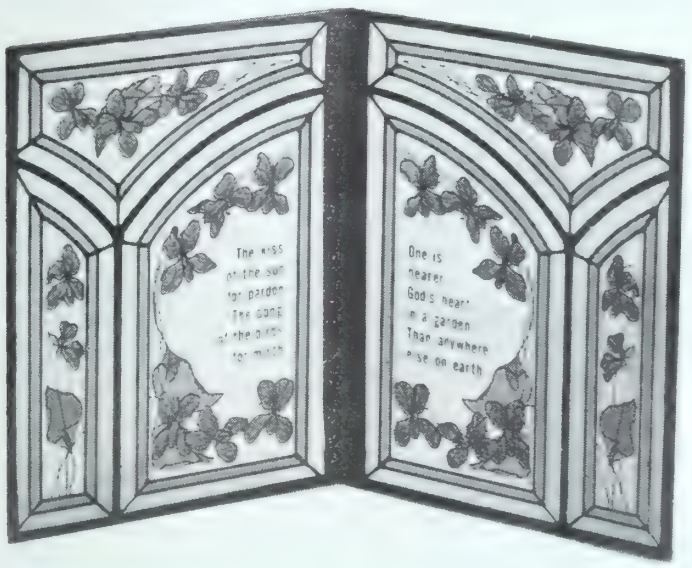


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Charming Calico Sets

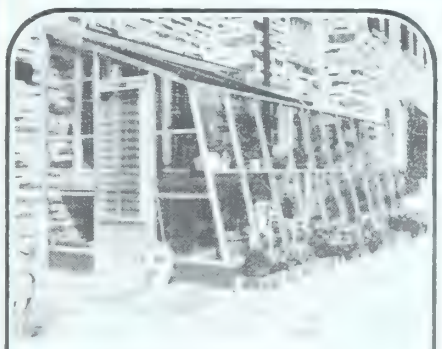
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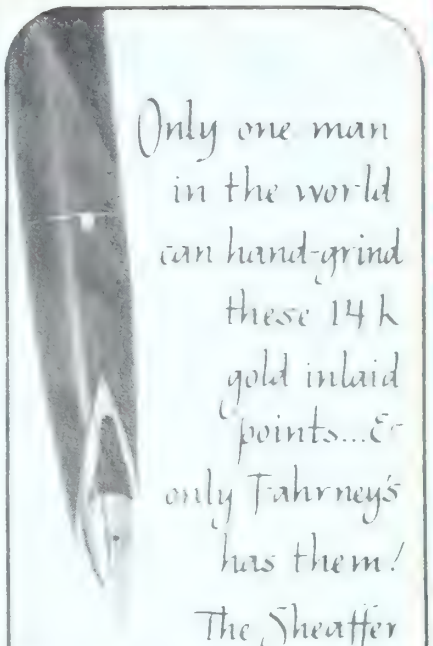


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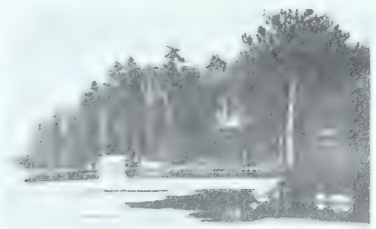
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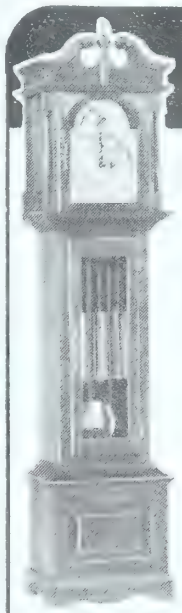


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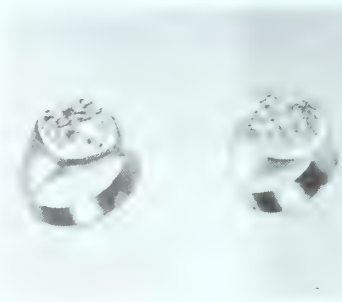
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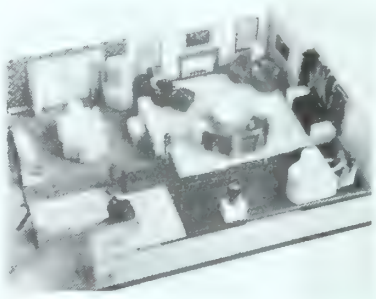
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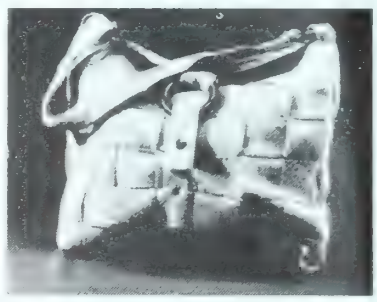
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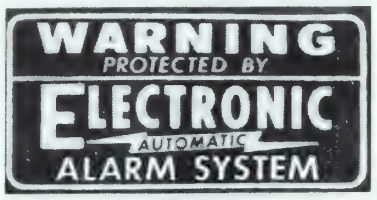
Chamber pot in miniature becomes holder for plant or flowers. Covered in calico squares, coated for cleaning. Fully glazed interior. 6″ dia. by 4″ h. $10.95 plus $1.30 post. Curios & Comfort Ltd., HG5, 1149 W. Lancaster Ave., Rosemont Village Mall, Rosemont, PA 19010.

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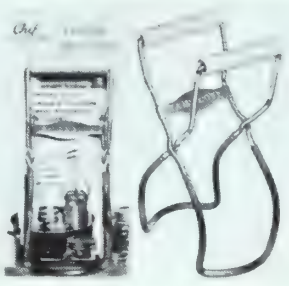
Three-dimensional golden star pendant hangs on a 15″ chain with a single script initial. Wear with basic black or any outfit from sportswear to an evening gown. Specify initial in order. (P-66829) $3 plus 35c post. Spencer Gifts E-37, Spencer Bldg., Atlantic City, NJ 08411.

WHO'S TO KNOW



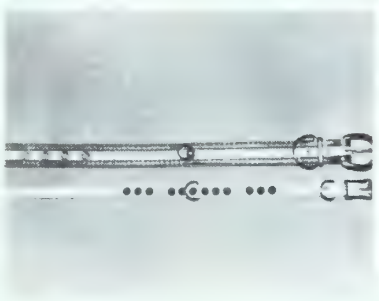
Burglars, other would-be malefactors bypass premises having a warning decal advertising an alarm system. Self-adhesive vinyl stickers are bright yellow and green. Set of four, $1.98 plus 20c post. Anthony Enterprises, HG5, 556 Mission St., San Francisco, CA 94105.

PROTECT YOUR HANDS



Canning jar lifter eliminates the ouch. Contour shape allows you to remove jars upright or on side. Ribbed design avoids breakage while removing jar of any size. No need for scalding fingers. $1.99 plus 95c post. Carol Ann Gifts, Dept. HG-5426E, Box 21026, Philadelphia, PA 19154.

PETS' FASHION



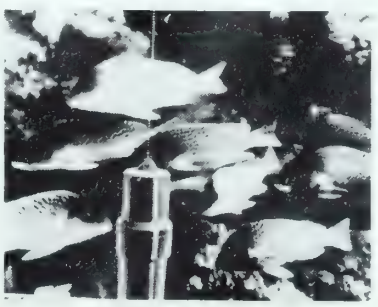
Nifty Bicentennial dog collars of simulated leather. Narrow style in red, white, blue solid colors, colored stones; wider style red, white, blue stripes. S (¼″ w) 10-12-14 sizes, $3.25; L (¾″ w) 12-14-16 sizes, $3.75. Ppd. Turen, Inc., Dept. BC, Box 370, Danvers, MA 01923.

A SHOE-IN



Leather Wedgie with walking comfort and open-toed cool. The Edna in camel, bone, black, white, navy and brown, low 1″ wedgie heel. 4 to 10, $18.95. 10½ to 12, $19.95. For widths AAAA to EE. Add $1 post., 25c each add'l. pair. Solby Bayes, HG5, 45 Winter St., Boston, MA 02108.

FISH LURE



Scientific data has shown that fish respond to insect sounds. Krafty Fish Caller makes sound of "food". Immerse it in water: if fish are around, they will come to you. $9.95 ppd. Quality Mail-order Products Co., Dept. 3V5, 76 Covewood St., Willowdale, Ontario M2M 2Z1.



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Perma Tweez is a simple electrolysis instrument that PERMANENTLY removes ugly hair from all areas of the face—such as the chin, upper lip, eyebrows. Embarrassing body hair can now be removed forever in the privacy of your boudoir. Arms and legs can be forever free of the inconvenience of constant hair removal. **An exclusive U.S. patented safety feature allows you to do this without puncturing the skin!**

AN EXPERT'S APPROVAL

Perma Tweez has been clinically tested by a university professor of dermatology and proven to be safe and effective. One of his patients had previously been tweezing hairs from her chin every day for 15 years. After treating herself with Perma Tweez, she has eliminated this time consuming chore for the rest of her life! Over 15 thousand instruments in use by doctors—over 500,000 in use by people like yourself.

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Mfr. of Professional and Home Electrolysis Equipment



for thimble collectors!

EIGHT AROUND-THE-WORLD BEAUTIES AND A STUNNING NEW WOOD HOLDER!



New at right, the bicentennial thimble! Lillian Vernon design, hand-enameled in red-white-blue cloisonne on Gold-finished metal. American-crafted.
4450 **Bicentennial Thimble $1.98**

WOOD SHADOWBOX HOLDER, ours alone! Highlights each thimble in its own niche. Lillian Vernon design, American-made of solid wood with graceful molding, antiqued metal hanger. Richly stained.
4418 Wood Holder, 3"-8x8-5x1-4". $7.98

THIMBLES IN HOLDER. Left to right, top to bottom.
8000 From West Germany. The bride's thimble! Superb Sterling Silver with unique satiny-white sheen, richly antiqued wedding-swag border. **$8.98**
7967 From Portugal. Red enamel hearts pierced by Cupid's arrow. Heavy Silver-plated brass. **$3.98**
7627 From Portugal. SALE! Our Lady of Fatima. Silver-plated. Gold-wash inside. Was $2.98! **$1.98**
1020 From West Germany. Personalized, custom engraved in flowing script! Heavier, heftier solid Sterling Silver, topped by a radiant translucent stone. Ass't. color stones. PRINT initials... **$7.98**
7966 From Holland. Porcelain, ass't. posies. **$1.98**
7964 From Mexico. Inlaid border of iridescent abalone shell. Handmade solid Sterling Silver. **$4.98**
7965 From Portugal. Deeply antiqued floral border. Solid Sterling Silver, gold wash inside. **$4.98**

LILLIAN VERNON *Add 45c post. & handling. N.Y. residents add taxes*
Dept. G54, 510 S. Fulton Ave., Mt. Vernon, N.Y. 10550

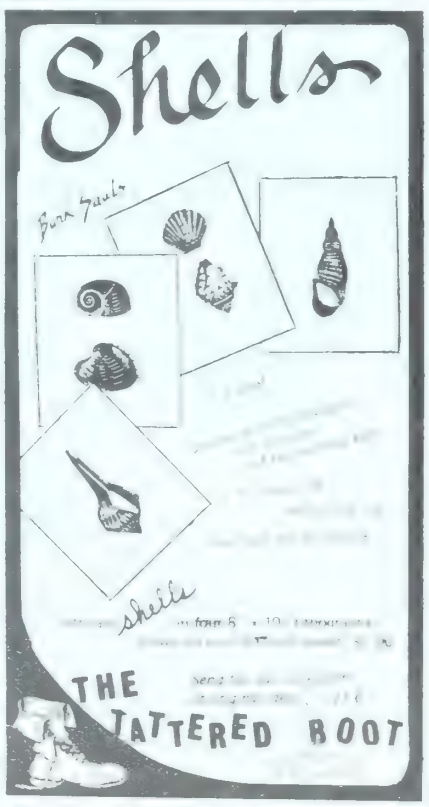


EARLY AMERICAN SCENES come to life in easy to-do cross-stitch samplers. Each kit includes stamped natural Belgian linen, bright colored floss, and simple instructions. Framed size 10" x 10".

Red Barn Kit (shown)	**$2.25**
Little Red Schoolhouse Kit	**$2.25**
Covered Bridge Kit	**$2.25**
Old Mill Kit	**$2.25**
Lighthouse Kit	**$2.25**
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Minute Man Kit	**$2.25**
Wood frame, 10" x 10", mahog. finish	**$1.50**
Wood frame, 10" x 10", maple finish	**$1.50**

PLUS 50c POSTAGE & HANDLING

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ORIENTAL JADE

A unique necklace holds the legendary promise of happiness, prosperity and health. Hand carved pure jade tusks with elephant on 16" gold-plated chain. **Only $10 Ppd.** Gift boxed. Elephant earrings **$8.** (Specify pierced or clip.) Set of necklace and earrings **$16.50 Ppd.**

Designed Especially For

THE ALLAN COLLECTION
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Dept. G5, New York, N.Y. 10011



(size 12½" × 21")

"Butterfly" Tray for party serving!

The generous size makes it functional and beautiful. Gets everything to the table in one trip! Colorful inlaid realistic "Butterfly and Fern" motif on white, high-impact plastic. Wipes clean with a moist cloth. Adds delight to entertaining, certain to be admired. Order for yourself, for gifts.

Special Value $14.95

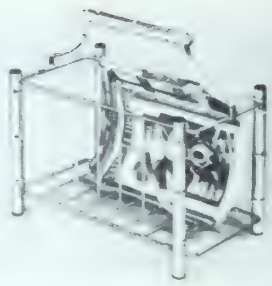
Robert Stuart
DESIGNS LTD. Dept. HG 426
P.O. Box 51, Brooklyn, New York 11236

SHOPPING AROUND



TWO-IN-ONE

Have the best of both worlds in a dramatic jumpsuit that combines the swing of palazzo pants with a caftan top. Acetate jersey print has zipper, front tie; washable S(10-12), M(14-16), L (18-20). $11.99; Sizes 40-44, $12.99. Add $1 post. Lana Lobell, Dept. M-2218, Hanover, PA 17331.



OPENLY ORIENTAL

Favorite magazines are easily visible and neatly stored in a sturdy metal rack with bamboo metal detailing, arched center divider. Koch brass (GBMR-17B) or nickel (GBMR-17N) plate finish. 17" w. by 10" d. $39.95 ppd. St. Nicholas Boutiques, HG5, Santa Claus, IN 47579.



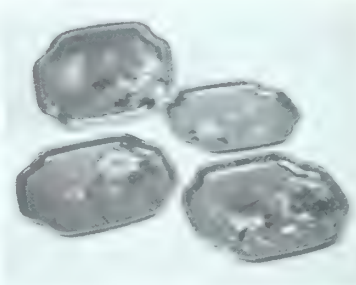
POST CARD ALBUM

Holds 200 U.S. & Foreign cards in curved corner slots. (No pasting required.) Spaces for titles & notes under each card. Luxurious leather-like binder, padded covers. $8.95 plus $1 post; two for $17.50 ppd. The Writewell Co., 892 Transit Bldg., Boston, Mass. 02115.



COLONIAL LOOK

Deacon bench has handsome turnings on legs. Sanded, ready to finish, 44" l., $44; 60" l., $54. Or choose walnut, maple, pine or black finish, 44" l., $54. 60" l., $64. Exp. charges coll. Catalogue, 50c. Marion Travis, HG5, Box 292, Statesville, NC 28677.



CHARMING TRAYLETS

Attractive multi-purpose metal canape trays with hand-painted designs from England. Oriental in style, with colorful birds and flowering branches, no two exactly alike. Roomy 7½" by 6" size. Four in a set. $4.98 plus 75c post. Taylor Gifts, HG5, Wayne, PA 19087.



STRAP CLIPS

Gold-finished metal lingerie clips keep bra and slip straps secure in handsome fashion. A smart way to be sure that straps won't tumble down when wearing a low cut gown. Set of two, $1.98 plus 20c post. Anthony Enterprises, HG5, 556 Mission St., San Francisco, CA 94105.



HEART OF THE KEYS

Clear Lucite key holder is heart shaped with a thong to hold keys, room for 11 letter name, sign of the zodiac or initials. Lucite heart, 3" by 3⅛, is easy to find in crowded handbag, pocket, tote. $5 ppd. Specify lettering. Gemini II Enterprises, HG5, Box 7511, Ft. Lauderdale, FL 33304.

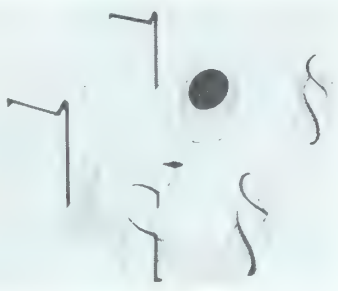
SHOPPING AROUND

GRACEFUL DISPLAY



Handsome hardwood wall hanger is decorative and very sturdy. Can hold plants as heavy as 25 pounds. Brightening accent for indoors or patio. Hanger $3; hanger, rope and basket $10. Add $1 post. Blue Ridge Cottage Industries, HG5, Box 125-A, Banner Elk, NC 28604.

BLANKET CONTROL



Electric blanket control guard of metal clips to bed where most convenient to reach when reclining. Clips bend easily by hand to adjust to bed rail. Excess cord can be wound around holder. $2.98 plus 45c post. Anthony Enterprises, HG5, 556 Mission St., San Francisco, CA 94105.

DREAM ENSEMBLE



Natural or white 65% polyester -35% cotton. Dust ruffle: 14". 18" or 22"; twin, double $15; queen $17; king $20. Canopy: twin, double $18; Twin, double coverlet $29.50; queen, king $45. Post $1.75. Free catalogue. Colonial Maid Curtains, HG5, Lawn Tr. Mamaroneck, NY 10543.

BIG BAGEL



Give yourself, or your family, a solid bronze bagel weighing two full pounds. It's free of any fillers or additives, it's all pure gleaming bronze with realistic detailing. Measures 3" across. $14 plus $1.25 post. Wretched Mess, Box HG5, West Yellowstone, MT 59758.

FRESH AS MOUNTAIN AIR



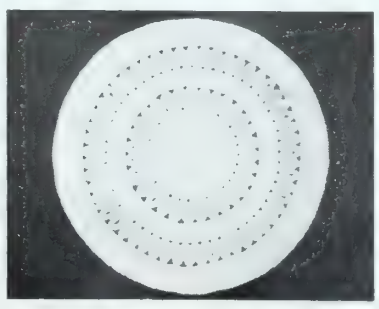
Unifilter purifies tap water, removing chlorine taste, grit, odors and other impurities. Add to water for drinking, coffee, tea, soups and ice cubes. Gives spring water freshness. $4.99 each; two, $9.50 Ppd. Almatex Int'l. Co., HG5, 3569 Bristol Pike, Cornwells H'ts, PA 19020.

SHOE-IN



It's easy to have a tidy closet when shoes are stored in a handy organizer. Strong corrugated board with decorative Americana print holds nine pairs separately. 27" by 12½" by 13½". $6.98 plus 95c post.; two, $13.96 ppd. Greenland Studios, 11815 Greenland Bldg., Miami, FL 33059.

CIRCLES OF STRAW



Handsome woven rug is of rice straw from mainland China. Open-work pattern shows up well as a wall hanging, too. 3′ dia., $14.95 plus $1.75 post.; 4′, $17.95 plus $2; 5′, $20.95, plus $2.25; 6′, $23.95 plus $2.50. Fran's Basket House, 295 Rte. 10, Succasunna, NJ 07876.



100% PURE COPPER BRACELETS

Women's Bracelets		Men's Bracelets	
7¼"	$2.98	8¼"	$3.98
7¾"	$3.29	9"	$4.49
8"	$3.49	9½"	$4.69
8½"	$3.69	10"	$4.98

Add 60¢ Postage & Handling Each

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Satisfaction Guaranteed or Your Money Back

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Stick on any smooth surface. No moistening. Use them on letters, sports equipment, cameras, tapes, etc. Any message to 4 lines, 26 spaces each. Printed in black ink on your choice of White, Gold, Silver, . . . or Blue, Pink, Yellow pastel labels. 1¾" x ½". In handy plastic sleeve dispenser. 225 for $3; 450 [alike] $5; or 1000 [alike] for $10. All postpaid. Specify color desired. 80-page Useful Gift Catalog, 25¢. From BRUCE BOLIND, 25-P BOLIND BLDG., BOULDER, COLORADO 80302. Since 1956, thanks to you!

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B&W POSTERS from any b&w or color photo. Polaroid, cartoon or magazine photo. For slides and negatives, add $1.00 per poster. Better originals produce better posters.

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PHOTO JIGSAW PUZZLE

Send any photo. If neg or slide, $1 extra. In b&w, 8x10—$3.99, 11x14—$4.99, 12x18—$5.99. In color, 8x10—$6.99, 11x14—$7.99, 12x18—$8.99.

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1" Marble-top table

$34.95



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Romantic Victorian

all solid Mahogany, hand-carved furniture!

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To get big catalog G-56, and costly fabric cuttings, send just $1. We will refund with certificate good for $2 on your first purchase.

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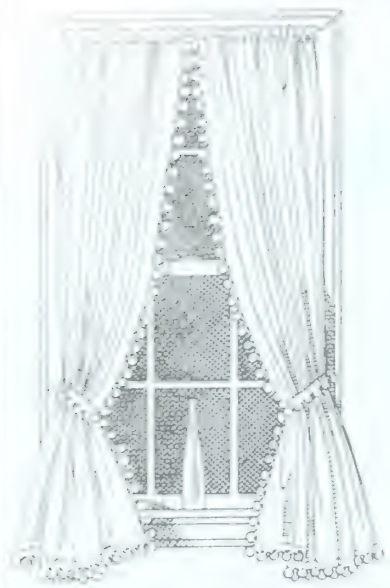
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TIERS	COTTON MUSLIN	PERMANENT PRESS
20", 25"	6.00 pr.	6.50 pr.
30", 36", 40"	6.50 pr.	7.00 pr.
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45", 54", 63"	8.50 pr.	9.00 pr.
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VALANCE		
10" x 80"	2.75 ea.	3.00 ea.

All pairs are 90" wide.

For years Country Curtains have gaily graced the bright, clean windows of charming colonial homes. Country Curtains add warmth to every room . . . Country Curtains retain their fresh crispness and are a credit to your thriftiness . . . Country Curtains are a lifetime friend and supply their own sunshine . . . New England at its very best.

Please specify [illegible] muslin or permanent press, in off-white or white. Please enclose check or money order. Sorry, no COD's. Postage and handling; for orders under $[illegible] add $1.00; $10.00 and over add $2.00. Mass. residents add 5% sales tax. Satisfaction guaranteed.

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Protect your silver with Tarnish-Proof Pacific Silvercloth Drawer Pads by GORHAM



[illegible] cover
125 pieces. (large size shown)

Pads convert your drawer space into a silver chest.

Prevents tarnish and scratching; silver is always ready to use.

SIZE: 11¾" wide x 15" deep x 2½" high. Holds over 100 pieces. **$10.75**

SIZE: 17½" wide x 13⅞" deep x 2½" high. Holds over 125 pieces. **$12.75**

ADD $1.25 FOR PACKING & POSTAGE FOR EACH UNIT ORDERED.

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NEEDLEPOINT WITTICISM



Amusing quip for the tennis buff. Kit with hand-painted #14 mono canvas measures 12½" x 6½" when completed. Comes with Paternayan Persian yard, needle and instructions.

$22.50 plus $1 postage

Catalogue — $2.50

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For your collection or a special gift

PONYTAIL PLANT

Beaucarnea recurvata

A fascinating [illegible] leaves rising from an exposed bulb or ELEPHANT'S FOOT. Multi trunks to 3ft. high [illegible] the tropics you receive your plant in size by the pot size. Happy inside or outside above 25°. [illegible]

1 pot - $2.00 postpaid
3 pots - $5.00 postpaid

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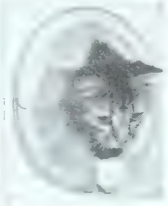


The SAFE 2-Way PET DOOR

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FlexPort

Why be a doorman for your pet? FlexPort ends scratched doors and whining. Keeps out flies, wind, rain. Gives you and pet complete freedom. Soft plastic triangles close gently and tightly. Easily installed. Send for free folder.



TUREN, INC., DEPT. HG5
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Danvers, Mass. 01923

SHOPPING AROUND



LIQUOR LABELS

Heavy sterling silver label, silver chain. Engraved Vodka, Bourbon, Scotch, Rye, Gin, Port, Brandy, Burgundy, Rum, Sherry, Whiskey or left plain. 3½" w. Order by numbers shown. Each $11 plus 50c post. Jean's Silversmiths Inc., HG5, 16 W. 45th St., New York, NY 10036.



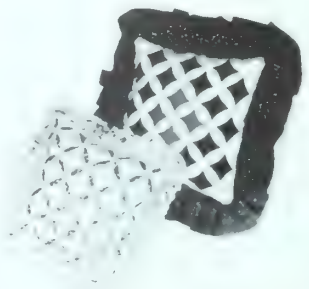
TWO BY TWO

Socks stay together through the washing and drying process with unique plastic rings that keep them paired. An easy solution to that dull hand sorting. Enough sorters for 24 pairs, $1.98 plus 40c post. Anthony Enterprises, HG5, 556 Mission St., San Francisco, CA 94105.



HI-TIE ESPADRILLE

Sporty rope-covered wedge with 2⅝" heel has cushioned insole, rubber-like sole. In denim blue, red, bone or green cotton/polyester canvas. Sizes 5-10; half sizes to 8½. $18 plus $1 post. Old Pueblo Traders, 600 So. Country Club Rd., H5S, Tucson, AZ 85710.



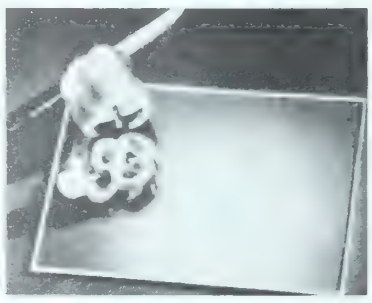
QUILTING TEMPLATES

Quilt on-the-go method with metal templates makes quilting easy. Basic kit includes 3 templates with instr. for cathedral window and petal designs, $4. Pillow kit includes above plus material for window; no stuffing, $11. Ppd. Quilt Easy, HG5, Box 321, Stone Mountain, GA 30083.



CAVALRY SABER

The "Old Wristbreaker" saber used by both armies during the Civil War is handsomely reproduced complete with black leather scabbard. Steel saber is 39" long. $19.50 ppd. Color catalogue $2. The Muller Co., HG5, Dogwood Hollow, Miller Place, NY 11764.



CLEAR AS A WHISTLE

Clear Lucite cutting board that saves surfaces from scratches while you slice, chop or carve. Dishwasher-safe, heat-resistant, 8" by 11" $2.50; 12" by 16" $3.95; 14" round $5.98. Ppd. From Colonial Garden Kitchens, Dept. HGE5, 270 W. Merrick Rd., Valley Stream, NY 11582.



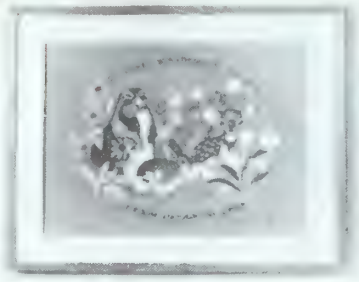
SAY IT BEAUTIFULLY

Authentic turn of the century reproduction of oval "No Smoking" plaque with detailed scrollwork and intricate beading. Sculptured lettering cast in heavy bronze with gleaming finish. 6½" by 3". **$12.95** plus $1.50 post. & hdlg. No COD's.

THE PHOENIX CO. HG5
Box 216, La Canada, CA 91011

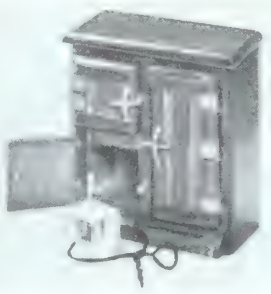
SHOPPING AROUND

STITCH A PICTURE



"To love something is to give it room enough to grow." Erica Wilson design on tan fabric in kit. Forest shades in crewel yarns, needle, directions. Finished 18" by 14" (without matting) $7.95 plus 75c post. World of Stitch 'n Knit, HG56, Box 709, Framingham, MA 01701.

ANTIQUE MINIATURES



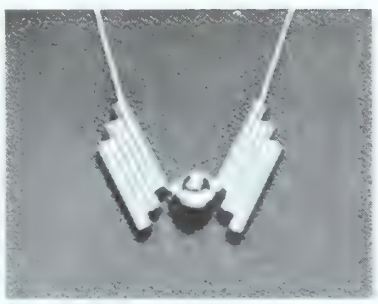
Old fashioned wooden ice box with metal hinges is 3¼" by 3⅛"; metal tongs that work and a tiny block of "ice" with pick. Collectors and children delight in these. Ice box, $9.95 plus 50c post; tongs, ice, pick $4.25 plus 50c post. Downs, Dept. 1405-Z, Evanston, IL 60204.

SPOON PERCH



Slip an elegant silver-plated crown holder on casserole dish to rest a single spoon or pair of servers. From Portugal; 2½" by 1¼". Adjusts to thickness of dish. $2.98; three $7.50. Add 45c post. Lillian Vernon, G5E, 510 So. Fulton Ave., Mt. Vernon, NY 10550.

ADD A CHEVRON



Striking pendant with artfully crafted sterling silver tubes offering a surprising contrast to the gold-filled ball. Quite a dashing addition to a modern fashion wardrobe. Comes with a 15" sterling chain. $22 ppd. Beverly Trading Co., HG5, Box 263, Staten Island, NY 10314.

EYESIGHT SAVER



Do you find the eyes of needles growing smaller? Needle threader consists of a plastic funnel into which the needle is dropped, spindle to transfer thread to needle, blade to cut thread. $1.98 plus 30c post. Anthony Enterprises, HG5; 556 Mission St., San Francisco, CA 94105.

TOUCH OF PARIS



Wine goblets from France identical to those used in cafes of Paris. Blown glass that rings like crystal; yet rugged enough to take it. 5¼" h. Ideal wedding or housewarming gifts. Doz. $11.98 plus $2 post. American Consumer, WGS-24, Caroline Rd., Philadelphia, PA 19176.

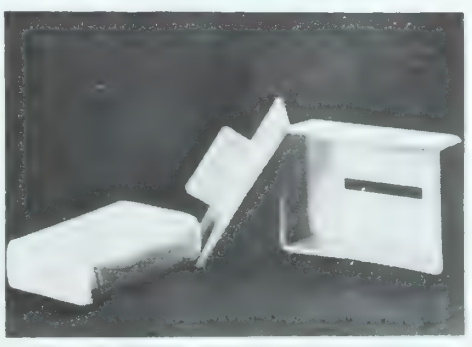
SOAP MOLD

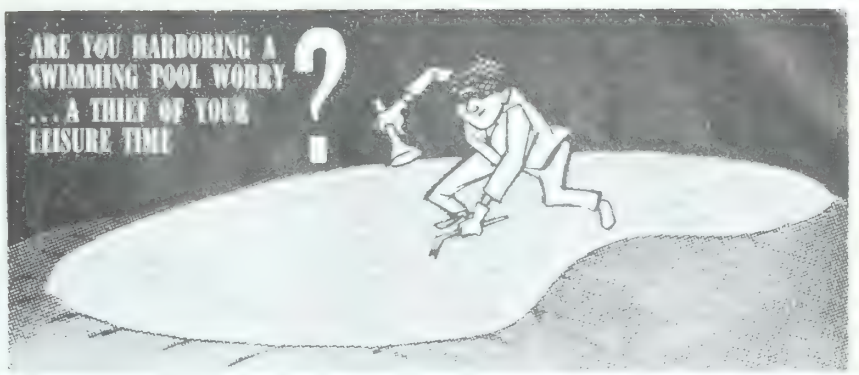
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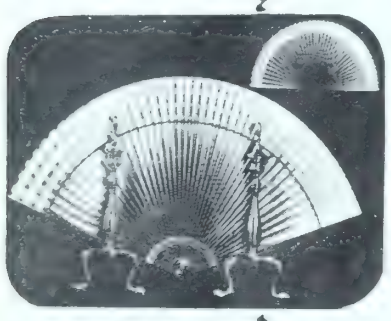
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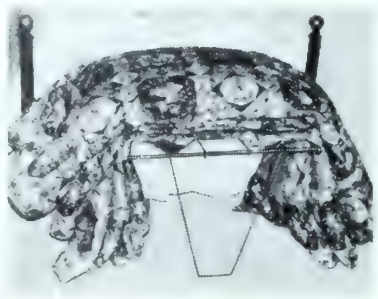
Anthony Enterprises Dept. HG-56
556 Mission, San Francisco, Calif. 94105

SHOPPING AROUND



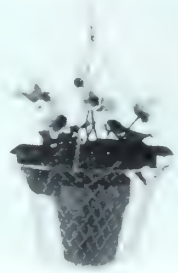
TORTOISE TALK

Imported Florentine hardwood board and knife. Tortoise head is handle of knife, blade is quality steel. Head, feet and tail cast in silver-like alloy. Slice and serve lemons, cheese, etc. 8" by 12". $25 ppd. Stuart Kingston Imports, HG56, Box 91, Rehoboth Beach, DE 19971.



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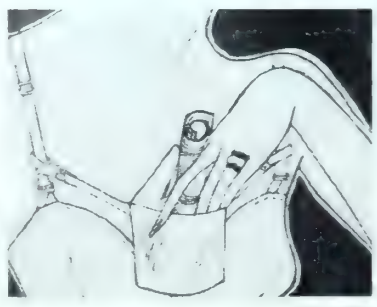
TIME IS MONEY

A combination that can't lose: a genuine U.S. Morgan Silver Dollar, a collector's find, forms a handsome watch with precision 17-jewel Swiss movement. Black suede band, unbreakable crystal. $59.50 ppd. Horizon Industries, Dept. HG5, 5117 Eleventh Ave., Brooklyn, NY 11219.



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Stash your cash just like grandma, in this dandy money cache. Snap it to your straps and relax. Plastic lining and fold-over flap keep contents safe and dry. Order #141. $2.98 plus 40c post. Anthony Enterprises, HG5, 556 Mission St., San Francisco, CA 94105.

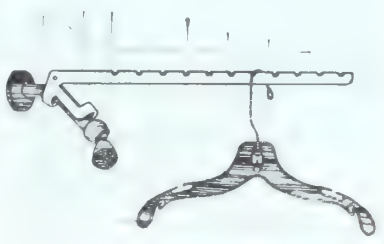
SHOPPING AROUND

CORNERED



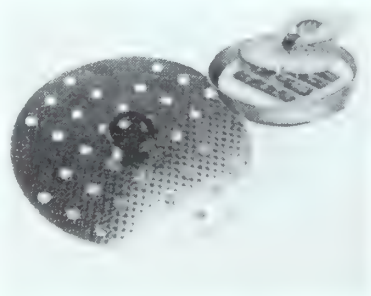
Handsome kiln dried hardwood corner chair in deep brown, with distressing, spoon feet, carved scallop shells on four legs. 32″ h., 28″ w., 26″ d. In our fabric $126 or yours (one yd. required), $123 exp. coll. Catalogue, $1. Ephraim Marsh, Dept. 409, Box 266, Concord, NC 28025.

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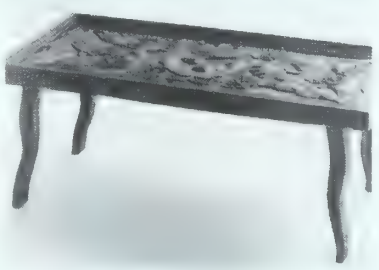
You'll like the handles' curve and gleam on "Eminence" toothbrushes from France. Bristles are medium nylon. Set of two, one clear and one amber, each in its clear travel case. Set $2.98 plus 50c post. Lillian Vernon, G5E, 510 So. Fulton Ave., Mt. Vernon, NY 10550.

PREVENTIVE MEDICINE



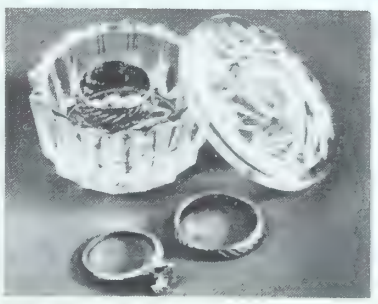
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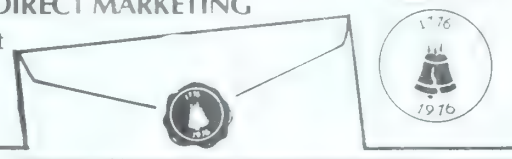
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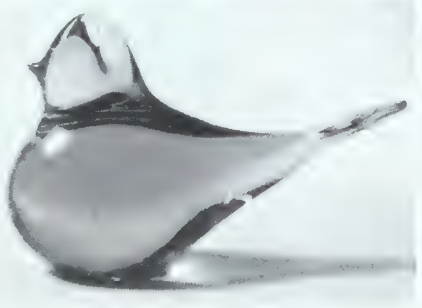
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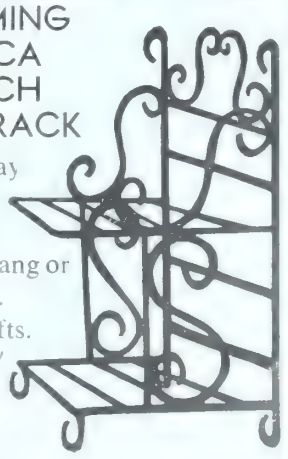
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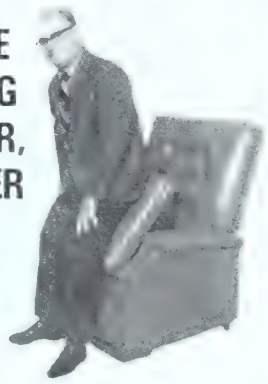
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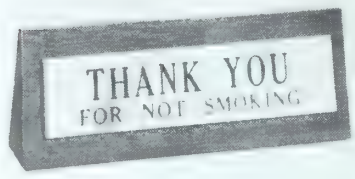


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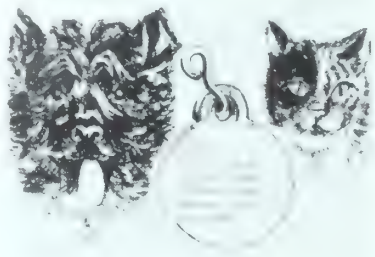
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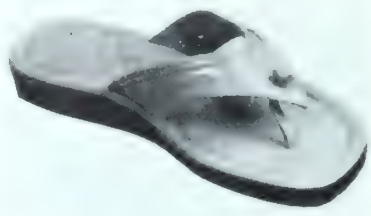
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Ready to work in needlepoint and hang wherever the urge to nibble is tempting. 7½″ by 9″ design on canvas. Persian wools, needle, backing, magnets, instructions. $5.95. 8″ by 10″ oak frame, $2.25 plus 60c post. Classic Corner, 12H Water St., Bryn Mawr, PA 19010.

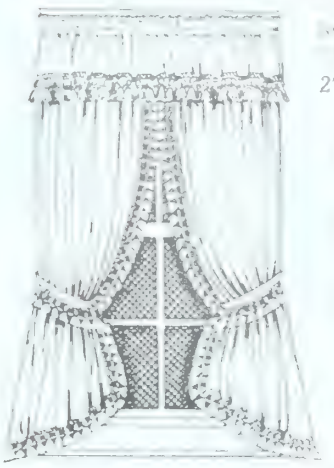


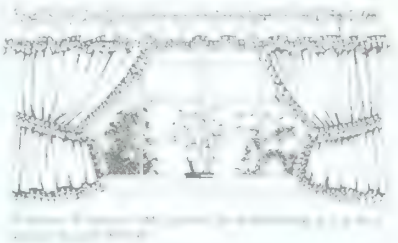
NO-SHINE DISCOVERY

Simple Teflon cover for steam irons is the solution for ironing serge, gabardine, dull-surfaced silks, woolens and knits. Permits a smooth shaping or blocking job without shiny areas. $1.59 each plus 20c postage. Anthony Enterprises, HG5, 556 Mission St., San Francisco, CA 94105.



COUNTRY-STYLE CURTAINS





IRON MUSLIN IN NATURAL OR WHITE
SUPERIOR QUALITY—VALUE PRICED!
2″ BRUSH FRINGE. Extra-wide 90″ to the pair.

TIERS: 24″, 30″, 36″, 40″ long . . . . . 8.00 pr.
STRAIGHT OR TIEBACKS: 45″, 54″, 63″ long . . . . 10.00 pr.
72″, 81″, 90″ long . . . . 12.50 pr.
TIEBACKS . . . . . 1.00 ea.
VALANCE 11″ x 72″ . . . . . 4.00 ea.

From New England, colonial charm of country-style curtains no longer need the drudgery of ironing. Practical, long wearing, crisp and beautiful. Machine wash and dry, 50% polyester-50% cotton muslin (preshrunk max. shrinkage 1%) of unsurpassed quality backed with **"satisfaction unconditionally guaranteed."** Specify color. *Add $1.75 post./hdlg. No C.O.D's.* Please send check, money order, or use your Master Charge or BankAmericard. N.Y. residents add sales tax. **Free Catalog.**

COLONIAL MAID CURTAINS *Since 1947*
Dept. 52A, Lawn Terrace, Mamaroneck Village, N.Y. 10543



sweet juliette

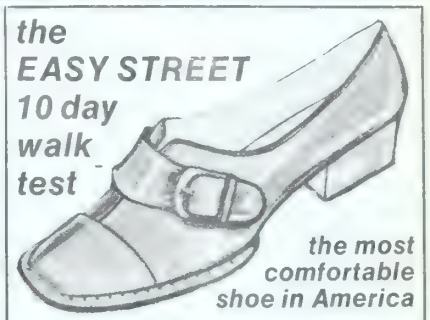
A gown to awaken the sleeping Romeos. The secret is the finely elasticized insets placed in front, back, and at the shoulder, creating soft, flattering folds. Delicate lace trim and self-bow. In non-cling, silky, 100% Nylon. Machine wash & dry. Aqua, Violet. Sizes, P, S, M, L.

$16 plus $1 postage

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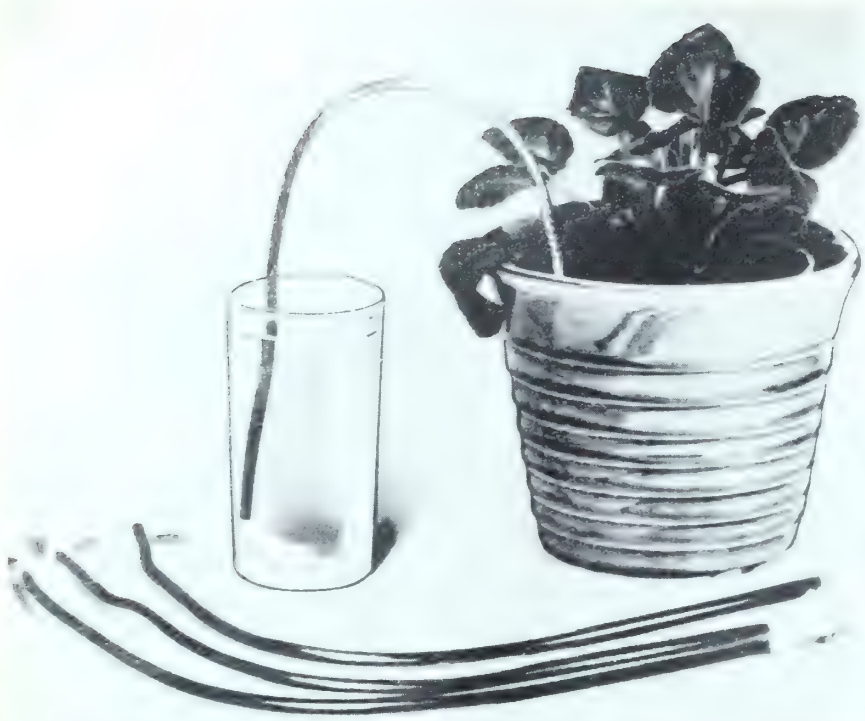


Exotic Butterfly Lamp

Light this romantic candle lamp and butterflies shimmer and move as if alive. Action is all caused by the candle flame. Lamp about 7″ high made of high quality etched glass. Use it to give your dining pleasure a new dimension. Great gift idea. $5.50 plus silk postage.

$5.50 plus 80c postage.

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Planning a trip but worried about your thirsty plants? Amazing wicks feed just right amount of water up to 8 weeks. Can be used all year around with all plants. Will not rot or mildew.

SET OF 4 PLANT NURSEMAIDS . . . $2.98 + 45¢ Mailing Each Set.
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Satisfaction Guaranteed Or Your Money Back

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Any Initial, American Flag, Pine, Gull, Palm, Roadrunner, Saguaro. Rose. [Also available are Texas Flag. Maple Tree, Treble Clef, or Palette]. Up to 20 letters per line, 4 lines. Printed in black on white or gold gummed labels 1½x½". 500 on white or 250 on gold for $2.50 ppd. Or on DELUXE SIZE, 1¾" long, $3.50 with design or $2.50 without, ppd. Specify Initial or Design desired. Via 1st, add 36¢ per order. Useful Gifts Catalog, 25¢. Bruce Bolind, 25-L Bolind Bldg., Boulder, Colo. 80302. Since 1956. Thanks To You!



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Highest Quality!



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SAVE! 2/$10.95 (ppd.)

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Used by service stations all over America. The **professional** washer for home windows and car windshields. Nylon-reinforced sponge for grime, bugs. 8" rubber blade swipes clean & dry — fast! Mop handle socket for tall jobs. **Satis. Guarantee.**

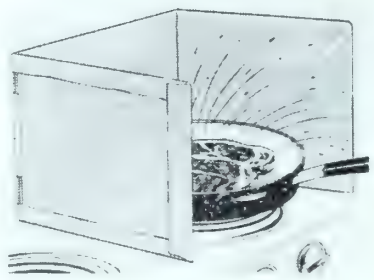
American Century
135 So. La Brea, Dept. 1056
Box 36232, Los Angeles, Calif. 90036

SHOPPING AROUND



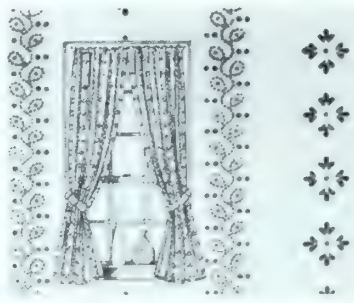
GROW GETTER

Want bigger and better house plants, flowers, vegetables, fruits? Try Dynogen, a spray developed for fast growth even in poor lighting. Treats over 100 plants with one can. $3.98; two $6.98. Ppd. American Image Industries, HG5, 276 Park Ave. So., New York, NY 10010.



SPLATTER CATCHER

Cooks love the efficient work of a pure aluminum splatter shield that protects against flying frying sputs, mixing bowl batter. Three hinged panels, 9" h., fold flat for storage. $2.98 plus 50c post. Anthony Enterprises, HG5, 556 Mission St., San Francisco, CA 94105.



FLOCKED DESIGN

Old-fashioned good looks—brown flocked flower "stripes" on unbleached cotton muslin—make lovely 70" w. curtains. 25" l., 30", 36", $7; 45", 54", 63", 72", $10. Valance, 10" by 70", $3.25. Add $2 post. Free catalogue. Country Curtains, HG54, Stockbridge, MA 01262.



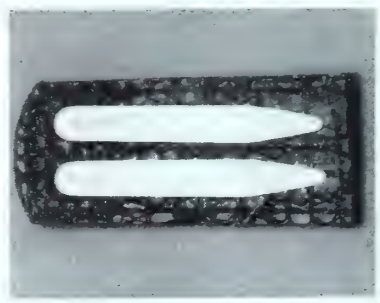
OAKEN BEAUTY

You'll appreciate the sturdy quality of perfectly seasoned solid oak. Flat grain sanded, ready to finish. This popular dining table comes in two sizes: 42" $140; 48" $150. Natural oak finish, $10 extra. Ppd. Write to Marion Travis, HG5, Box 292, Statesville, NC 28677.



PARTY TURN-ON

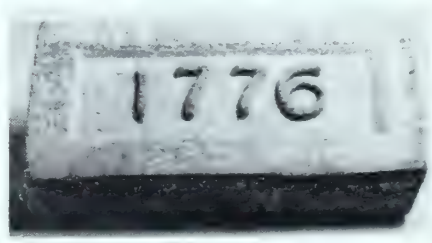
Fun light's 120 prisms splash kaleidoscope of color on walls and ceiling. Changing pattern revolves slowly as it creates nostalgic ballroom atmosphere of the 'twenties. UL-approved cord. $5.98 plus $1 post. American Consumer, XL-13, Caroline Rd., Philadelphia, PA 19176.



COLLAR HIM

Sterling silver collar stays. He'll savor knowing he's well dressed down to these elegant details. 2½" l., to engrave with three initials (specify). Pair sterling, $8.50. 3" long $9. Add 50c post. Sleepy Hollow Gifts, HG5, 6651 Arlington Blvd., Falls Church, VA 22042.

"1776 BICENTENNIAL MINI-BRICK 1776"



Made by America's Foremost Brickmaker. . . . This genuine handmade "1776" brick paperweight is a beautiful decorative piece and an item for the unique collector. Quality rich, each piece is shipped with a vinyl display case and felt pad. Size: 1½" x 2" x 4", color: rose colonial.

$5.00 plus $1.00 postage & handling ea.

HERITAGE PRODUCTS Dept. 9, P.O. Box 42442, Cinti, OH. 45242

SHOPPING AROUND

SHOW YOUR STYLE



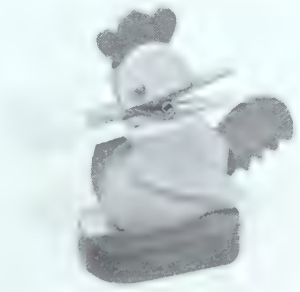
Lovely way to sparkle whether you're on the court or between sets. Sterling silver racquet hangs prettily on its own 22" sterling chain. Pendant is long, designed by Lucy Feller. $28.95 ppd. L. F. Designs, Dept. RS-8G, 380 Madison Ave., New York, NY 10017.

POCKET TV RADIO



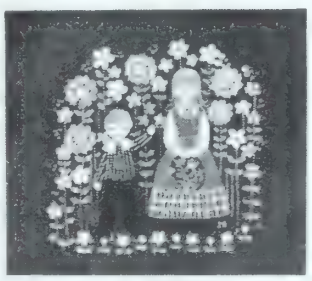
Receives sound of channels 2-13 plus AM/FM radio. Regular-listening loudspeaker and earphone, telescopic antenna. 5½" by 3½" by 2". With carry strap and 9v battery. $19.95 plus $1.50 post. Johnson Smith Company, HG5, 35075 Automation Dr., Mt. Clemens, MI 48043.

READY RECIPES



Wooden rooster clip is one of four bright clip-on creatures hand-made by homebound blind craftsmen. The others are duck, whale and mouse. All make perfect holders for memos or a recipe. Each, $5.95 ppd. The Unicorn Gallery, G56, 15111 N.H. Ave., Colesville, MD 20904.

SWEDISH CHARM



Imported kit for embroidery in basic stitches. Stamped design on electric blue linen. Linen yarns, colorful in shades of magenta, white, rose, green, yellow. 11¾" by 13¾". #9150. $18.95 plus $1 post. Catalogue $1. Skon, HG5, 55 Lambert Lane, New Rochelle, NY 10804.

SILVER JUBILEE



Gifts, jewelry and decor in a special collection personally selected by Lillian Vernon in a colorful 100-page catalogue. Yours with an engraved (print initial) brass bookmark, 25c. Lillian Vernon, Dept. G5E, P.O. Box L. V., 510 So. Fulton Ave., Mt. Vernon, NY 10551.

ST-R-ETCH TO FIT



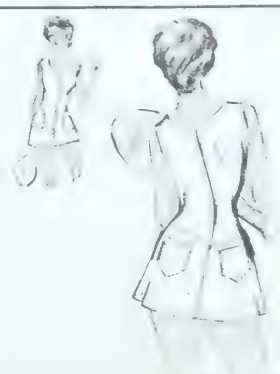
Apply liquid leather stretch to tight-fitting shoes and it makes even suede and patent conform to the foot as you walk. Simple to apply and relief is almost instantaneous. $2.49 plus 40c postage. Order from Anthony Enterprises, HG5, 556 Mission St., San Francisco, CA 94105.

WESTERN WINNER

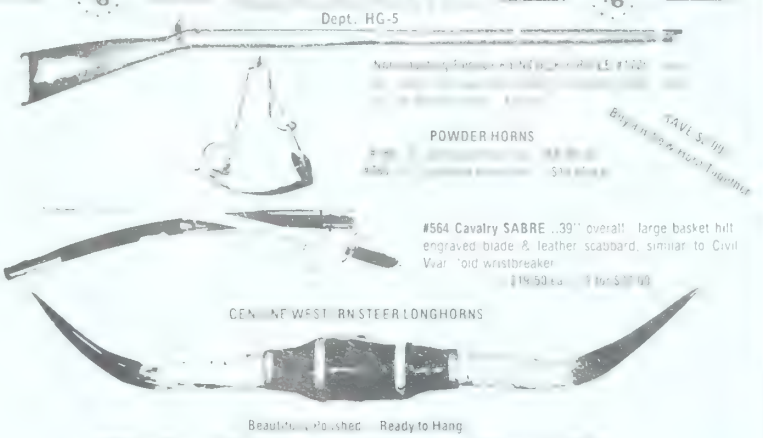
A new life for jeans! Smart double stitching with yoke back and jeans pockets. Front of dress has ball pockets. Polyester double-knit with cotton-backing for absorbancy. Choice of stitching in white, green or red. Sizes 5/6 to 15/16. **$25.00**

Send check or money order. Please add $2.00 for postage and handling. State choice of color. Satisfaction guaranteed.

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THE MILLER CO
Dept. HG-5



POWDER HORNS

#564 Cavalry SABRE ..39" overall large basket hilt engraved blade & leather scabbard, similar to Civil War old wristbreaker

CEN NE WEST RN STEER LONGHORNS

Beautifully Polished Ready to Hang
#252 $15.50 #254 $25.50 #255 $35.50

These racks were designed as Gun Racks, but are equally well suited for hats, coats, towels or anything else you would like to hang on genuine steer horns



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#7505 EAGLE GUN RACKS 5" brass-plated eagle 6" horns $9.75 a pair

Full Line Color Catalog $2.00



An attractive and decorative way to display your favorite plant or vase. The 3' Floor Stand and Three Wall Brackets are expertly crafted of wrought iron and finished in two coats of flat black paint. Instructions included for easy assembly. Pot and flower not included.

#618 reversible floor stand holds 5-10" pots; $7.95; #616 triple wall bracket adjusts to fit 5-6-7" pots, $5.95. Add $1 each item for postage and handling.



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A noted eye doctor was approached by a woman who complained that without her glasses she can't see what she is doing, and with her glasses she can't do what she is seeing. Knowing that no available magnifying mirror can give a strong image without distortion, the doctor hand-ground prescription lenses and silvered them to provide a distortion-free focusing mirror. Our optically perfect "Magic Focus" standing mirror has a flexible, brass, "goose-neck" arm for hands-free grooming. White frame and base blend with every decor. To tuck in your purse for quick touch-ups, order our lovely white & gold compact (not shown). It's double faced, with plain and Magic Focus mirrors. With either model, you'll see clearly and sharply WITHOUT YOUR GLASSES regardless of your prescription or need for bifocals. A necessity for contact lens wearers. Cost of 4" diameter standing Mirror is $14.95 plus $1.50 postage. Compact is $5.00; 2 for $9.50. Add 50¢ postage. You'll be amazed with the results. Satisfaction guaranteed.

THE FERRY HOUSE, Dept. HG-576, Briarcliff Manor, N.Y. 10510

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34" high work table
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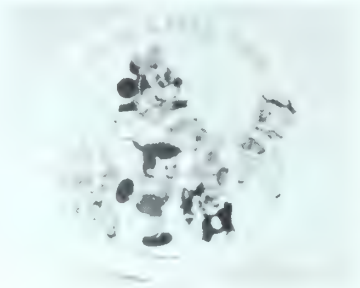
PATCHWORK CLOTHS

Calico border matches reverse. Handmade; machine wash. Border: red, brown, green, blue, yellow or black. 52" by 52" $30; 52" by 72" $40; calico 16" napkins, each $1.50. Add $1 post. 25c catalogue. The Pumpkin Patch, HG5, Pumpkin Hollow Rd., Gt. Barrington, MA 01230.



KNIFE SET

Stick-proof, stain-proof, needs no sharpening. Super-hard, hi-carbon molybdenum steel, lifetime cutting edge. For slicing tough roasts or sticky cheese, chopping vegetables. Includes French cook's, slicing, paring knives. Set $19.95 ppd. Wales, HG-576, Hartsdale, NY 10530.



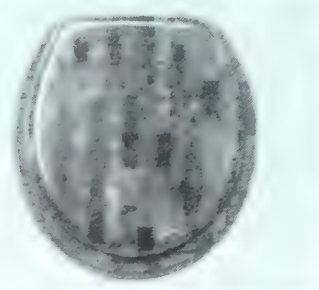
HAPPY TROUPE

Delightful Disney folk scamper brightly to celebrate Mother's Day 1976. The colorful plate, made in the Far East, is ready to hang, comes gift boxed. 7⅝" diameter. Limited edition. $13 ppd. Edd, the Florist, Inc., HG5, Hickory House, 823 North Court, Ottumwa, IA 52501.



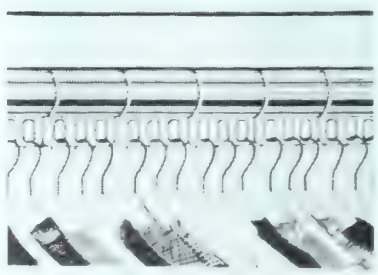
MODERN DAZZLER

Ideal mating of shape and hue. Square-cut genuine sodalite in richly veined blue-green, set in sterling silver. Lifetime glamour from Israel. Ring (5, 6, 7, 8) $9.98; bracelet $22.50; set $29.98. Add 45c post. Lillian Vernon, G5E, 510 So. Fulton Ave. Mt. Vernon, NY 10550.



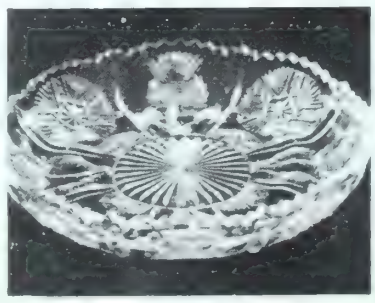
LUXURY TOUCH

Cushioned toilet seat for good looks and comfort. Soft padding electronically laminated, heat-sealed. Five colors and designs: butcher block, cerulean blue, canary yellow, sable brown and pink pink. $19.95 ppd. Jo-Dan Sales, Ltd., HG5, 7011 Calamo St., Springfield, VA 22150.



SPACE RACE

Crushed clothes and tangled hangers are a thing of the past: brass-plated steel hanger spaces snap onto closet rod to hold hangers separately. Set of 6 spaces 36 hangers evenly. $2.98 plus 70c post. Anthony Enterprises, HG5, 556 Mission St., San Francisco, CA 94105.



ANTIQUE DESIGN

Lovely all-purpose pressed glass dish with panel thistle design is exact copy of one over 100 years old and carries "Bee" mark of the original maker. Flared sides. 7⅜" dia. by 1⅜" d. $4.95 plus 90c post. Artisan Galleries, HG5, 2100 No. Haskell Ave., Dallas, TX 75204.

SHOPPING AROUND KENTUCKY

AMERICANA LAMP

Antique, decoupage or stain a ready-to-finish hardwood candlestick lamp (easy instructions included). 21" h. wired with 3-way switch, 8 ft. cord. Shade in white or beige shantung; oyster or natural burlap. $15 plus $2 post. ($2.75 w. of Rockies). Free brochure. Baxwood Crafters, PHG-65, Box 7012, Lexington, KY 40502.





BICENTENNIAL EDITION

George Washington taking presidential oath, circled by portrait medallions of thirty-six presidents on heavy pewter plate by International Silver. Limited, 7500, numbered, registered. $75 ea. ppd. Plates six other presidents available. Buschemeyer & Co., HG5, 515 River City Mall, Louisville, KY 40202.

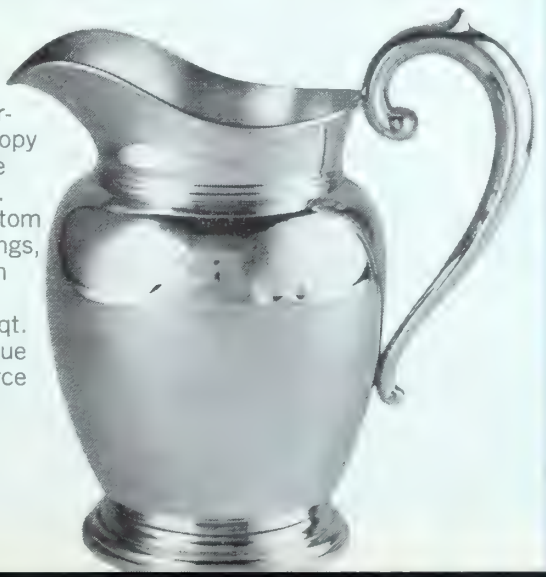


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A unique present to be happily displayed in the new home and cherished through the years. Beautifully antiqued box bears the wedding invitation appliqued on top, surrounded by hand-painted flowers. Felt-lined base. 7½" by 5" by 3". Enclose invitation with order. $18.75 ppd. The Plumlea Peddler, HG5, Box 23367, Anchorage, KY 40223.

PRIZED PITCHER

Indeed a proud possession. Elegant heavy sterling silver pitcher is a copy of the gold trophy of the Keeneland Racecourse. Beading on top and bottom and Presidential markings, a handsome companion piece to the Wakefield-Scearce julep cup, 2½ qt. cap. $385 ppd. Catalogue $2.50. Wakefield-Scearce Galleries, HG5, Shelbyville, KY 40065.





AND NOW THERE ARE FOUR!

Kentucky's only AUTHENTIC julep cup, our famous handmade STERLING SILVER cup now has three matching companions! All four items are heavy gauge silver and have hand beading at top and bottom. All bear our traditional presidential markings, which date them for posterity. Start a set TODAY . . . and pass them on to future generations with great pride! Use them for water, milk, cokes . . . or whatever you wish! They make excellent business or presentation awards.

From left: **Nip Cup $27.00/Baby Julep $46.50/Reg. Julep $69.50/Dbl. Jigger $36.50**

Wakefield-Scearce Galleries

Dept. H.G., Shelbyville, Kentucky 40065

One of the largest collections of English Antique Furniture and Silver and Limited Edition Porcelains in the Mid-west. Our newest catalogue available $2.50.



Over 400 patterns

Buschemeyer and Co., currently has in stock over 400 active, inactive and obsolete patterns of sterling and silverplated flatware. Also thimbles and silver dollars. Specify pieces and send self-addressed stamped envelope for prompt delivery.

Buschemeyer & Co.

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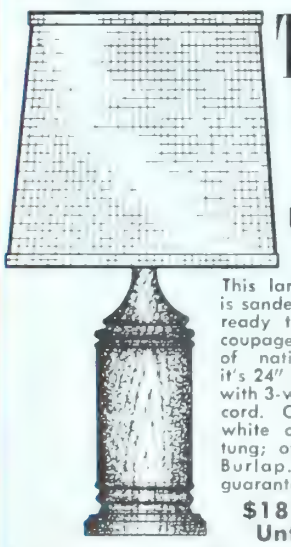
SIGNED LITHOGRAPH of the

DELTA QUEEN

This full-color print, personally signed by the artist, Marj Teague, beautifully captures the nostalgia of the Delta Queen. Tastefully matted to 11" x 14", it is a complement to any room or office.

A $7.50 value, but now only $5.00 or 2 for $9.00 ppd. Special: In narrow chrome, walnut or gold leaf frames, $14.95 complete, 2 for $25.00. Please specify frame. Check or money orders only, no C.O.D.'s, to:

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Thrifty IDEA! SAVE on Unfinished LAMPS!

This large Drum Lamp is sanded satin-smooth, ready to antique, decoupage or stain. Made of native hardwood, it's 24" tall, fully wired with 3-way switch, 8-ft. cord. Choose shades: white or beige Shantung; oyster or brown Burlap. Satisfaction guaranteed!

$18.00 each* Unfinished

$25.00 each* **FINISHED** in walnut, colonial maple, or in antiqued brick red, olive, mustard, Wedgwood blue.

*Add $2.00 postage; West of Rockies add $2.75 per lamp.

FREE Color Brochure 18 different lamp styles, both finished and unfinished, plus unusual decorative accessories.

Baxwood Crafters

Dept. HG-65 P. O. Box 7012, LEXINGTON, KENTUCKY 40502



STRAWBERRY/DAISY PERSONALIZED PURSE

This newcomer to our line has a hand-painted strawberry and daisy motif on the lid and is personalized with your choice of three initials (raised wood cutouts). It's further brightened with red ribbon and trim. Quilt-lined interior. 10"x6½"x6". Send three initials with order, underlining last initial. $32.00 PPD.

THE PLUMLEA PEDDLER

The Plumlea Peddler
P.O. Box 23367T
Anchorage, Ky. 40223



Ahhh, such an understanding sandal!

PURE COMFORT



Bon Voyage is sculptured to fit your foot in its best natural positions. A comforting, supportive arch, gently cushioned with a full foam insole. A leather-covered walking heel. An upper of soft buffalo calfskin and a generously roomy, forgiving toe. Pure comfort! Even women who won't wear other sandals love to wear these.

In White, Bone, or Black $27.50, postpaid

Guarantee: If these are not the most comfortable sandals you have ever put on, return them at once for a full refund

	7-10
Slim (AA)	7-10, 11
Narrow (A)	6-10, 11
Medium (B,C)	5-10, 11
Wide (D,E)	5-10
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Maxwell Shoe Company 310 Legion Ave., Annapolis, Md. 21401

Bon Voyage

Name_____

Address_____

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Add to your child or grandchild's moment of magic with

THE TOOTH FAIRY

Tiny needlepoint pillow with pocket to hold tooth and replacement money. Fairy with red hat and shoes, magic gold wand, crown and slippers, green background, lace border. For boys, green elf with red hat and shoes, magic gold buttons, shoe and hat tassels, blue background, red ric rac. Approx. finished size 4½" x 6½". Kit includes #13 mono canvas, yarn, needle, design graph, alphabet chart, stamped felt for pocket, lace or ric rac, backing, stuffing and detailed instructions.

To order specify boy or girl. $5.00 plus 75¢ each for postage and handling. Conn. add 7% sales tax. Shop inquiries invited.

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Magic Silver Leaf goes in the dishpan, or sink, and safely cleans silver as you wash dishes. No rubbing, no boiling. Keeps silver shining bright and tarnish-free. Safe for finest silverplate and sterling. Odorless and non-toxic. Lasts a lifetime, never wears out.

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Satisfaction Guaranteed or Your Money Back

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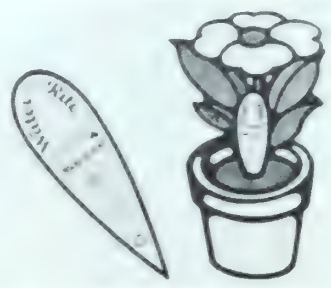
STUNNING STONE

Elegant square-cut shape in 20-carat Austrian simulated topaz enhanced by an electroplated setting of 18k heavy gold. Luxury gift rings, all crafted in America. Sizes 5, 6, 7, 8. $6.98 plus 45c post. Lillian Vernon, G5E, 510 So. Fulton Ave., Mt. Vernon, NY 10550.



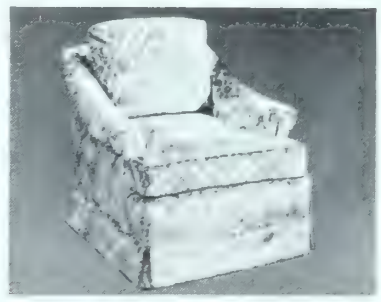
HAND CARVINGS

From Melanesia, free-standing replicas of South Pacific dolphins and sharks. 6" to 8" l. Formed of beautifully grained naqi wood with inlaid mother-of-pearl eyes. Each $9.95 plus 55c post. The Kohala Trading Company, Dept. 21E, P.O. Box 884, Kapaau, HI 96755.



WATER WATCHER

Plant-watering indicator tells exactly when to water by color changes, no more guesswork or soggy plants. Plastic markers 4" long. Set of six indicators, $1.99; 12, $3.79. Add 20c post. Write to S & S Enterprises, HG-5, 9531 Zion Circle, Huntington Beach, CA 92646.



LUXURIOUS EASE

Excellent choice for traditional or modern; zippered, reversible, polydacron cushions. Hardwood frame. 32" h., 32½" w., 21½" seat d. Choice of fabrics, $167 or 6¼ yds. 54" of your material, $91; exp. coll. #1040 Brochure, $1. Pennsbury Coll., Dept. 763, Box 2581, Hickory, NC 28601.



RECIPE CONVERTER

Take guesswork out of altering any recipe. No matter what the original calls for, number of servings can be changed. Each ingredient is re-measured in accurate easy-to-read window. 9½" l. by 3¼" h. $3.98 plus 50c post. Stratford House, HG-5A, Box 591, Stratford, CT 06497.



STILL OF THE NIGHT

Blissful quiet maintains when the anti-snore mask goes on. The mask with adjustable plastic bands breaks the snoring habit. It re-educates jaw muscles. Washable nylon. $4.98 plus 50c post. Anthony Enterprises, HG5, 556 Mission St., San Francisco, CA 94105.



NEW! PLANT MOISTURE METER

This remarkable device takes the guesswork out of watering plants. Works on the principle of electrolysis, lasts indefinitely and needs no batteries. So easy! Just stick it in plant soil and read dial instantly. The meter accurately tells how much water surrounds roots. Only one meter is needed for all your plants indoor and out. A complete list of over 200 plant varieties tells you how much moisture is right. Fully guaranteed. Price **$11.95** & $1.50 P & H.

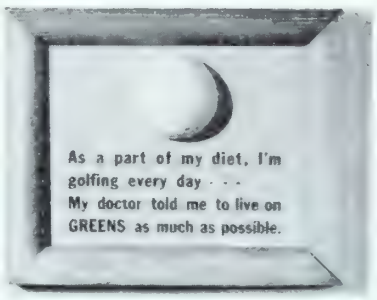
MIDLAND MOOR, HG-56 Box 4086, Kirtland OH 44094

ANNUAL SERIES



"Promises to Keep" in limited edition by Irene Spencer. 8½". Lovely colors on ivory china. Plate backstamp: The strength of a nation is built . . . ideals; the character of its children by a Mother's love. $40 ppd. Trein's, HG5, 201 W. 1st St., Dixon, IL 61021.

SLEEPS AND EATS GOLF?



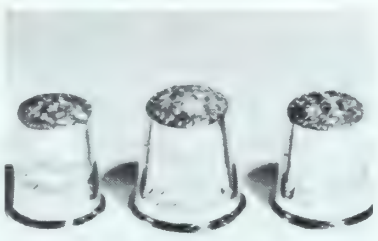
Framed and ready to hang, a tasteful joke for the serious golfer. If he doesn't put it up, his "widow" will. 6½" by 5¼" with lettuce green backing, replica golf ball. $3.98 plus 50c post. Order #132. Anthony Enterprises, HG5, 556 Mission St., San Francisco, CA 94105.

GASLIGHT MEMORIES



An antique kerosene lamp bracket from Victorian days makes a marvelous modern planter. Arm extends 9½" and bowl is 4" w., all in black cast iron. $2.99 plus 55c post.; two, $4.99 plus $1 post. Order from Greenland Studios, 11819 Greenland Bldg., Miami, FL 33059.

FOR THE BRIDE



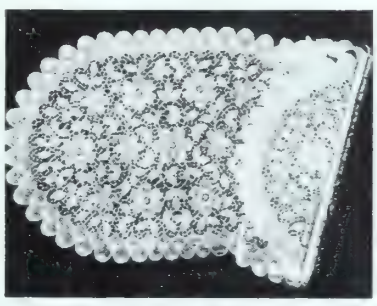
"A Lifetime of Happiness" and wedding bells are engraved on a sterling silver thimble. Can be personalized (50c per letter or number; about 3 weeks). S, M, L. Gift boxed. $11.95 ppd. Catalogue 50c. The Sewing Corner, HGE56, 150-11 14th Ave., Whitestone, NY 11357.

THE COSMOPEDIC



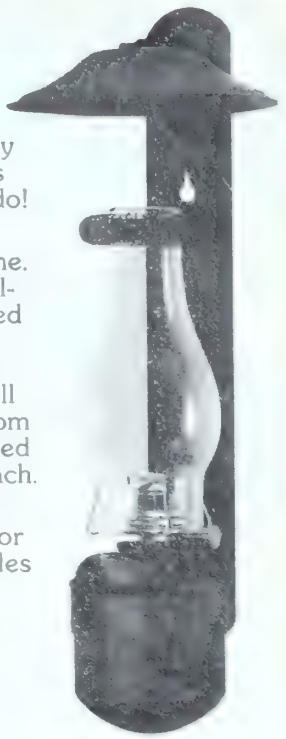
Deer-tanned leather for women. Firm heel counter; cushioned insole, neoprene crepe outsole, ¾" wedge. Tan, black, white. Also brown suede. Half-full sizes 5-9; full 10, 11; widths B, C, D, E, EE, EEE. $9.99. Add $1.25 post. Lana Lobell, Dept. M-3099, Hanover, PA 17331.

LACY LOOK



Delicately designed scalloped mats of soft easy-care plastic in snowy white. Simply sponge or dunk clean in a jiffy. Oval shape. Practical around the house as doilies, too. 17" by 12". Set of six $5; twelve in set $9.50. Ppd. The Ferry House, HG5, Braircliff Manor, NY 10510.

We discovered "The Handlan"!

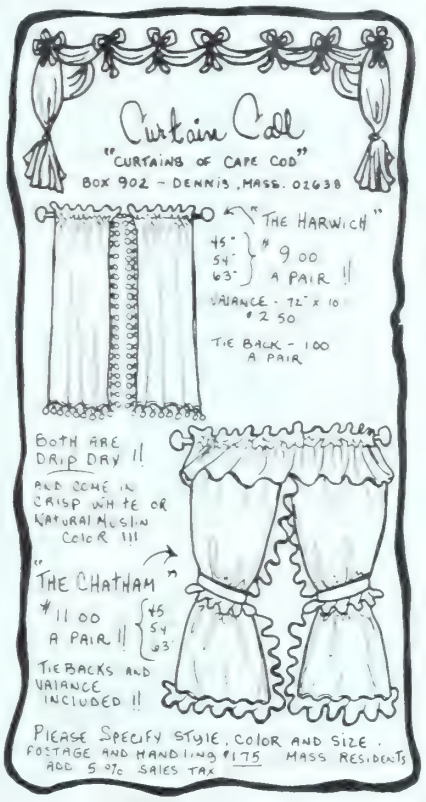


Back in 1856, the Handlan-Buck Company began manufacturing lamps for America's railroads across the nation. And they still do!

For the first time, you can now order authentic railroad lamps for you own home. It's the real thing, an original kerosene railroad caboose lamp made the old-fashioned way to stand the infernal punishment of riding the rails in an old-time caboose and still shine bright. It's a rugged 20 inches tall . . . and is handsome on a den or family room wall. Shiny black finish $25 each. Weathered brass finish (particularly handsome) $32 each.

Add $2.50 for UPS and handling. Specify kerosene or electric. Allow three weeks for delivery. Missouri residents add 4½% sales tax. Send check or money order to:

RAILFINDERS
Dept. HG-5 **4519 Ridgewood Avenue**
St. Louis, Missouri 63116





PROVINCIAL SWITCHPLATES

Switch to beauty in your home with little cost with our golden brass-plated switchplates. Non-tarnish antique finish, screws included. Also in antique white.

SINGLE—3" x 5"	$1.50 each 3 FOR $3.95
DOUBLE—4½" x 5"	$1.95 each
TWIN OUTLET—3" x 5"	$1.50 each
TRIPLE—6" x 5"	$3.25 each
COMBINATION—5" x 5"	$1.95 each
DOOR KNOB w/spindle & rosette	$3.25 each

PLUS 60c POSTAGE & HANDLING

P.S. Ret. Add 6% Sales Tax. Sorry No COD's

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KLEAN-TILE SHOWER TILE CLEANER WILL CLEAN AND CONTROL SOAP SCUM, BODY OILS, STAINS, MILDEW, HARD WATER DEPOSITS AND WHITEN GROUTING. A FULL YEAR'S SUPPLY FOR TWO BATHS. MAIL CHECK OR MONEY ORDER FOR $4.95. PLEASE ADD $1.00 FOR TAX AND POSTAGE. 0-11-26

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Clean your shower tile or we pay.

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Yes, you can have a FULL COLOR POSTER blown up from your color photo or slide at a fraction of the price. All color posters printed on Kodak paper. Great gift idea!

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BLACK & WHITE BLOWUPS TOO!

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For every color poster ordered, add $2.00 and get a black & white same size. Black and White Duplicates 50% off. Add 50c each item, handling. For prompt delivery put name & address on back of photo. Send check, cash or M.O. N.Y. residents add appropriate sales tax. If you send slide or negative, add $1.00 for each size. Shipped U.P.S. $1.50 per item.

Congers Color Labs
Dept. HG-56, Congers, N.Y. 10920



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When in our area, visit our New 11,000 sq. ft. Showroom.

Seat H. 19"
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Handsome, upholstered stool that revolves on a swivel base. Use it in front of the dressing table or anywhere you need a decorative stool. Available in various grades and types of fine fabrics—stripes, solids, prints; cut, antique, crushed or plain velvets; etc.
$66. as shown; **$57.** in your fabric—send 1 yd. 54". Shipping charges extra.

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HOLD Everything!

YOUR FAVORITE PLANT
dish of goodies...or candle



JIMMY
(son of Plant Man) ®

He's fun...he's the new table top metal sculpture that sturdily holds any pot up to 6 inches base diameter. He is 11 inches tall, 16 gauge steel and finished in baked satin enamel.

ONLY $9.95 plus $1.50 postage and handling
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TEA CADDY ON STAND

The pretty tea caddy has a tiny lock and key, and the lid lifts onto a compartment with a red felt liner. Use it anywhere, to store cards, jewelery, silver ladles—even tea! It is made of African mahogany solids and veneers, in a brown tone finish. W 15¼ D 11 H 24 inches. Shipped by UPS to areas they serve.

$82.00 Each, Shipping chgs. extra.

Send $1.00 for catalog of reproductions.

Dept. 408,
Box 266, Concord, N.C. 28025

Ephraim Marsh



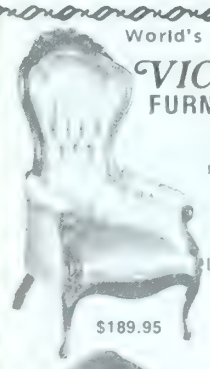
CALICO COVER UPS

Kit contains 3 color coordinated materials and instructions for making 3 Golf Club Covers.

PRICE:
$6.95 plus 45¢ postage. Ohio residents add 4.5% Sales Tax.

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VICTORIAN FURNITURE



Hand carved of solid Honduras mahogany. Table tops of Italian marble. Shipped frt. collect from Montgomery. Large choice of covers & finishes.

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W-18"
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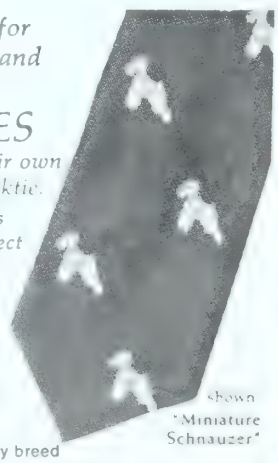
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DOG TIES

Give them their own breed on a necktie.

Over 60 breeds available. Perfect reproductions, authentically woven in Switzerland. Exclusively ours. $12.50



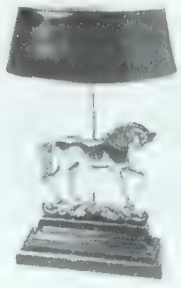
shown "Miniature Schnauzer"

☐ Please send my breed
My breed is_____
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Add $1.50 for delivery
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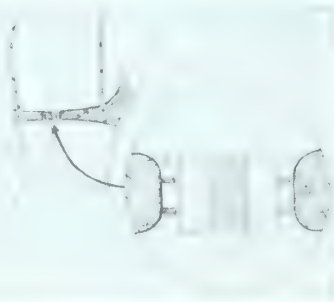
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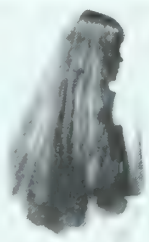
EARLY AMERICAN

Replica of cast iron door stop circa 1850. Casting, in pewter or bronze, is mounted on wood base. Lamp 23" h.; parchment shade 14"; horse 10" w. (specify left or right position). $39.95; pair $75. Add $1.75 post. Richard Terry, HG5, 1191 Broadway, Hewlett, NY 11557.



E-X-T-E-N-S-I-O-N

Bra extender enlarges the too small bra or makes an in-between size fit properly. No sewing. Hook to both ends of bra, it's easier to work or play with a good-fitting bra. Specify two or three hooks. $1 ea. plus 30c post. Anthony Enterprises, HG5, 556 Mission St., San Francisco, CA 94105.



PROTEIN GLORIFIER

Protein lotion is absorbed into the scalp to strengthen and to lengthen the hair as well as to thicken it and heal split ends that develop from bleaching and drying. Two months supply, $3.98 plus 25c post. Growing Glory, HG5, 50 Bond St., Westbury, NY 11590.



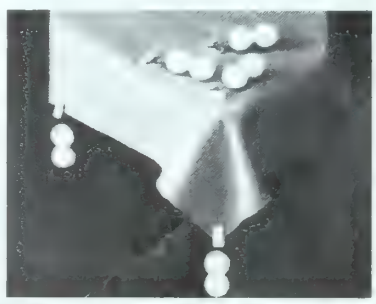
NEVER TO RETURN

For the female who has unwanted hair on face, arms, legs, we propose Perma Tweez. Battery operated device removes hair permanently and with professional results, does not puncture skin. $16.95 ppd. General Medical Co., HGE-55, 1935 Armacost Ave., Los Angeles, CA 90025.



GENUINE FAKES

Soft, silky and snugly warm "fur" throws are machine washable, non allergenic acrylic. Zebra, jaguar, Bengal tiger, white or red polar bear, 60" by 80", $33. Red polar bear, tiger or jaguar 87" by 95", $58. Ppd. Rich-Mond Assoc., Dept. G-56, 466 Evergreen Pl., Paramus, NJ 07652.



PARTY BALLOONS

Unique tablecloth anchors are lightweight white plastic balls with spring clips and just enough weight to hold a picnic or patio tablecloth secure against a breeze. Imported from Germany. Set of 4, $3.98 plus 50c post. Lillian Vernon, G5E, 510 S. Fulton Ave., Mt. Vernon, NY 10550.

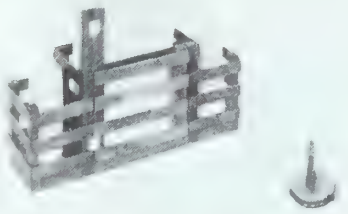


ART/ANIMAL LOVERS!

Limited edition wildlife print by Connecticut artist L. P. LaVorgna III, numbered and signed. One of a series. Classical style pen & ink printed on parchment. 8½ x 11, art work 5 x 7¾. Price **$9.50** plus .50 handling.

R.I. SMITH ASSOCIATES
100 Constitution Plaza, Hartford, Connecticut 06103

FOR YOUR TABLE



Corral dining musts in a neat holder in finished or unfinished pine or redwood. Will hold salt and pepper shakers, napkins (not incl.) $15.87, plus $2.13 post.; kit form $9.47, plus $1.53 post. A handy recipe holder, $2.50. Ppd. Treasure House, HG5, Box 1022, Daly City, CA 94105.

LET IT SHINE



Precious family silver pieces marred by a missing part here, a dent there can be restored by Simmons, fine silver platers, repairers of silver, gold, pewter, brass and copper. Free catalogue. Simmons Silver Plating Co., Inc., HG5, 409 Whitehall St., S.W., Atlanta, GA 30303.

HAND CARVED TEAK



Teak goblets carved by Thai craftsmen from the mellow heartwood of the Malaysian teak tree. Connoisseurs say the wood enhances the wine's bouquet. (90518). $3.99 each plus 75c post. Spencer Gifts, E-38. Write to Spencer Bldg., Atlantic City, NJ 08411.

GROOM THE BATH



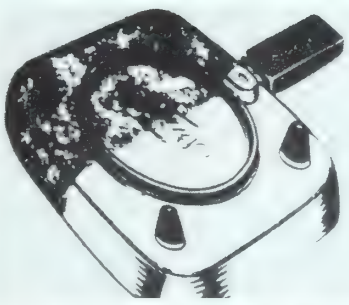
No need to have ugly cracks and openings around tub, sink or basin. Seal them up with self-sticking tape. Merely press tape on clean, dry surface. 11 foot roll, $2.98 plus 50c postage. Order from Anthony Enterprises, HG5, 556 Mission St., San Francisco, CA 94105.

THISTLE TREASURE



Panel thistle is an exact copy of a cut glass design made over 100 years ago, carries the "bee" mark of original maker. Pitcher holds 32 oz. $19.95 plus $1.85 post. Matching 3¾" h. glass, $4.95 plus 90c post. each. Artisan Galleries, HG5, 2100 N. Haskell Ave., Dallas, TX 75204.

POT PRETTIER



Brush-on cleaner for aluminum, chrome, porcelain cookware, ovens, rotisserie and grills. 7 oz. can with brush. Dissolves carbonized grease, encrusted build-up. Does not darken or pit. $3.98 plus 60c post. Anthony Enterprises, HG5, 556 Mission St., San Francisco, CA 94105.

GREENHOUSES

From $88.95.

Grow super vegetables and flowers—we show you how! All bolted fiberglass and redwood construction with custom features that every gardener wants. **Write today for FREE brochure with Budget Plans and all accessories.**

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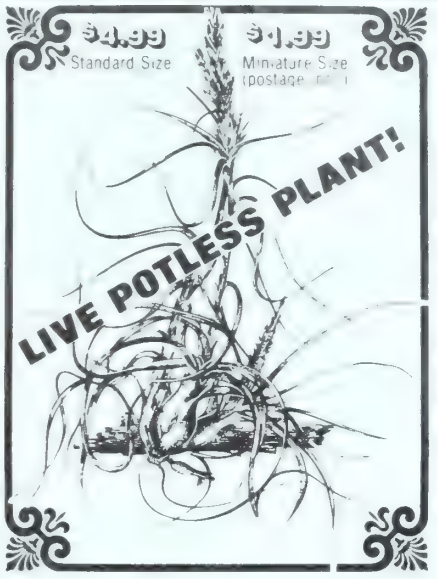
Walter-DeLipsey
FANTASTIC
Handmade
CANDLES

Fragrant candles in glowing colors made from a carefully calculated combination of several waxes to increase burning time. Created in a series of pouring, these beautiful candles retain their color and fragrance, last far longer and burn more evenly than any you have ever known. Vanilla, Strawberry and Bayberry in two sizes.

	Van.	Strawb.	Bayb.	
Please send ____ 2¼" dia. x 3½" candles	☐	☐	☐	Ea. 2.75 + 50¢ shipping*
____ 2¾" dia. x 6" candles	☐	☐	☐	Ea. 4.00 + 75¢ shipping*

** Add 5% Sales Tax in Texas*

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Nature's Glory offers the exotic potless plant (not a seed) that thrives on only moisture and light. Place it anywhere. This effortless tropical plant will grow to the amazement and delight of all.

NATURE'S GLORY

Make checks payable: P.O. Box 34. Dept. T-1 Mahopac. N.Y. 10541



New rectangular shape for a larger mirror area! The bathroom mirror that comes to you—8x6" two-faced mirror flips from plain to magnifying, extends 30", swivels for best angle and light. Gives back-of-head view to style and trim hair, folds flat to wall when not in use. Polished chrome-plated metal.
8672 Extension Mirror $14.98

Add 75c post. & hdlg. N.Y. res. add taxes

The Country Gourmet
Dept. G53, 512 S. Fulton Ave.
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For Entertaining . . .
Excellent Gift . . .
Beautify Home . . .

WICKER COASTER SET and CARRYING BASKET

Coasters are colorfully arranged with a real butterfly inlaid in each coaster. Set includes 6 coasters each 5" wide which fit neatly into a Wicker Carrying Basket with handles. Coasters can even be used as wall plaques. You'll love showing this set to friends!

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Please send my Wicker Coaster Set with Carrying Basket included.
☐ 1 Coaster Set $5.95 ☐ 2 Sets $11.00
Please add 50c per set for post. & hdlg. PA. residents include 6% sales tax

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No more stained carpets. When dog scents chemically-odorized mat, instinct says, "Here's the spot." No fuss or bother. Mats are disposable; both pole and 18" square holder are washable. Kennel-tested. Satisfaction or money back.

Holder & 2-mo. supply of mats 4.98
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Attachable 12" pole for male . . . add 75¢
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"TALLY" — The big news is canvas, in our softly gathered and rope-tied sandals with comfortable, foam-cushioned insoles and crepe soles . . . rope-covered platforms and 2 inch wedge heels. Colors: Beige, Yellow, Green or Navy. $12.95. Sizes: Narrow 6 through 12, Medium 4½ through 12. No half sizes over 10. No wide widths. $1.00 extra per pair for sizes over 10. Add $1.25 postage. Refund if you are not delighted. Free catalog. Write SOFWEAR SHOES, Dept. TY, 1711 Main, Houston, Texas 77002.

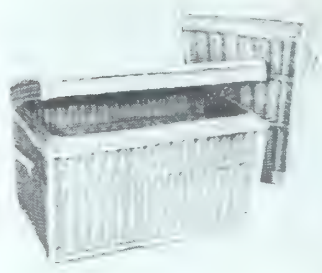


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$6.98 POST PAID WITH FIVE QUAIL EGGS
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You get the new clear plastic dome CHICK-HATCHER with 5 Quail Eggs (available year-round) and Egg Hatchers Guide Book. Complete—nothing else to buy. Send check or Money Order today. Send 25¢ for catalogue of larger models for home, classroom and display. Also quail breeding equipment and how to produce and sell quail year-round.

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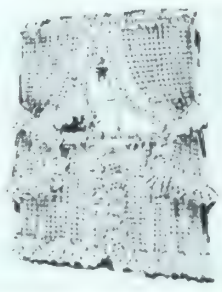
STORAGE STORY

Live happily ever after with willow storage centers that have hinged lids and sturdy, practical beauty. Handwoven chest, 26" l., 16" d., 16" h., $24.95; hamper, 25" h., 16" w., 14" d., $21.95. Post., $3. Catalogue 25c. Fran's Basket House, HG5, 295 Rte. 10, Succasunna, NJ 07876.



SPRING PREVIEW

Gorgeous full-color catalogue of fine quality bulbs, in many world-famous varieties. Browse among Dutch tulips, crocuses, daffodils, hyacinths. Advance sale savings to help you plan your garden now. Catalogue is free. Breck's, HG5, 55 Breck Building, Peoria, IL 61632.



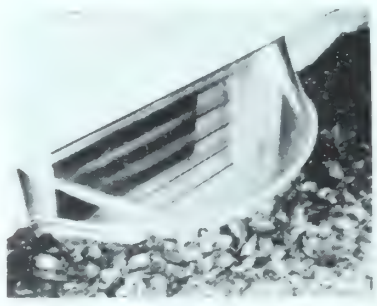
WOVEN GINGHAM

Perma-Press 65/35, 3" ruffles. Checks ¼" in red, blue, yellow, lime or brown with white. 76" w. Tiers (no ties) 24", 30", 36", $7.50. With ties: 45", 54", $11; 63", 72", $12. Ruffled valance $4. Post. $1.75. Catalogue free. Old Colony Curtains, G65GE, Box 759, Westfield, NJ 07090.



SPORTS IN THE SUN

Adjustable green plastic visor permits sports enthusiasts who must wear glasses to see everything clearly no matter how bright the sun. Visor eliminates glare and is easy on the eyes. $2.98 plus 45c post. Anthony Enterprises, HG5, 556 Mission St., San Francisco, CA 94105.



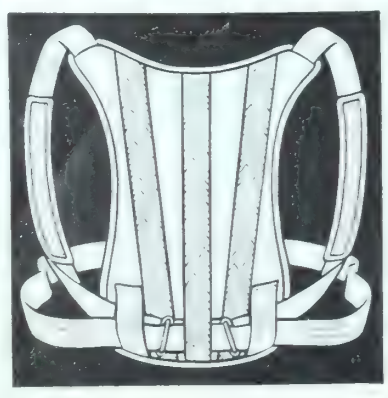
WINDOW WELL COVERS

Quick to assemble and install; keep rain, leaves, rodents out of semi-circular basement wells. Let light in, adjust for air; go on wood, brick, stone, aluminum. To 40" w., 15" h. 17" proj. Hardware inc. $6.95 ea. $1 post. Williamson, HG-576, 519 Garwood Dr., Cherry Hill, NJ 08003.



RYA ARTISTRY

Striking new designs from Sweden. Rugs, cushions, wall hangings. Complete kits in marvelous colors for you to turn into lifetime treasures. Send $1 for beautiful color catalogue (refundable with $25 order). Skon, HG5, 53 Lambert Lane, New Rochelle, NY 10804.



STOP STOOPING — Amazing, new Pi Peer® Shoulder Brace (patented) corrects posture instantly, comfortably. Provides even, distributed support for sagging shoulders. No fitting. Made of ventilated-for-comfort 3-ply material. Arm bands softly padded. Lightweight, cool. Can't be detected under light clothing. Give measurement around chest. For men, women. $6.95 + 75c postage. Piper Brace. Dept. HG-56SH, 811 Wyandotte, Kansas City, Mo. 64105.

SHOPPING AROUND

SERENE SCENE



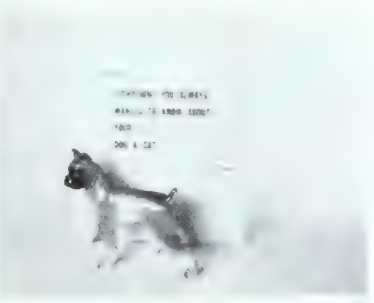
A young black labrador retriever sits in a field of gold grass in a limited edition collector's print signed by artist Bob Abbett. Each 30″ by 23″ print is numbered. $65 ppd. Catalogue, $1; deductible from first order. Sunshine Studio, Dept. HG-56, 206 Broadway, Lawrence, NY 11559.

MUSCLE TONER



Exercise with simple rubber arm muscle builder, firms arm and hand muscles, relieves aches and stiffness. Fits in a pocket when not in use. Athletes use it; exercise enthusiasts advocate it. $2.98 plus 35c postage. Anthony Enterprises, HG5, 556 Mission St., San Francisco, CA 94105.

PETS' CARE GUIDE



Provides hundreds of questions and answers on emergency first aid, diseases, skin infections. Learn to recognize symptoms of various problems; also proper feeding for all-age dogs, cats. $4.95 ppd. Prano, Dept. HG-56, 322 Sharrotts Rd., Staten Island, NY 10309.

TOP HAT



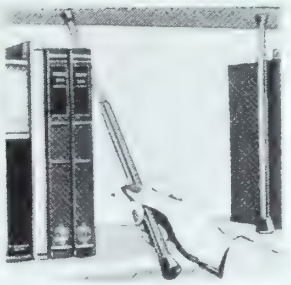
For graduation day, a purple silk moire 4″ by 4″ mortarboard and tassel that borders a 2½″ gold-tone round frame for photograph. Brass tag engraved with name, year (specify). $3.98; three, $9.98. Add 50c post. Lillian Vernon, G5E, 510 So. Fulton Ave., Mt. Vernon, NY 10550.

COFFEE ON THE GO

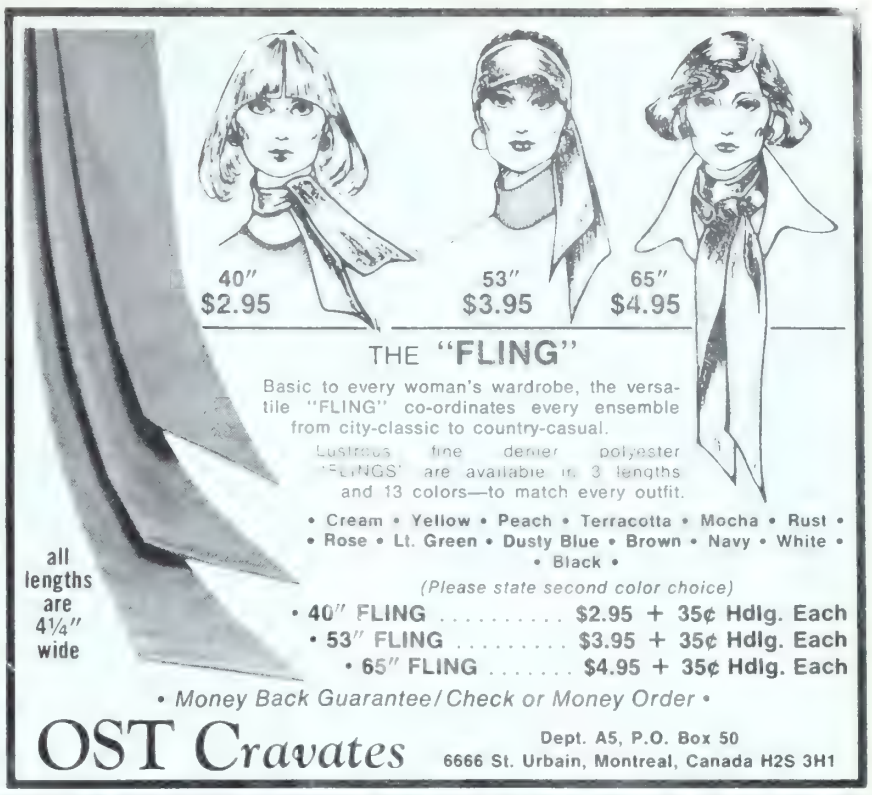


Great idea for car commuters and salespersons on the road. New kind of coffee mug has a spillproof cover with opening for sipping. Fits neatly into an outer cup that adheres to dashboard. Plastic. 3¾″ h. $3.25; two, $6. Ppd. Bruce Bolind, HG5, Boulder, CO 80302.

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Spring post bookends keep bookshelves neat and orderly. Gold anodized aluminum encases a steel tension spring. Poles fit shelves 9½″ to 13½″ h.; slim enough to be unobtrusive. $2.98 a pair plus 50c post. Anthony Enterprises, HG5, 556 Mission St., San Francisco, CA 94105.



THE "FLING"

Basic to every woman's wardrobe, the versatile "FLING" co-ordinates every ensemble from city-classic to country-casual.

Lustrous fine denier polyester "FLINGS" are available in 3 lengths and 13 colors—to match every outfit.

• Cream • Yellow • Peach • Terracotta • Mocha • Rust • • Rose • Lt. Green • Dusty Blue • Brown • Navy • White • • Black •

(Please state second color choice)

• 40″ FLING ..... $2.95 + 35¢ Hdlg. Each
• 53″ FLING ..... $3.95 + 35¢ Hdlg. Each
• 65″ FLING ..... $4.95 + 35¢ Hdlg. Each

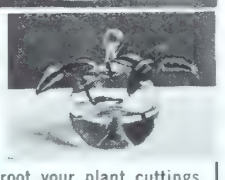
• Money Back Guarantee/Check or Money Order •

OST *Cravates*

Dept. A5, P.O. Box 50
6666 St. Urbain, Montreal, Canada H2S 3H1



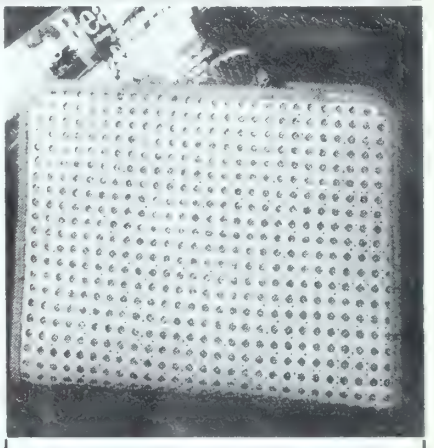
Decorative Hand Blown Budders



Here's a new way to root your plant cuttings and gracefully display your small flowers and sand sculptures. All clear hand-blown glass globes that can be hung or set on a flat surface. Ideal for every room or window. Excellent hostess gift.

3″ **$5.95**; 4″ **$7.95**; 5″ **$9.95**
Set of three (one of each) **$22.95**
All postpaid
Check, Money Order or BankAmericard.
Sorry no COD's. N.Y. State residents add tax.

BUDS, Dept. HG56
155 East 26th St., New York, N.Y. 10010



Natural cane and natural jute combine to make a stunning PORTFOLIO, to carry all your papers, etc. Also doubles as an underarm bag.

Lightweight, sturdy and handsome. Double zip closure; zippered inside pocket. Size 14″ x 10¾″. **$14.95** postpaid.

Elizabeth Mc Caffrey
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TAPESTRIES
WOVEN IN EUROPE



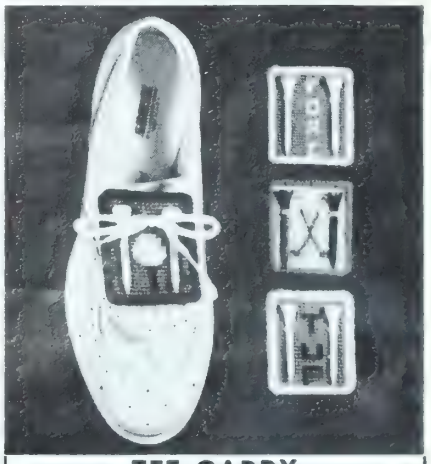
#201-C Salon Louis XV—20″ x 20″: $8.50
Add $1.00 for postage & insurance

DIRECT FROM EUROPE
—Save 80% to 90%—

Tapestries have been admired in Europe for centuries. At these low prices, you'll want several. Authentic replicas, machine woven of 100% cotton—will not fade. Sizes & scenes to fit any decor.

SEND $1.00 FOR COLOR BROCHURE.

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TEE CADDY

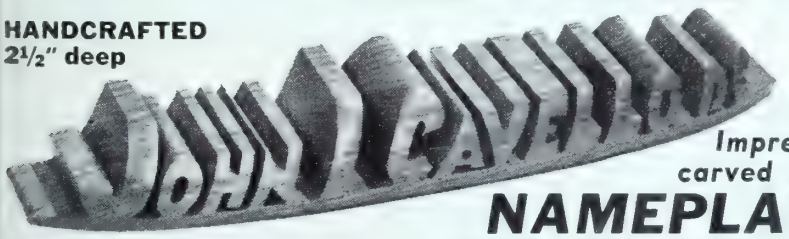
Colorful needlepoint caddy laces on your golf shoe to keep tees on hand at all times. Fits [illegible] on canvas. Paterna Persian wool, two tees, elastic, needle, and instructions. Size, 2″ x 3″.

Ball on Tee Kit	$1.95
Fore Kit	$1.95
Crossed Clubs Kit	$1.95
T Up Kit	$1.95
Flag and Pin Kit	$1.95
Golf Bag Kit	$1.95
Any Six Kits	$10.95

PLUS 60¢ POSTAGE & HANDLING
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HANDCRAFTED
2½″ deep



Impressive carved wood
NAMEPLATE

PERFECT FOR FATHER'S DAY

There's nothing like a name to zero in on a client. Have an executive's name carved in wood, to an imposing 2½″ deep. Hand rubbed walnut finish. A gift for a valued friend, customer or employee. Colorful 96 pg. Gift Catalog FREE with every order.

11 letters or less $24.98
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TAYLOR GIFTS
355 E. Conestoga Rd., G5-6, Wayne, Pa. 19087



within 27 miles of here. (Harold won't say exactly where in interests of maintaining privacy for baby bobcats.) We've made it into a big happy poster, 2

Wretched Mess News, P.O. Box HG27, W. Yellowstone, Montana 59758.

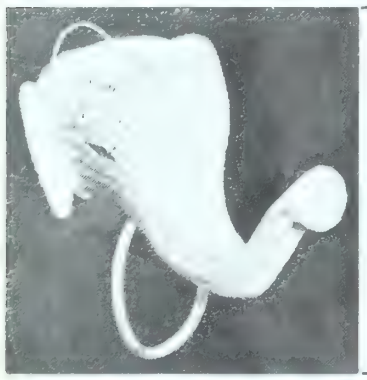


A DRIP SAUCER
THAT HANGS ON TO
HANGING PLANTS

SUPER SAUCER ™* attaches firmly and invisibly to any kind of hanging pot . . . clay, plastic or ceramic. At last—water without dripping!

Order green, white or "clay" and Small (pot **bottoms** 3″ to 4⅞″) or Large (**bottoms** 5″ to 7″). $1.98 each. Minimum order 3. Add $1.25 for post.

The Sos Company, Dept. H, 2418 Laurel Pass, Los Angeles, CA 90046. (*patent pending)



YOUR OWN ELEPHANT

Special Value Price: $4.95

Here's a jumbo towel rack you'll never forget. Fashioned of sturdy natural wicker, it's a full 14″ high, and attaches easily to any wall. You'll want one for every member of the family, and at our extra special price you can afford to take in a whole herd. Order No. 75026. Please add $1.45 postage and handling. N.Y. residents add 8% sales tax.

Send 25¢ for complete catalog.

WICKER ETCETERA
Dept. HG-11, P.O. Box 508 Murray Hill Station
New York, N.Y. 10016



CORDLESS MASSAGER

Battery-operated massager brings satisfying relaxation. Deep gentle penetrating vibrations soothe neck, shoulder muscles, arms, legs and tired feet. Operates on standard batteries (not included). 4 sizes.

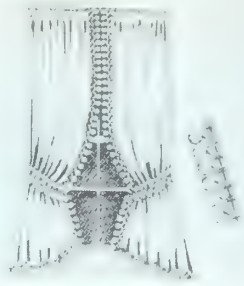
Mini Massager, 4½″	**$3.98 + 30¢** Mailing Each
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Deluxe Massager, 10″	**$7.98 + 50¢** Mailing Each
Super Massager, 12″	**$9.98 + 55¢** Mailing Each

No COD's or Billing *California Residents add 6% Sales Tax*

Satisfaction Guaranteed or Your Money Back

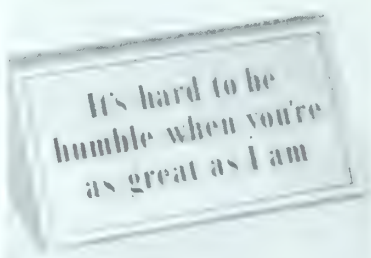
Anthony Enterprises **Dept. HG-56**
556 Mission, San Francisco, Calif. 94105

SHOPPING AROUND



GIANT BALL FRINGE

No-iron muslin-type cotton/polyester. 90″ wide a pair. 24″, 30″, 36″, 40″ l., $8 a pr.; 45″, 54″, 63″, $10; 72″, 81″, 90″, $12.50; tiebacks, $1 a pr.; valance, $4 each. Post., $1.75. Free catalogue. Colonial Maid Curtains, HG5, Lawn Terr., Mamaroneck, NY 10543.



LOUD AND CLEAR

Gold-colored metal desk plaque proclaims in black lettering: It's hard to be humble when you're as great as I am. No false modesty or is it ego-assuaging? 4″ x 4″ solid walnut stand. $2.98 plus 60c post. Anthony Enterprises, HG5, 556 Mission St., San Francisco, CA 94105.



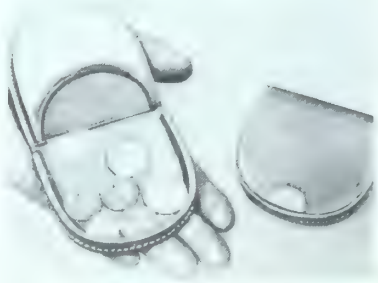
FLIGHT OF FANCY

Translucent mylar butterflies with stained-glass touches of reddish brown, gold, blue, red, green. Perfect for glass doors. Weather-proof, washable, reusable. About 3″. Set of four $1 plus 25c post. Cadlyn's, HG5, 2077 New York Ave., Huntington Sta., NY 11746.



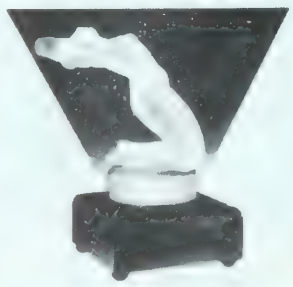
WILD, WACKY SLOGANS

Choose any message or slogan up to 30 letters—it's printed on swinging sweatshirt or T-shirt. Quality cotton; machine washable; non-fading printing. Navy or powder blue. S, M, L, XL. Sweatshirt, $6.95, T-shirt, $4.95 ppd. Holiday Gifts, Dept. 305-E, Wheat Ridge, CO 80033.



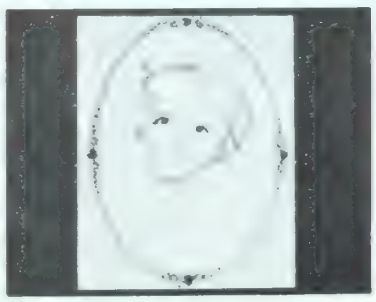
THE CONTINENTAL

Tray purse opens and closes in palm of your hand. Select and count change easily. Two compartments: one can hold bills or tickets and the other coins. Tan pigskin. 3″ by 3″. $2.98 plus 30c post. Order #700. Anthony Enterprises, HG5, 556 Mission St., San Francisco, CA 94105.



HIDDEN LIGHT

In walnut-finish wood footed base, it radiates up to illumine your crystal, paperweight or cut glass and makes it glow. 6′ cord, on-off switch, bulb. 4″ round $12.95; 5″ by 5″ $19.95; 8″ by 5″ $29.95. Add $1.25 post. ea. World's Window, HG5, Box 91, Plainview, NY 11803.

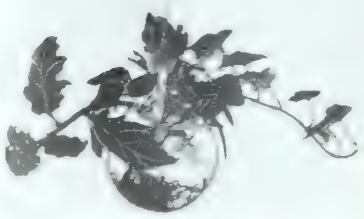


TO NEEDLEPOINT

Send color or b/w photo to be rendered on canvas by artist. Kit: color directions, wool (or embroidery). 10″ by 14″ $24.95; 14″ by 18″ $34.95; 18″ by 22″ $39.95; extra subjects $15. Add $2 post. Needlepoint Portraits Ltd., Studio A5, 20 Nassau St., Princeton, NJ 08540.

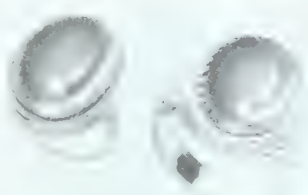
SHOPPING AROUND

CLEARLY FOR ROOTING



Slender-necked ball container holds cuttings to root and form a plant. When roots establish, plant in soil or continue to grow hydroponically. Clear plastic. Place on shelf or hang in a window. $1.98 each; 3, $4.95 plus 35c each post. Leed, Ltd., HG5, 9078 E. Nassau Ave., Denver, CO 80237.

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Changing barometer of one's mood is reflected in the color of ring's stone. The color goes from dark to a brilliant sapphire to indicate all's ok. Silvery setting for men or women. Give size. $9.95 plus 75c post. Stewart Frost, HG5, 551 5th Ave., New York, NY 10017.

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Ivory telephone with a French accent fitted with brass and built to plug in for instant use. An Old World beauty for the most elegant décor in any room of the country villa or town apartment. $69.95 plus $2 post. Catalogue, 50c. Grand Com Inc., HG5, 324 Fifth Ave., New York, NY 10001.

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Useful in kitchen, attractive at the table. Perfect for ice cream. Cast aluminum, polished finish. Grooved flat-tip handle for deep-dish serving. 9½" l. From Italy. $3.98; two $6.98. Add 50c post. The Country Gourmet, G5E, 512 So. Fulton Ave., Mt. Vernon, NY 10550.

CAMPAIGN TRAIL



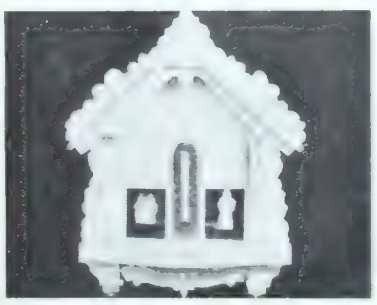
Reproductions in original size and colors cover all elections since 1896 invention of button. McKinley to Nixon-Agnew, even McGovern-Eagleton. 40 in set $5.98 plus 75c post.; with two wood frames $12.96 ppd. American Consumer, 9EC-10, Caroline Rd., Philadelphia, PA 19176.

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When fair weather is in store the children come out, for rain or snow it's the old witch. The chalet they live in is of marble-look plastic. Thermometer, too. 5¾" by 4½" by 1½". $2.98 plus 55c post. Order #142. Anthony Enterprises, HG5, 556 Mission St., San Francisco, CA 94105.

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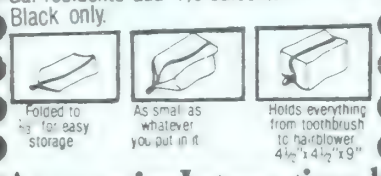
Just Sew inc. Dept. HG56, 151 Schenck Ave., Great Neck, NY 11021



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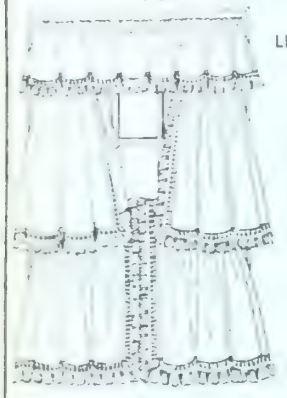
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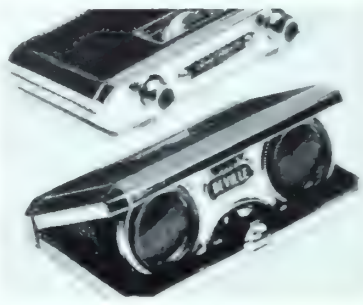
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Wedgie lovely-as-leather with cushioned lining and insole. Camel, brown, dark green, burgundy. Narrow, 5½ thru 12; medium, 4 thru 12; wide, 5 thru 12; no half sizes over 10. $12.99 plus 90c post. Morgan's Cove, HG5, 28 W. Prospect, E. Brunswick, NJ 08816.



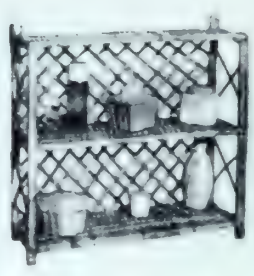
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INSTANT CHANGE



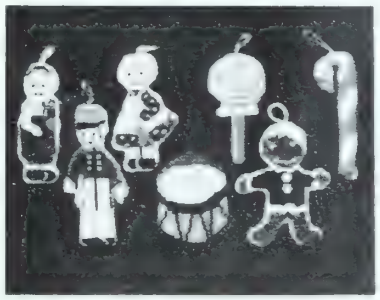
Fumble-free coin purse to let you see at a glance what your holdings are. Pennies, nickels, dimes and quarters go into the slots. Slide-in pocket. Black vinyl zippered case. $1.98 plus 25c post. Order #531. Anthony Enterprises, HG5, 556 Mission St., San Francisco, CA 94105.

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NEEDLEPOINT ORNAMENTS



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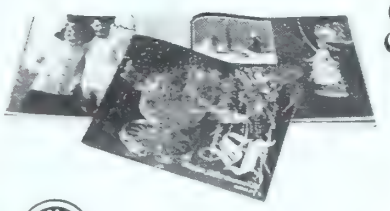
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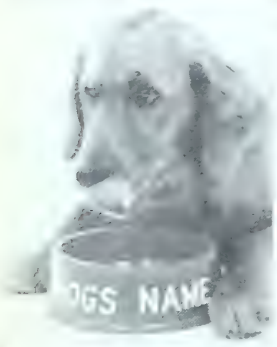
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PANTS DEMI-BOOT

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Handy magnifying mirror offers a good look wherever you need it. A large all-rubber suction cup holds mirror firmly to any smooth and clean surface. 3½" dia. Convenient for traveling. $3.98 plus 70c post. Anthony Enterprises, HG5, 556 Mission St., San Francisco, CA 94105.



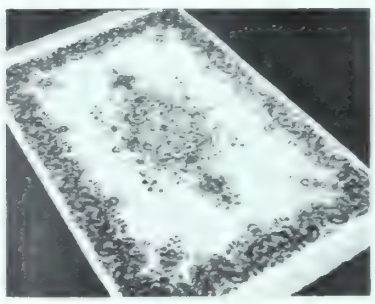
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Clever pads help sort short-and long-term projects into manageable catgories and also help organize supermarket expeditions. The "Organizer" or "Things to Do" pad, $1.75; both, $3. Add 50c post. Louise Unlimited, HG5, P.O. Box 344, Ridgefield, CT 06877.



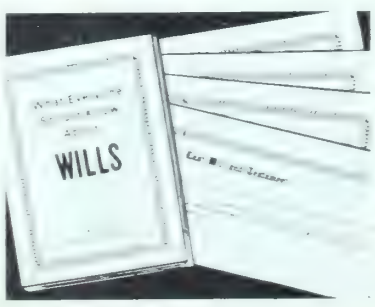
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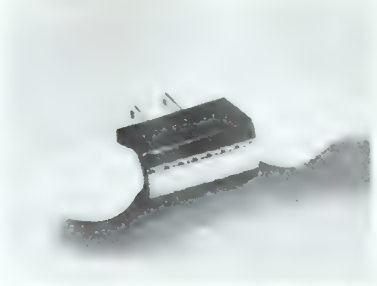
About time to think about making a will to protect the family. "Wills—How to Make and How to Break Them" is written by an attorney. Personal history and asset sheet and four will forms incl. $2.98 plus 40c post. Anthony Enterprises, HG5, 556 Mission St., San Francisco, CA 94105.

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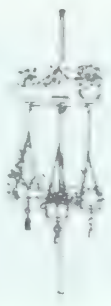
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Enjoy superb flavor with a new Danish method of tea brewing. Plastic holder fits most teapots, and disposable filters assure best brewing efficiency, avoid messy clean-ups. Holder and 40 filters $3.50 ppd. Regal Filter Co., HG5, Box 20247, Ferndale, MI 48220.



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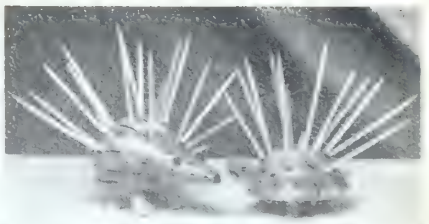


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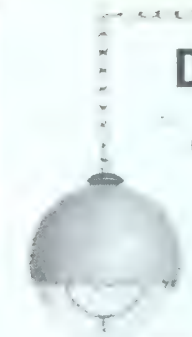
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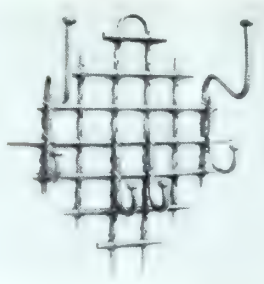
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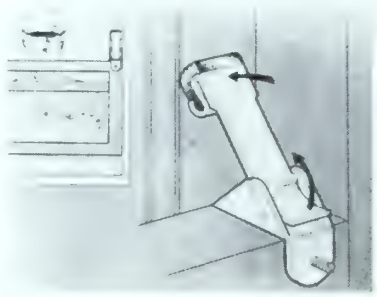
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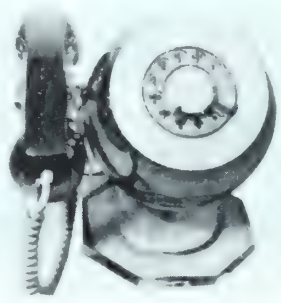
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Decorative towel rack in unusual modern styling is a handsome wall piece on its own! Hand crafted solid natural rattan, 17" x 16", has six rattan hooks for towels, clothing. $7.95 ppd. Catalogue, 25c. Fran's Basket House, HG5, Rte. 10, Succasunna, NJ 07876.



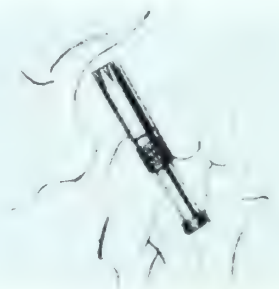
PROTECTIVE DEVICE

Safety lock works on closed or open windows to keep intruders out, and children safe while maintaining usual ventilation. Affords a feeling of security whenever you're away. $1.98 plus 20c post. Anthony Enterprises, HG5, 556 Mission St., San Francisco, CA 94105.



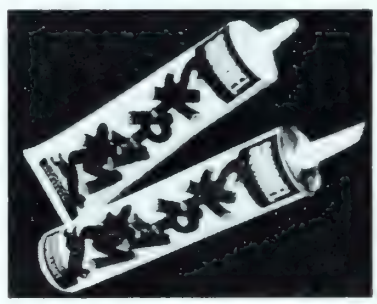
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See-through telephone means you can see the works inside! Chrome trimmed, ready to install for stunning good looks and utility. 6½" x 8½". $165 plus $2 post. Send 50c for catalogue of other phone styles. Grand Com, Inc., HG5, 324 Fifth Ave., New York, NY 10001.



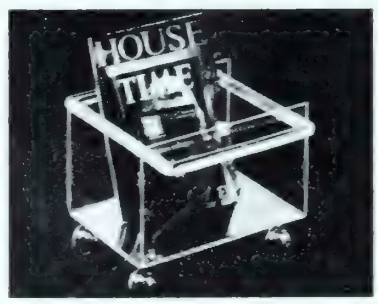
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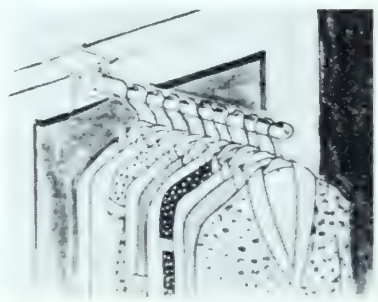
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SHOPPING AROUND

SH-H-H PEACE



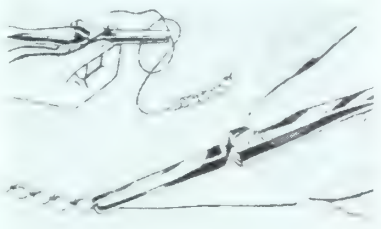
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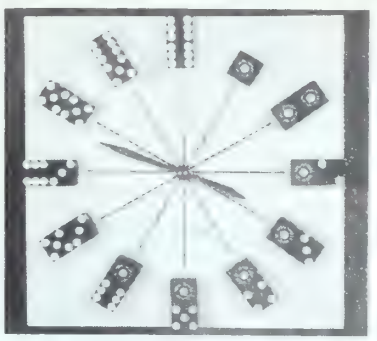


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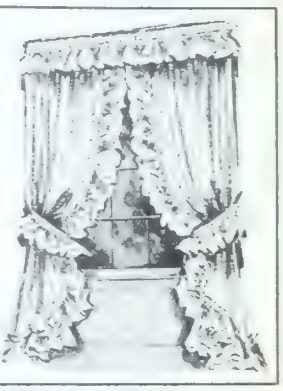
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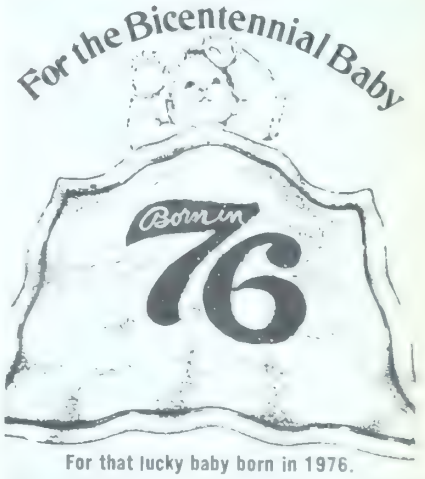
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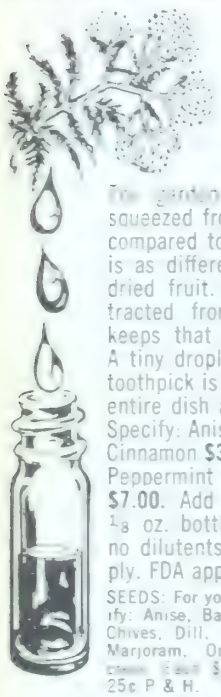
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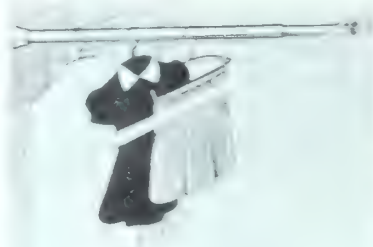
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There is never any moratorium on the four urban horsemen: expediency, obstructionism, stupidity, and greed

Battle for future

continued from page 95

ment. It isn't just a movement; it's a mild stampede. (I've just thrown my tennis shoes away.)

Neighborhood conservation has become a priority in cities everywhere, based on a growing recognition of the values of community and its roots in the history and amenity of the physical setting. In a complex and still-evolving national about-face, bulldozer speculation has been slowed less by recession than by the concept of neighborhood, an idea and reality evolving through the innovative use of a variety of legal, governmental, and architectural tools that never existed before.

The level of architectural design has risen significantly across the country (although I will be the first to admit that you won't find a masterpiece on every corner), along with the frequency of professional response to the human and urban condition. To take the most unpromising indicator, one need only look at that traditional slough of mediocrity, public and institutional construction. There is, of course, no moratorium yet on instantly disintegrating courthouses and county seats and expressions of fallible vanity, and Washington remains a disaster area. But Boston's handsome Government Center, or the recent buildings of New York's Civic Center, with far-above average structures and open-space treatment, are clear demonstrations that the standard of official construction has been raised light years beyond that of a generation ago, when the norm was unadulterated hack.

One finds that the infrastructure of the city is also responding to design. New Yorkers have quietly celebrated a small explosion of plazas, passageways, greenery, and places to sit (we need much, much more). Carefully reworked zoning regulations have transformed sterile spaces into increasingly pleasant and knowing demonstrations of urban design expertise. Other cities have successful pedestrian malls and revitalized Main Streets.

There are brilliant exercises in design and urbanism in such places as Atlanta and Minneapolis. For every inevitable atrocity in America's largely rebuilt cities, there is at least one distinguished performance or redemptive architectural act that was inconceivable a few years ago. And in the best commercial work, professionalism has quietly married art.

Any country that can build like this, and that has developed the sensitivities to past and present and a sympathetic awareness of identity and place, can't be all bad. But the paradoxes are baffling and tragic. We can do some things almost too well, and other, essential things, not at all.

We can create masterworks of technology, but we cannot house our poor or keep open our schools and libraries, or make simple commitments to basic human needs, just as we are beginning to understand what those needs are. We have made no impression on the city's worst pathology, the ghetto slum.

Still, we are developing a kind of social, cultural, and esthetic consciousness unparalleled in history, based on a growing knowledge of the nature, effects, and components of the built world. At the same time we have a government renouncing that vision and retrenching on those values at the moment of their most spectacular flowering, and an economy that cannot support them at all. And there is never any moratorium on the four urban horsemen: expediency, obstructionism, stupidity, and greed.

This is an extremely troubling and uncertain time, but I would not swap it for any other. It is a source of extraordinary gratification that I have seen the environmental and architectural climate change substantially, and the level of public concern and comprehension rise meteorically, even though there has been no discernible progress toward a dubious Utopia. I measure success by the street-corner. My obsessions are now shared and my co-conspirators are everywhere. Assuming survival, the battle for the future is well joined. I'll still be kicking buildings for a while. ■

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GARDENER'S NOTES

Ornamenting nature

Plus new plants for savory salad and a handful of heathful garden hints

By James Fanni

Garden grace notes

Kenneth Lynch, whose craftsmanship and catalogues have been limited to architects, decorators, and landscape architects for some 45 years, is making them accessible to House & Garden readers. His book, *Garden Ornament, an Encyclopedia*, is a must in any library, and a bargain at $25. It has 768 pages, 3,000 illustrations, is a compendium of a lifetime of design and study—and each architectural and garden element is something one can actually buy. Some of the 240 categories include sundials, planters, fountains, birdbaths, garden houses, statuary, fireplace backs, Oriental lanterns, moldings, topiary forms, signs. Write Kenneth Lynch & Sons, Wilton, Conn. 06897. Separately bound volumes include *Sundials & Spheres, Weathervanes, Benches, Lighting Fixtures*, $6.50 library edition, $4 softcover; the prices are postpaid.



Flower tower

An upright pillar of flowers makes a handsome and unusual summertime decoration for a terrace, patio, or the paved area around a swimming pool. It's quite simple to make, too, using ¼-inch mesh hardware cloth, sphagnum moss, and whatever you may be growing in the way of low, spreading, annual plants. A 2-foot length of the galvanized wire mesh will roll into a cylinder 8 inches in diameter, allowing about an inch for overlap. Height of the cylinder, of course, depends on the width of hardware cloth you start with—2 feet is a nice, manageable size. Tie the cylinder with two or three lengths of 14-gauge galvanized wire, upend it in a flowerpot, and place a brick or chunk of rock in the bottom to keep it from tipping. Stuff the cylinder with unmilled sphagnum moss and cut 4-inch squares out of the mesh with tin snips or heavy scissors. These openings should be spaced about 8 inches apart if you're using relatively large plants, such as impatiens, closer for small things like alyssum. Next moisten the sphagnum thoroughly with a weak fertilizer solution—whatever you use on house plants will do. Then poke the rooted cuttings or seedling plants into the moss through the square openings, making sure the sphagnum is well packed around the roots of each plant. Top the cylinder off with two or three plants in the top opening, water well, and let the whole thing rest in a sheltered spot for a few days before taking it out into the full sunshine. From then on, apply a fertilizer solution about every ten days, plain water between times. One advantage of growing plants this way is that it's impossible to overwater—any surplus is sure to run out the bottom. Verbena, portulaca, and lobelia grow and flower particularly well in a sphagnum-stuffed cylinder, as well as the impatiens in the picture.



A wire mesh cylinder planted with impatiens is ready to be set outdoors for the summer.

Sprouts for flavor

It started as a health food fad, but the use of sprouted seeds in cooking has become so popular that most home gardeners will be growing their own in 1976. In addition to the familiar mung beans, alfalfa and fenugreek are becoming popular as sprouts. The new wheat-rye hybrid, *triticale*, is also being grown for this purpose. All of these, plus a few more, are available from the well-known British seed firm, Thompson & Morgan, through its American branch. Its catalogue is free, from Thompson & Morgan, Inc., P.O. Box 24, 401 Kennedy Boulevard, Somerdale, N.J. 08083. As well as seeds for sprouting, the list also includes a great many common and unusual vegetables and flowers, plus seeds of trees, shrubs, and house plants.

ake the uessing ut of ardening



l like a lush garden, tumbling ith color. How can I afford to y the plants such a garden re- ires?" This is one of the hun- ds of questions that have been t to Lorraine M. Burgess in the urse of her career as horticul- ist. In her book, *The Garden aker's Answer Book* (Associa- n Press, $6.95), Mrs. Burgess swers this and practically all of other questions asked by home- ners. Some of the problems are y for a professional horticultur- to solve, others are staggeringly rd. In every case, Mrs. Burgess plies imagination, a good design se, and a profound knowledge growing things when providing answers. Thoroughly illustrated th black-and-white photographs d line drawings, the book also s lists of where to find plants and rdening materials and where to t additional information from nt societies and government encies.

ettuce with French accent

rench chefs are widely ac- claimed as masters of the salad wl. A large part of the reason r this is that they insist on using ly the youngest and most tender aves, whether lettuce, endive, ndelion, or what-have-you. Such eltingly tender young growth is, course, extremely perishable—it ilts quickly in market bins or en on the kitchen counter. So e ideal way to make perfect salad to grow your own greens, har- st them in the cool of the day, isp them in a bowl of cold water, nd use as quickly as possible. As ight be expected, French gar- eners have developed some par- cularly succulent varieties of lad greens. The names of these, lone, are enough to start a gour- et's gastric juices flowing. Some f the better known lettuce varie- es, for instance, are *Reine de Mal*, *Grosse Blonde*, and *Passion Blonde*. In the past, the only way o get seeds of these varieties was o import them directly from France. But now The French Gar- en Co., of Nantucket, Mass., has ssembled a collection of the finest French salad greens and is making hem available to American gar- eners. The 12-packet collection is alled *La Salade*, and has several arieties of French salad greens. Packed in a neat burlap sack, *La Salade* is $6, postpaid, from The French Garden Co., Chicken Hill, Nantucket, Mass. 02554.

Peanut patch at home

Peanuts make an intriguing and rewarding crop for any home vegetable garden. They need day-long sunshine and a well-drained soil, otherwise demand little in the way of care or attention. In early summer, when the plants are just a few inches high, bright yellow flowers appear low down among the leaves. These soon disappear and, although the plants flourish mightily through the summer, no more flowers are produced. What happens is that the fertilized blossoms bury themselves in the earth and mature there, among the roots of the parent plant. When the tops are shriveled by early frost the whole plant may be gently pulled out of the earth and, after a day or so of drying, the nuts will be ready to pull away from the tangle of roots. A light application of all-purpose fertilizer when the flowers appear will be enough nourishment to see the plants through their growing season, since peanuts have the wonderful self-help device of nitrogen-fixing nodules on their roots. It also helps the flowers in their task of burying themselves to draw some earth up around the plants at flowering time.



Although produced by flowers, peanuts mature underground. Nodules on the roots have nitrogen-fixing bacteria.

Flowers for prisoners

For a long time gardening has been an effective part of the treatment of mentally disturbed people. Extending the treatment to include the socially disturbed—usually called criminals—is a relatively new idea that has already proven its value. The Department of Offender Rehabilitation of the State of Florida is making gardening an important part of its program and is holding flower shows to demonstrate the inmates' skills. This year's show will be held May 13, 14, and 15 in a clubhouse near the compound of the Union Correctional Institution at Raiford, Fla. Admission is free, and the horticultural products of 32 inmates will be on display.

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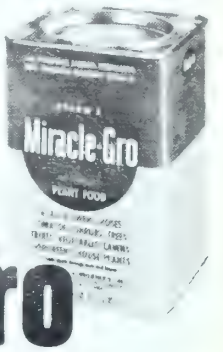
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HOUSE THAT KEEPS GROWING
Page 100:
Painting through doorway: by Richard Bogart.
Left wall: painting by Robert Natkin; watercolors by Judith Dolnick.
Photograph over umbrella stand: by Paul Capenigro.
2. Painting to right of living room doorway: by Ronald Slowinski.
Large wall painting: from the "Bath Color Series" by Robert Natkin.
Sculpture on table: by Clement Meadmore.
3. Small painting above chest: by Michael Dillon.
4. Above fireplace: painting by Ernest Dieringer.
Collage behind lamp: by Gyora Novak.
Page 102:
3. Landscape; and pastel: both by Richard Bogart.

EASY LUNCHES
Page 118:
"Dionysos" crystal decanter: 13¾″ high. $70. Designed by Van Day Truex. At Baccarat.

MOVABLE FEASTS
Page 120-121:
"Jardin des Fleurs" Limoges porcelain: $75 per 5-piece place setting. By Denby. At Bloomingdale's.

PARTY FOODS AND PLATES
Page 126:
"Kosta Party" crystal salad bowl: $38.50; **"Kosta Party" crystal salad plate:** $17.50 a pair; **"Kosta Party" crystal dinner plate:** $23 a pair. Designed by Ann and Goran Warff. By Kosta. At Georg Jensen.
"Air" wine and water goblets: $12 each. Designed by Goran Warff. By Boda. Kosta bowl and plates, Boda glasses from The Kenton Collection at Georg Jensen.
"Bishop White" flatware: $35 per 5-piece place setting. By Wilton-Armetale.
Pillared dining table: 48″ x 60″ long, 28″ high, acrylic legs, top to order, ¾″ thick. By Albrizzi.*
"Pavilion" porcelain: $254 per 5-piece place setting. By Royal Worcester.
"Seagull" porcelain: designed by Fanny Garde, banded in 22-karat gold. $62 per 5-piece place setting. By Bing & Grondahl. At Altman's.
"Revolution" Sterling II flatware: $59.95 per 5-piece place setting. By Reed & Barton. At Shreve, Crump & Low.
"Springtime" fine china: $24.95 per 5-piece place setting. By Royal Doulton. At Altman's.
"Tradewinds" sterling silver flatware: $145 per 5-piece place setting. By International Silver. At Marshall Field.
"Montaigne Optic" crystal glass: $16 each; **"Bistro" wine carafes:** 8¼″ high. $35 each; **crystal salt cellar:** bone salt spoon. $32 a pr. All at Baccarat.
"Peach" rayon and polyester tablecloth: 52″ square. $9.50; **"Tulips" cotton napkin:** 17″ square. $1.60. Both By Vera. At Lord & Taylor.
Pepper mill: from Asprey & Co., London.
Page 127:
"Louis XV" porcelain: $57.95 per 5-piece place setting. By Haviland.
"Column" crystal water goblet: $15 each; **hurricane lamp/candlestick:** $40. Both by Orrefors. At Bloomingdale's.
"Craftsmen" sterling silver flatware: $157.50 per 5-piece place setting. By Towle.
Linen napkin: 18″ square. $75 a dozen. At Léron.
"Garden Party" china: $51 per 5-piece setting. By Lenox. At Altman's.
"Puritan" sterling silver flatware: $168.25 per place setting. By Stieff.
"Bird of Paradise" china: $75 per 5-piece setting. By Aynsley.
"Alana" crystal water goblet: $21.25 each. By Waterford.
"Crown Baroque" sterling silver flatware: $176.25 per 5-piece setting. By Gorham. At Altman's.
White Formica Parsons table: 60″ x 30″ x 23¾″ high. $214. At Lord & Taylor.

BREAKING INTO PRINT
Pages 134-136:
Fabrics in the room available in three cloths: chintz, toile, and panama. Widths from 51″ to 53″. By Abraham-Zumsteg.*
Page 137:
Fabrics in the room printed in cotton chintz, also available on toile and panama. Widths from 51″ to 53″. By Abraham-Zumsteg.*



What good does a funeral do...really?

Today, there are those who find themselves asking this question.

Certainly the funeral can do nothing for the person whose life has ended beyond providing the dignity of a proper burial.

But no matter where, when, or under what circumstances death may occur, there are needs that must be met—for the bereaved family; their friends; their close circle in the community.

The funeral helps meet those needs. It helps those who grieve accept the reality of death. They know it happened. But a part of their mind rejects it, runs away from it.

The funeral takes them gently by the shoulders and turns them to face it. And having faced it, having viewed it, things are easier.

Things continue to be easier (though it may not seem so at the time) as arrangements have them talking with sympathetic friends, reflecting upon moments shared, giving testimony to the life that was lived on earth.

Another thing the funeral does—whether the choice is made for a traditional, a contemporary or a humanist service—is to reaffirm the faith, the creed, or philosophy by which one's life was guided.

As the poet John Donne said: "No man is an island . . ." His death touches his world. A funeral considers the feelings of all those who shared his life. It is a moment when grief shared is grief diminished.

It is truly a unique moment of sharing . . . for the family . . . for friends . . . for society.



WRITE FOR FREE COPY OF 32-PAGE BOOKLET, "MY DUTY".
Its 32 pages answer many questions, tell you "what to do" when you are asked to take charge. Tells how to write sympathy notes. Contains many beautiful and consoling poems. Millions of copies distributed. Write: The Clark Grave Vault Company, Department HG 56 Columbus, Ohio 43201.

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CLARK metal grave vaults

PARENTS' MAGAZINE

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Meadowcraft Casual Furniture

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Marvelous ideas to help you plan and shop are in the booklets below, and they're yours for the asking. You can order them directly from House & Garden—send for the ones you want today. Just fill out and return the order coupon, circling the number of each booklet desired, enclose 50c for postage and handling, plus any additional charge as indicated next to the booklet number, and we'll see to it that your booklet requests are filled as quickly as possible. Please do not send stamps; coins, check, or money order may be used.

Building and Remodeling

1. "CLEANER AIR." Background information on in-the-home air pollution control is provided in this new booklet. It describes the capabilities of air filters and air cleaners and presents efficiency data on the removal of house dust, tobacco smoke, pollens, and spores by a new type of air cleaner that uses no electricity. Research Products Corporation.

2. BETTER DRINKING WATER than you might buy in bottles is possible with the Culligan Aqua-Cleer Reverse Osmosis Water Purifier System. Information brochure describes, illustrates the system and how it improves the flavor of everything mixed and made with water. And it actually removes impurities.

3. PRE-SITE BUILDING helps you control the concept, construction, and cost in building the house you want from blueprint to housewarming. Continental Homes consumer literature discusses this time-saving building technique in which 90 percent of your home is completed before it reaches your site. Variety of architectural styles and floor plans to choose from.

Decorating

4. THE SURE WAY TO ADD COLOR to a home is with flowers. Teleflora's 12-page booklet, "Color Alive! Instant Decorating With Flowers," has ideas for every room. Compiled with the cooperation of House & Garden. 50c

5. CERAMIC TILE. A new, 16-page color catalogue is available from Florida Tile that pictures basic colors, finishes, and shapes available and lists specifications for their use. The catalogue is designed to be used as an idea starter for homemakers and designers. Florida Tile. 25c

6. INFORMAL FRENCH FURNITURE Henredon's Four Centuries. Warm. Distinctive. Elegantly informal. An ultimately livable collection of dining room, bedroom, occasional, and upholstered furniture in the French country style of the 17th and 18th centuries. Style numbers given. $1

7. "A WARDROBE FOR YOUR WALLS" from United DeSoto. Six pages of how-to-do-it wallcovering information, including measuring for exact rollage needed, hanging all types of wallcoverings, and decorating ideas for every room. Color illustrations, measuring charts, and definitions of terms with this useful guide. 25c

8. THE KAFIRIMAR COLLECTION booklet shows beautiful color illustrations of woven 100 percent wool Oriental design rugs. The breathtaking palette and authentic patterns were inspired by the Kipling filmed epic, *The Man Who Would Be King*. Instant room drama is achieved with artisan-crafted, densely piled, lushly fringed floor fashions. Couristan. $1

9. FURNISHING IDEAS FOR EVERYONE who likes the simplicity, the stimulation, the ease of contemporary styling, and appreciates comfort and quality. The Roche-Bobois catalogue will enable you to furnish a house from sofas to picture frames. Price book included. $3

10. FOR BEAUTIFUL DECORATING IDEAS, a 160-page catalogue illustrates a full range of traditional furniture in both solid cherry and upholstered styles. Includes living room, dining room, and bedroom pieces. Harden Furniture Co. $3

11. "ORIENTAL DESIGN RUG HANDBOOK" by Karastan Rug Mills has been enlarged to relate more historical information on the origins of Oriental-design rugs and more details on the symbolism in the motifs and colors of the fabulous rug patterns. Included are some buying tips on shopping for either the handwoven originals or the power-loomed versions of the designs. 50c

12. "HOW TO CARE FOR YOUR INTERIOR ENVIRONMENT"— booklet written to help you select the right furniture for your house, and give you some tips on enjoying your furniture investment for years to come. Common maintenance problems and how to solve them are listed. La-Z-Boy Chair Company. 50c

13. DINING ROOM AND BEDROOM furniture rooted in Americana is presented in two beautifully illustrated catalogues from American Drew, Inc. The "Tanglewood" collection, inspired by the past, is executed in deeply grained oak solids and veneers

MAJESTIC...



NATIONAL/MT. AIRY

From the Readbourne Collection. Olde Colony finish on pecan and ash burl veneers and fine hardwood solids. Available at selected fine furniture stores at around $800. For ideas on elegant living with National/Mt. Airy occasional, bedroom and dining room furniture, send $1 to National/Mt. Airy, Box HG5, Bassett, Virginia 24055.

Order coupon for booklets

May, 1976

Circle the number of each booklet you want, and enclose check, money order, or currency in amount indicated for those requiring payment. Add 50c for postage and handling. No stamps. Allow up to four weeks for delivery.

MAIL TO: HOUSE & GARDEN, Dept. 5
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New York, N.Y., 10017

1	2	3	4[50¢]	5[25¢]	6[$1]	7[25¢]
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15	16	17	18	19[25¢]	20	21
22[$1.50]						

I enclose:

$_____50c for postage and handling of my request for booklets

$_____for booklets circled requiring payment

$_____is my total remittance

Offer expires 8/15/76

Name MR. MRS. MISS _____ (PLEASE PRINT)

Address _____

City _____ State _____ Zip # _____

The "Companion" group, designed for today's casual lifestyles, is beautifully crafted of fine white pine, hardwood solids, and pine veneers. Both catalogues, $2.

Eating and Entertaining

14. FINE TABLEWARE: Full color brochures, "Ideas In Silver For Gifts And Entertaining" and "The Beauty Of Silver In Carefree Stainless" illustrate a complete selection of flatware and hollowware. Oneida Silversmiths.

15. ENTERTAINING CAN BE FUN and easy is the message of "The Coffee Table Booklet." Compiled with the cooperation of House & Garden, the booklet includes hostess tips, ideas for parties, and recipes using Bahia Coffee Liqueur. Heublein, Inc.

16. INTERNATIONALLY ACCLAIMED STAINLESS STEEL kitchen knives from Germany are in this full-color, 20-page catalogue from Zwilling Cutlery. Slicers, cleavers, frozen food and assorted cooks' knives among the wide variety.

Gardening

17. HOW TO HAVE A BETTER LAWN AND GARDEN. O.M. Scott & Sons offers a free two-year subscription to their mini-magazine *Lawn Care*. It's got seasonal check lists, how-to articles, and the latest news on lawn and garden care.

18. NATURAL SOIL CONDITIONER. Brochure from United States Gypsum describes its low-cost natural soil conditioner for lawns and gardens—Grand Prize. Brochure lists advantages of this gypsum from stimulating growth and loosening tight soil to improving drainage and counteracting salt damage.

Potpourri

19. "TRAVEL SOUTH USA." Twelve-page travel guide to eleven states important as historic, recreation, and scenic vacation spots. Resorts, festivals, landmarks are described and illustrated. Southern Travel Directors Council. 25c

20. STEAMBOATIN' ON THE MIGHTY MISSISSIPPI. Or the Beautiful Ohio. Return to heartland America aboard the paddlewheeler Delta Queen, or the luxurious new Mississippi Queen. The romance and historical flavor of riverboat life is appealingly outlined in the 1976 cruise brochure "Voyages to America" from the Delta Queen Steamboat Company.

21. CONSUMER LITERATURE gives all the facts on new and updated test data for Philco Cold Guard Refrigerator-Freezers. Color pamphlets describes space-saving features of both side-by-side and 2-door models. Information booklet includes a listing of average annual energy cost savings for the various models.

22. "ALL ABOUT YOUR HOME" —a new magazine from Martex. Subjects covered include: decorating and sewing with towels, ideas for gifts to make using sheets, tips from celebrities on entertaining, fun for all at children's parties, needlepoint pillows, and much more. $1.50.



Start a tradition in your home.

White of Mebane

Living With Tradition by White. 22 pages, many in color. Handcrafted occasional pieces by the South's oldest maker of fine furniture. To see the entire collection send 50¢ to Dept. HG05, White Furniture Company, Mebane, N.C. 27302.

Cat.No 1157



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Our rattan mirror with its smoked border insets is one way to wake up your foyer or library. For more suggestions send us your name and a dollar. We'll send you our full color catalog and the name of your nearest Carolina Mirror dealer.

Carolina Mirror Corporation
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DOCTOR'S THRILLING REDUCING PROGRAM HELPS

BURN AWAY FAT BY THE HOUR



...TURN IT INTO FLUID THAT YOUR BODY FLUSHES AWAY!

Yes, now you can lose up to 10 . . . 20 . . . 30 — even 50 pounds or more • without starvation diets • without grueling exercise • without ravenous hunger THANKS TO THE MOST POWERFUL REDUCING AID EVER RELEASED FOR PUBLIC USE WITHOUT A PRESCRIPTION!

SHRINK YOUR BODY'S FAT CELLS... TRIM AWAY POUNDS AND INCHES!

First came the ALL DAY cold tablet. Then the ALL DAY allergy pill. Now, from medical science comes the latest GIANT-STEP in the conquest of fat . . . this incredible ALL-DAY time-release capsule and fat-melting program, developed by a medical doctor . . . and guaranteed to work like nothing else you've ever heard about, read about, or tried before in your life. Because when in your life did you ever dream of a weight-loss method so effective, that without starvation diet, without grueling exercise, without gnawing hunger you can transform your body into the sleek, streamlined figure you've always longed for . . . even if at this very moment you are as much as 50, 60, or even 100 pounds overweight!

CONTINUOUS ROUND-THE-CLOCK ACTION ATTACKS THE BASIC CAUSE OF FAT BUILD-UP DAY AND NIGHT

Unlike every other weight-loss method that has failed you in the past, the COUNTDOWN once-a-day capsule and reducing program works in a completely different way. Not by pitting your will-power against some "inhuman crash diet". Not by wracking your body with torturous exercise. And most certainly not by the use of high-powered "speed" drugs that leave your nerves shattered and shot.

Doctor's New All-Day Triple-Action FAT-MELTER PROGRAM Works All Day To:



1. Transform fat into fluid and flush it right out of your system.
2. Attack the basic cause of overweight — overeating — and convert the food you do eat into burned up energy instead of into fat.
3. Break down those bulges of flab as you lose weight from your entire body . . . that up to now seemed impossible to budge . . . and force them to be consumed — oxidized — by your own body chemistry — without ravenous hunger — thanks to this thrilling new ALL DAY TIME-RELEASE FAT-FIGHTER PROGRAM.

COUNTDOWN with Mira-thene-12

Before starting this program, consult with your physician to be sure you are in normal health and your only problem is obesity. Individuals with high blood pressure, heart disease, diabetes, or thyroid disease should use only as directed by a physician. As a matter of fact, we urge you to show this entire program to your own family physician and see if he doesn't agree that this is a medically sound approach to the problem of obesity.

Instead, this NEW TOTAL APPROACH TO TOTAL SLIMNESS actually helps shrink the fat cells in your body ALL 24 HOURS A DAY . . . even while you sleep. Yes, literally burns and oxidizes those bulging pockets of flab as you lose weight — all over your body — as it melts down into liquid that your body flushes away daily, in a completely natural, gentle manner.

And it's all so easy with this wondrous ALL-DAY CAPSULE that helps set the stage for the fat-burning process to be triggered into action.

A DOCTOR EXPLAINS...

No matter how many fad and crash diets you've run through in the past . . . there is only one effective weight-loss method known to medical science. It is simply this: in order to burn off fat there are 2 things you must do.

1. You must decelerate the rate of calorie intake. 2 You must step up your body's rate of fat burn-off just like you step up a furnace, so that you actually convert the food you do eat into burned-up energy instead of into piled-up fat.

And this is precisely why COUNTDOWN is so effective. Because the moment you launch yourself on this doctor's "Lifetime Slimness" program, here's what happens in your body:

1. Gnawing hunger pangs disappear as tiny grains of the most powerful reducing aid ever released for public use without a prescription are gradually released into your system to constantly calm your appetite and help you decelerate your body's caloric intake.
2. The food you do eat on this doctor's fully satisfying eating program instead of being stored up as fat, is now converted into a source of energy that your body burns away.
3. And even though you may lose as much as 20, 30, 50 pounds OR MORE . . . you never miss a meal . . . never deny yourself sensible snacks and desserts . . . never for a single moment starve yourself the very least bit.

NOW! ALL THE ECSTASY OF SLIMNESS WITHOUT THE AGONY OF HUNGER!

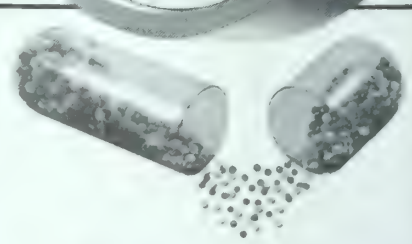
That's because with the COUNTDOWN no-hunger way to slimness, you arm yourself with the most modern and effective way to weight control known to medical science: This medical doctor's all-out assault and VICTORY OVER FAT BUILD-UP . . . due to excess calorie intake and lack of fast calorie burn-off (the basic cause of overweight). The COUNTDOWN once-a-day, continuous action, time-release capsule and program works all the time . . . all day . . . Transforms your body fat into "flush-away liquids" . . . it is by far the easiest, most pleasant way to achieve that slim, trim body of your dreams.

WORKS SO FAST YOU START TO GROW SLIM IN JUST DAYS — IN FACT, EVEN WHILE YOU SLEEP!

Best of all, not once are you asked to pit your hunger against a cast-iron willpower. All you are asked to do is simply this: Take one of these new ALL-DAY time-release capsules each morning . . . then following the doctor's satisfying eating program and his simple nightly bedtime toneups (that are actually fun to do), you literally eat your way to slimness as you shed pounds and inches like never before.

Naturally, you can't expect to gorge and stuff yourself silly on all sorts of over-rich, high-fat foods . . . and in unlimited quantities. BUT — and this is the whole key to success — if you will simply replace all those zany, half-baked fad diets of the past with this high-powered ALL-DAY capsule and this doctor's sane, satisfying eating program . . . YOU without gnawing hunger . . . YOU without grueling exercise can lose up to 10 — 20 — 30 — even 50 pounds OR MORE thanks to the latest, most effective doctor-developed ONCE-A-DAY reducing program in AMERICA . . . COUNTDOWN with Mira-thene-12.

SEE DRAMATIC RESULTS IN JUST 72 HOURS... OR IT COSTS YOU NOTHING!



JUST ONE CAPSULE A DAY HELPS YOU DISSOLVE FAT AWAY as this doctor's 3-way action program

- breaks down bulging pockets of fat while it burns away fatty tissues from your entire body
- shrinks your body's fat cells
- turns fat into liquid that your body drains away

Yes, you step up fat burn-off as you decelerate calorie intake . . . meaning pounds and inches melt away starting in just days!

So effective you'll lose up to 6 pounds of fat and fluid the very first 72 hours!

© 1976 American Consumer,

GUARANTEE

You must lose up to 10, 20, 30, 40 — even 50 pounds, or it costs you not a single penny on this special no-risk trial offer. In fact, if you are unsatisfied for any reason — simply return the bottle cap only for a full refund of your purchase price with no questions asked. Can anything be possibly more fair?



COUNTDOWN, Dept. JWL -10
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Yes, I want to lose weight with this doctor's thrilling once-a-day time release capsule and reducing program. Rush me, on full money-back guarantee, the COUNTDOWN I have checked below.

Check Quantity Desired

☐ 21 day supply . . . only $5.95 (plus 35¢ postage & handling).

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Terrific new decorating, add-on, and make-over ideas plus low-cost getaways

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Back in the days when women had no right to smoke, a woman had to hide out in the forest if she wanted to sneak a cigaret
In this picture, can you find the eight ladies who have no rights?

You've come a long way, baby.

VIRGINIA SLIMS

Slimmer than the fat cigarettes men smoke.



Fashions: Christian Dior

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

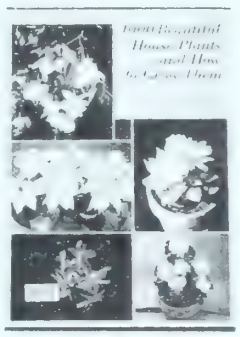
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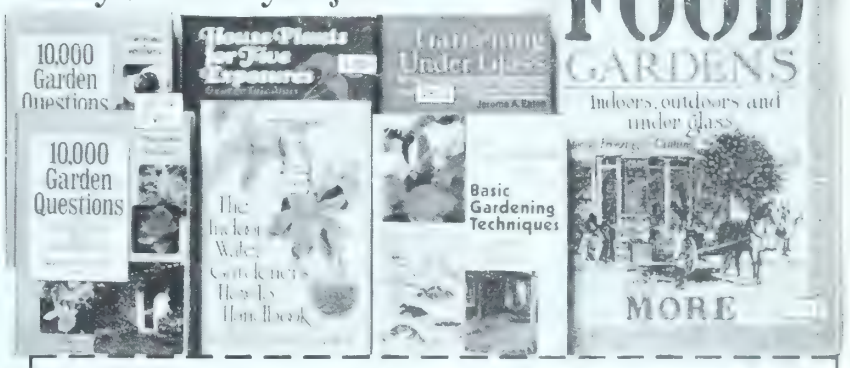


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Sunny Designer Solarian® by Armstrong

The only no-wax floor with the richness of Inlaid Color.

What keeps Solarian shining so bright? The Mirabond® wear surface. It keeps that sunny shine, without waxing or buffing, far longer than an ordinary vinyl floor. And the cleaner you keep it, the brighter it shines. Just sponge-mop with detergent, and rinse thoroughly. Black heel marks come up easier, too.

What gives Designer Solarian such richness of color and depth of design? Inlaid Color. Beneath the Mirabond wear layer is a unique dimension we call Inlaid Color. You see, Armstrong makes Designer Solarian the same way we've always made our finest-quality floors: with a buildup of thousands of varicolored granules . . . in much the same way beautiful materials are created in nature.

Compare the depth and realism of Inlaid Color in Designer Solarian side by side with all the other no-wax sheet floors with their "printed-on" designs. You can't miss the difference.

Even our best no-wax floors may eventually show some reduction in gloss where foot traffic is heaviest. So, if you ever need it, your retailer can supply a special Solarian Floor Finish, which can be applied occasionally to maintain the shine.

To find a nearby Armstrong retailer, look in the Yellow Pages under "Floor Materials." Many are authorized Floor Fashion Center® retailers, offering the best in selection and service. For complete color brochures and maintenance instructions, write Armstrong, 7606 Maple Ave., Lancaster, PA 17604.

Win this Armstrong Family Room!

or one of 135 home-fashion prizes

You could be the Grand-Prize winner of the contents of this beautiful American Craftsman family room—featuring the handcrafted look of Guildcraft Designer Solarian. You'll receive Armstrong flooring, ceiling, carpeting, Thomasville furniture, and all the decorative accessories and antiques used by the Armstrong interior designers to create this unique family room.

Or you might win one of 135 home-fashion prizes featured in the room—(5) oak tables with 4 chairs by Thomasville, (10) pairs of upholstered swivel chairs by Thomasville, (20) Designer Solarian floors (up to 20 sq. yds. installed), (100) Wilton Armetale® pitcher and goblet sets.

Enter now! No purchase necessary. Just pick up an official entry form at a participating Solarian retailer near you.* To find him, call this toll-free number and ask for "Solarian Sweepstakes retailers":

800/447-4700

(In Illinois, call 800/322-4400)

Hurry! Sweepstakes ends June 12, 1976.

Official Rules

1 [illegible] Craftsman Room Sweepstakes, visit your participating retailer, and pick up the official entry form. Mail to Armstrong Solarian American Craftsman Room Sweepstakes, P.O. Box 10, New York, N.Y. 10046.

2. Winners will be selected in a random drawing conducted by Marden-Kane, Inc., an independent judging organization, whose decisions are final. Only one prize per family. Liability for taxes will be the sole responsibility of the winner. Entries must be postmarked by June 12, 1976.

3. This sweepstakes is open to all residents of the continental U.S.A., 18 years or older, except employees of the Armstrong Cork Co., their immediate families, its subsidiaries, its advertising agencies, Marden-Kane, Inc., distributors of the Armstrong line, and participating retailers. Void in Idaho and Missouri, or where prohibited by law. Subject to all federal, state, and local laws and regulations.

4. Wisconsin and Maryland residents need only send in name, street, city, state, and zip code on a 3" x 5" piece of paper. Mail to: Armstrong Solarian American Craftsman Room Sweepstakes, P.O. Box 10, New York, N.Y. 10046. Only one entry per envelope. All prizes will be awarded.

5. Grand Prize does not include kitchen cabinetry, window, sink, or family room paneling.

Armstrong

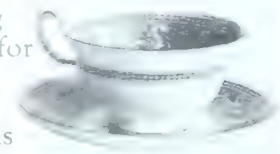
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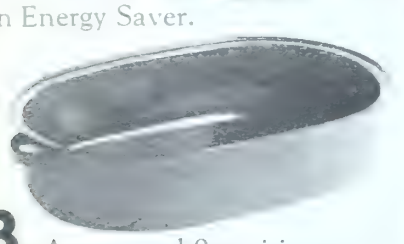
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HOUSE & GARDEN

(INCORPORATING **LIVING** FOR YOUNG HOMEMAKERS) Vol. 148 No. 6



ON THE COVER: It's a place to escape to, just outside the house. The terrace flagging of Yosemite slate extends to the pool on one side, to a little plantation of junipers, yucca, rhododendron, and ferns on the other. The same stone tops a rustic oak-stump table that can be used for a bit of lunch and a cocktail for swimmers. The whole terrace is a tiny oasis—and it's all at designer Michael Taylor's house in San Francisco. As a bonus, it's an easy-upkeep oasis with cotton slipcovers that zip off for a whirl in the washer-dryer. With them go the cushion covers—of linen and cotton, bordered with a fringed braid designed by Mr. Taylor and a lot tougher than it looks. Rice-paper lanterns designed by Stephen White; furniture, designed by Mr. Taylor for Wicker-Wicker-Wicker, is available through decorators at LCS, New York.

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RALPH F. TIMM, PUBLISHER

HOUSE & GARDEN IS PUBLISHED BY THE CONDÉ NAST PUBLICATIONS INC.
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PUBLISHED MONTHLY BY THE CONDÉ NAST PUBLICATIONS INC., CONDÉ NAST BUILDING, 350 MADISON AVENUE, NEW YORK, N.Y. 10017. SECOND CLASS POSTAGE PAID AT NEW YORK, N.Y., AND ADDITIONAL MAILING OFFICES. SUBSCRIPTIONS: IN U.S. AND POSSESSIONS, $10 FOR ONE YEAR, $18 FOR TWO YEARS. IN CANADA AND MEXICO, $12 FOR ONE YEAR, $22 FOR TWO YEARS. ELSEWHERE, $15 FOR ONE YEAR, PAYABLE IN ADVANCE. SINGLE COPIES $1. FOR SUBSCRIPTIONS, ADDRESS CHANGES, AND ADJUSTMENTS, WRITE TO HOUSE & GARDEN, BOX 5202, BOULDER, COLORADO 80302. EIGHT WEEKS ARE REQUIRED FOR A CHANGE OF ADDRESS. POSTMASTER: SEND FORM 3579 TO HOUSE & GARDEN, BOX 5202, BOULDER, COLORADO 80302.

FOR FURTHER INFORMATION ABOUT ADVERTISING APPEARING IN THIS ISSUE PLEASE WRITE TO HOUSE & GARDEN READER SERVICE, CONDÉ NAST BUILDING, 350 MADISON AVENUE, NEW YORK, N.Y. 10017.



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It may sound excessive. But these are no ordinary sheets. They're from Martex®. You know, the people who woke sheets up and got them out of bed.



I can't have enough of them. Or do enough with them. A quick house tour will help explain why.

Using the new Waves pattern, I slip-covered two small living room sofas (first I quilted the sheets), fattened them up with two outrageously oversized pillows (do you love those shirred edges? My idea!), curtained three windows and completely disguised a wreck of a drum table.

In the dining room I did something that sounds strange but looks fantastic. I put a bedspread on the table. Then I used the same pattern, Feathers, on the windows and seat cushions.

I let my eight-year-old pick the pattern for her own room, and she filled it with what she calls 'daffydillies.'

Martex calls them Great Daffodils.

My bedroom, I drenched with the peaches and cream of Kumo by Hanae Mori®.

Not just the bed, but tier upon tier of pillows as well as the curtains and even the walls.

The fresh irises were bought just for the photograph, but the room looks as much like a garden even without them.

Oh yes, there's another room that's usually filled with Martex sheets and towels. The laundry.

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You know, some day I must figure out if I buy so many Martex sheets because there are so many terrific things to do with them. Or if I do all those terrific things only as an excuse to buy more Martex sheets."

West Point Pepperell

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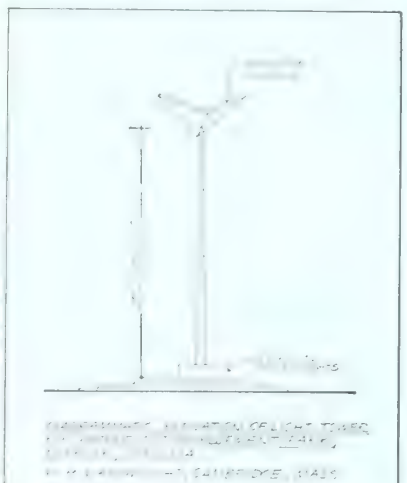


Wainright's light: twinkling, shifting steel

ANDREW WAINWRIGHT

The light fantastic

Wouldn't it be an improvement if the familiar "cobra head" light fixtures in our streets were replaced with a design that gave visual pleasure twenty-four hours a day, as well as illumination at night? William Wainwright, in Cambridge, Mass., who works with R. Buckminster Fuller, has designed a light sculpture which could be the prototype of a new street light. At the top it is a mass of reflective, stainless-steel shapes. Light shoots up the base on the ground, hits these steel pieces and bounces off, spreading a pattern of light all around. During the *day*, the sun, catching this Christmas-like decoration, makes it twinkle and shine, and the wind makes it move. So the fixture (and its basketry of shadows on the ground) is a constant source of change and delight. The first light sculpture is now up and illuminating a William Morgan-designed riverside park in Norfolk, Va. It's a maxi-version, 28 feet across at the top, which Mr. Wainwright calls a "tower of light," and it illuminates the entire 1500-foot-long park. "It's not a blast of light," says Mr. Wainwright, "but we've been careful to make sure it won't aid muggings. Nobody can lurk in shadows. It's brighter than moonlight." We can hope for scaled-down adaptations eventually.



Light shoots up from base



Noguchi designs new park

EVELYN HOFER

Art park

Atlanta's most significant Bicentennial effort brings art to the public in the form of a new children's park created by sculptor Isamu Noguchi. All the elements—swings, slides, Junglegym equipment—have been designed by the artist. Painted bright red, blue, and green, they are placed in an arena of brown wood chips, like pieces of sculpture. A white concrete wall set on a green hill provides a "frame" for the composition. To one side there is an open, tent-roofed structure that children will use for outdoor art workshops and theatrical events. The High Museum of Art commissioned the park "to demonstrate the value of play as an educational tool and serve as a catalyst for a park's renaissance." It should do both very well.

John Portman, the architect who has done so much to change Atlanta's landscape, has his own special project, also connected with the High Museum. This is Sculpture Celebration, a two-week exhibition of outdoor sculpture. Many works have been sent to the city on loan. "I'm hoping," he adds, "that I shall be able to persuade some of the big business corporations to buy them and keep them in the city permanently."



The sculptured "playscape"



Before: just plain Bauhaus



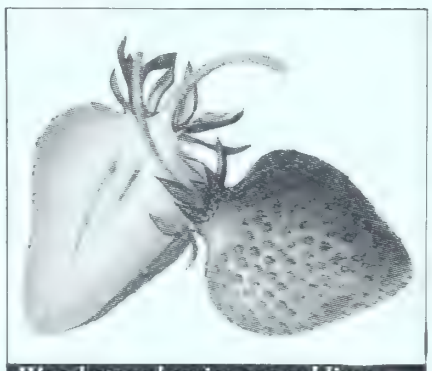
After: a fancy Moorish mirage

Bye-bye Bauhaus

Robert Denning of Denning and Fourcade, the interior design firm, loves to make something look old when it's not. Probably his most daring experiment is this house in Palm Beach, which was white-stucco Bauhaus modern when he first saw it. With the owners' approval—"they love Morocco"—it is now a pink Moorish palace, complete with turrets and balconies, jalousies, and a-thousand-and-one delights. The inside, elaborate and luxurious, is designed to match. "Probably my greatest makeover," says Mr. Denning modestly.

GARDEN ART

MARILENA PISTOIA*



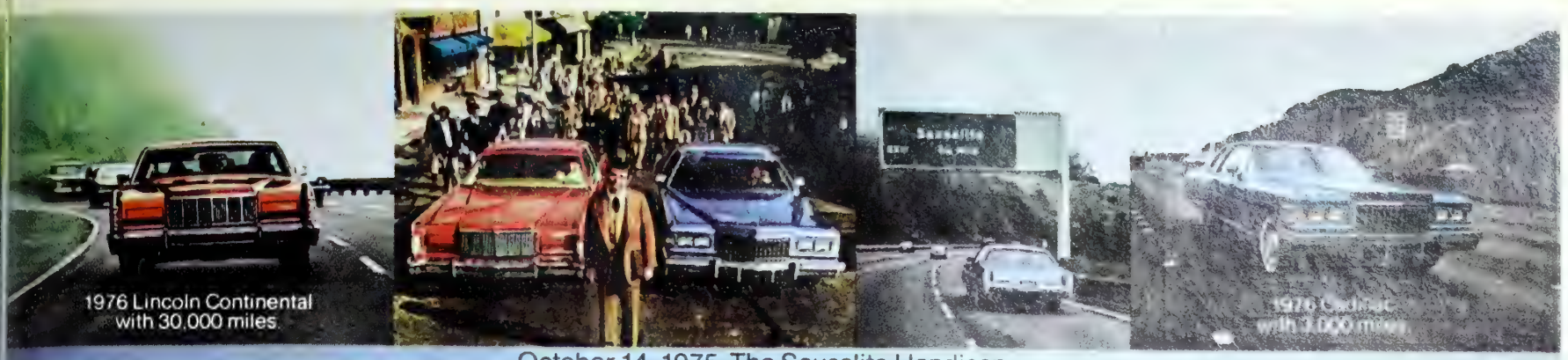
Wood strawberries are sublime

Berried treasure

Fragaria vesca is the kind of wild wood strawberry I *grow (and the sort readily available to you)—exceptionally hardy, with a delicate, elongated fruit. It is probably a direct descendant of specimens found near Grenoble at the Swiss-Italian border some 300 years ago. Few fruits enjoy neglect as much, adapt to as many situations, and are as fresh in drought as in rainfall, blooming and bearing even past several frosts, with an ingenuous, perky truancy. I don't know why good gardeners jitter over trying them, for they are tough, nonrunning, perfect urchins—like Eliza Doolittle before she lost her street twang. Put them in those little cracks where nothing seems right, anywhere near lime-haters, taking even half shade. Oh, you won't get many, for birds and rabbits and chipmunks are apt to nibble the ripe section (toward the sun) and leave you green rind. Have patience, however, for toward mid-August, pilferers seem to have other hungers, and then you may be able to get a demitasse cupful. They do taste of woods and must be eaten slowly, as the rare treasures they are.*

ROBERT DASH

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October 14, 1975. The Sausalito Handicap.
How did Lincoln Continental's ride hold up after 30,000 miles?

68 out of 100 Cadillac owners agree. A 1976 Lincoln Continental with 30,000 miles has a better ride than a new 1976 Cadillac.

There's only one way to find out how the riding quality of an automobile will hold up over 30,000 miles: drive it 30,000 miles and see for yourself.

We drove this 1976 Lincoln Continental 30,000 highway miles. Then an independent testing company set out to measure its ride against a very tough competitor—a brand-new Cadillac with just 3,000 break-in miles.

We called this unusual test the Sausalito Handicap.

One hundred Cadillac owners from the San Francisco area test-drove and test-rode both cars over the identical route.

And after 42 miles of highway driving and riding, 68 Cadillac owners out of 100 said the 1976 Lincoln Continental—the car with 30,000 miles—had a better ride than the brand-new Cadillac!

Maybe the way this Continental's ride held up tells you why a separate survey projects that over the last four years more than 40,000 Cadillac drivers have switched to Lincoln Continental or Continental Mark IV. Experience is after all the best teacher.

Experience Continental for yourself by talking to your dealer about buying or leasing a 1976 Continental.

LINCOLN CONTINENTAL

LINCOLN-MERCURY DIVISION Ford

Fly me

Plenty of people, apparently, are [illegible]—the study of flags. More than 300 participated in a recent nationwide competition to produce new ones. The winning twenty-five designs are about to travel in a Bicentennial show, *Xerox Liberty*, which opens July 2 at the Museum of Art in Santa Barbara, Cal. The show's initiator, museum director Paul Mills, says it should help to get flag design "away from busy coat of arms into good heraldic design and abstract art." And if you care to invest $500, you can have your own flag. A custom flag-maker in New York City, Anders Holmquist, has designed flags for Gala Dali, wife of Salvador, and Andrew Wyeth, the artist. Such flags are "expressions of identity," he says, and the color combination is critical. He makes clients take the Luscher color test, *twice*. "It gives a good psychological portrait and is very accurate," Mr. Holmquist adds. When Andrew Wyeth took the test, his choices turned out to be the same both times—deep blue and black. Both were incorporated into a star design.



Artist Wyeth's lone star



Holmquist shows the flag

Rooms at the top

How do they do it, these designers who take a room that makes us throw up our hands—and turn it into something marvelous? Part of the miracle is graphic renderings: floor plans, maquettes, and watercolors—often by the designers themselves, and often beautiful enough to be considered art in their own right. In New York City, you can see the evolution of room designs through plans, photographs, and renderings at a show called *The Designer Designs*, currently running at the FAR Gallery, 746 Madison Avenue. No fewer than thirty of America's top designers are represented, among them Parish-Hadley, Thomas Britt, Mark Hampton, John Saladino, and Joseph Braswell. (Braswell, with Stephen Spector and Stanley Barrows, is organizing the exhibit, sponsored by the Conservation Committee of the Cooper-Hewitt Museum.) Honorary chairmen are Billy Baldwin and Sir Francis Watson. Many drawings will go to the Cooper-Hewitt archives.



Opuntia basilaris: listed

When a flower needs a friend

Look before you pick. A yearlong study of flowering plants, pines, and ferns by the Smithsonian Institution shows that 10 percent of the flora in the U.S. are on the critical list: 761 species are endangered, 1,238 threatened. Just thoughtless gathering of wild flowers can play havoc with nature. Congress has now passed the Endangered Species Act to try to stop indiscriminate culling and uprooting: Habitats must be preserved. To find out what is threatened in your area, contact the Department of Botany at your state university, an arboretum or botanical garden, or a local horticultural [illegible].

KATE BROWN



Enchantress: part of July 4 show

The fleet's in

The daylong Manhattan regatta on July 4, in which over 200 sailing ships from all over the world will proceed from the Verrazano Bridge up the Hudson River, is only a fraction of this total water spectacular. It all begins with races in Newport, R. I., on June 28. The fleet moves down the Sound from July 1 to 3. After the July 4 sail, there will be four days of receptions and parties; all ships will be open to the public July 6 and 7. Individuals or corporations that have contributed $1,000 or more to Operation Sail (a triumph of organization undertaken by two great sailors, former U.S. Ambassador Emil Mosbacher and Frank Braynard, a founder of South Street Seaport), will have special viewing positions on boats in New York harbor. About 5,000 private yachts are expected to be used as spectator vessels. If you plan to be one of the estimated 5 million watching from shoreside, make your arrangements *now!*

Material possessions

A leader in tie-dyed fashion fabrics for some time, Multifarious Maya, an adventurous Chicago designer, has now gone on to create marvelous fabric environments. One was chosen for the show *Surface Design* sponsored by the Kansas City Art Institute at the University of Kansas. What's different about his fabric rooms is that the material—hand-painted silk or velvet—floats loosely across the ceiling and down the walls, undulating and moving as the air circulates. Fabrics patterned with scenic designs, clouds, trees, and flowers bring the outdoors in. A bedroom in a Chicago apartment, for example, is a tropical island with palm trees and exotic blossoms. The coordinated floor is covered with printed canvas. Each fabric environment is an exclusive design. Multifarious and Quinja Maya, 3730 Lake Shore Drive, Chicago, Ill. 60613.



Maya in fabric environment

Sampling out the vintage

It sounded like a party Lucullus might have thrown—34 wines and 17 mini-courses at a California Vintner's Barrel-Tasting Dinner that lasted from 8 P.M. to 1 A.M. The occasion: a lavish wine- and food-tasting at New York's Four Seasons restaurant for 200 critical *fins becs*, among them James Beard, Danny Kaye, Gael Greene, and Alexis Lichine. To sample:



Tasters Jim Beard, Jack Yogman

two versions of a selected wine from each of seventeen California wineries, one the 1975 vintage, fresh from the cask, the other a mature wine ready for drinking, paired with an appropriate dish. To launch this bacchanalian event, California winery owners and wine makers such as Robert Mondavi, Karl Wente, Steven Mirassou, Paul Draper of Ridge Vineyards, and Charles Carpy of Freemark Abbey Winery, flew east to present and comment on their wines.

Waiters moved like a corps de ballet, pouring the paired wines and serving delicacies ranging from snapper tartare, fresh foie gras in aspic and velouté of crayfish to pheasant pâté, and stuffed quail. Commented one guest, "For this, I should have gone into training."

JOSÉ WILSON

For decorating with a proud American heritage



Old Sturbridge Village

Crafts Collection



Old Sturbridge Village, in Sturbridge, Massachusetts is the famed re-creation of a New England community of the early 19th century. The design for each of the fabrics in this collection is based on an original document of fabrics that can be found in the many restored homes in the Village.

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Exclusively by Waverly—at your favorite department or drapery fabric store.

Waverly Fabrics

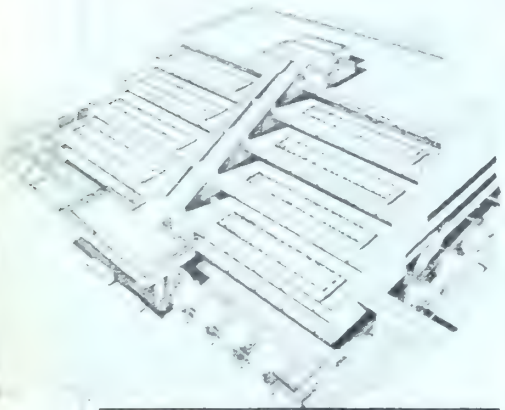
A DIVISION OF F. SCHUMACHER

58 WEST 40th STREET, N.Y., N.Y. 10018

LIVING

Rms w/riv. view

Building within today's tight budgets, it takes some brilliant designing to make a civic building a showplace. But this is evidently what architect William Morgan's new Regional Service Center in Jacksonville, Fla., will be. The roof of the Center, which borders the river, is stepped back in tiers to



In Jacksonville, parks on a roof

make public walkways. Each level will be planted with shrubs and trees. People can climb to these mini-parks by an outside stairway —no intrusion on the people working within, although *they* have a pleasant place for lunch. "We think this gives city people a new point to enjoy the river, watch boat races and events like that," says Mr. Morgan, who is also building a similar police H.Q. nearby.

Through a glass brightly



Waterford chrysanthemum cut

Conquest of Light, an Academy Award nomination now appearing in theatres across the country, tells the fascinating story of the making of Waterford crystal. The short film was produced by Louis Marcus, an Irish filmmaker in Dublin, with Harry Pesin, California president of the New York ad agency Pesin, Sydney & Bernard. There are only 55 words of narration. Not surprising when you consider that Harry Pesin is author of *Sayings on Running the Human Race,* a book that includes the aphorism, "When words pour out, the idea may be drowned in the flood."

Son of Chippendale

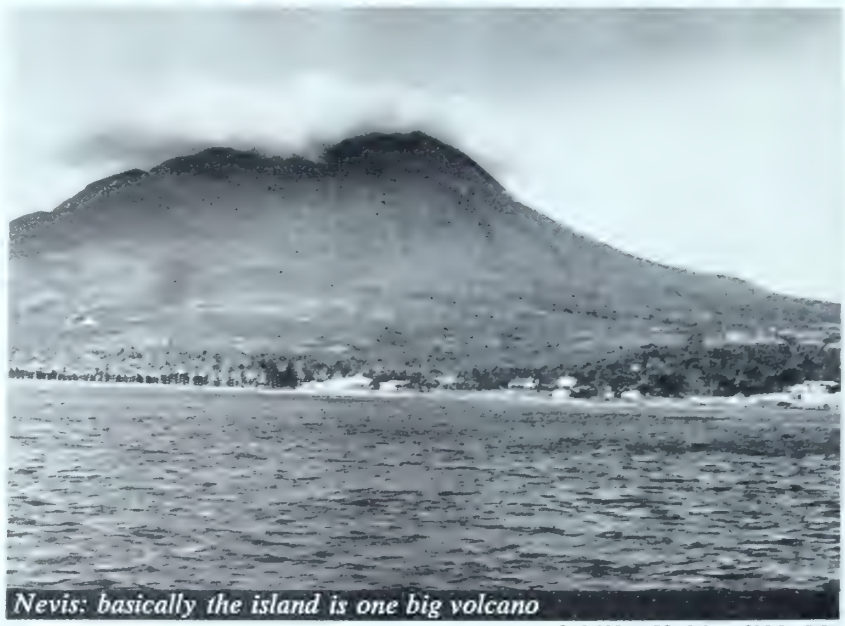
It is always reassuring to hear that individualism is still very much alive. A classic example is Michael Russo, 31, who pursued careers from haircutting to clerking until three years ago. Since then he's lived on savings in order to work on his furniture sculpture. His wood forms, incorporating colored lights, are organic, faintly Art Nouveau, but still intensely modern. The entire output from his "hermit work retreat" is now on show at Gallery Furnique, 227 West 28th Street, New York City. Tables incorporate curved chairs, overhead lights, and storage. There's a platform bed with a series of curved arches and a great barrel-like wall cupboard that has its own set of steps. Surprisingly, each massive piece comes apart and can be carried very easily



Woodsman Russo can't stop

through a door. "I don't know whether I'm making furniture or art," says Mr. Russo. "I just know I have to do it. I have so many ideas in my head, I can't stop."

DEPARTURE POINTS



Nevis: basically the island is one big volcano

CARIBBEAN TOURISM ASSOCIATION

Next stop Nevis

Tucked away in the Leewards, not far from the better known St. Kitts, is the island of Nevis—basically one big volcano. Christopher Columbus, who found the island on his second voyage, thought its 3,000-foot peak was snow-capped. In fact, it's nearly always cloud-capped. Historically, Nevis was one of the important Caribbean islands into the early 19th century. Alexander Hamilton was born here, in a small house near the center of the capital, Charlestown. Lord Nelson, a frequent visitor to water his ships at Nelson's Springs, was married here. English settlers built sugar mills and great wind towers, along with forts to drive off the French and Spanish. Today their ruined walls and terraces are good places for picnics. The whole island is a place to laze away days and savor the remoteness of it all. Long sandy beaches are wonderful for swimming and snorkeling. Take a handbook of tropical flowers with you, because the island is a garden of exotic plants, shrubs, and trees. Get there by flying to Antigua or St. Croix, then by Liat plane direct or through St. Kitts. Stay at the Golden Rock, a rebuilt sugar plantation, which sits 1,000 feet above the sea with tennis court, pool, and superb food. A beach wagon takes you the short ride to the sea. There's also the Old Manor and the Montpelier in the hills, or Nesbit's Plantation, Rest Haven, and Pinney's Beach Hotel on the shore. FRANKLIN PADDOCK

You won't be popular but you'll be healthy

The trend toward "natural" cures seems to have reached its apogee in Japan, where an enterprising doctor has invented a garlic-spray cure. The "patient" sits in a box and is treated all over with garlic solution. Lloyd Harris, who reports on the treatment in his *Book of Garlic* (Holt, Rinehart & Winston, $10), says it's used to combat all kinds of disorders, including frostbite and backache. The Russians use garlic as a cold and flu antidote—500 tons were imported during a recent epidemic. In America, garlic consumption is up, but primarily for flavoring food. If you want to get your quota, follow Mr. Harris's recipe for a



Lloyd Harris: garlic head

40-clove chicken. "Don't let the amount of garlic scare you," he adds with some reassurance, "after prolonged cooking, it has a mild, nutty flavor."

Where it's at

Psychiatrist Herbert Holt's new book *Free to Be Good or Bad* (M. Evans, $6.95) is subtitled "An Anti Self-Improvement Book." Dr. Holt means that he is not offering a "cosmetic" formula with which people can "find themselves." He takes a dim view of touch-and-feel, biofeedback, hypnotherapy, scream therapy, sensitivity marathons, and sex clinics. "Too many people treat them as they would a beauty salon or slimming spa. They go to have their psyches shampooed, touched up, teased, primped." Dr. Holt, president of the American Society of Existential Psychiatry, reminds us that the only way to come to grips with life successfully is to see one's life as it really is. The book's case histories show how.



Ceramic mosaics: conversation pieces from American Olean.

Give people something to talk about. Like a room tiled with American Olean ceramic mosaics. One of the most versatile design materials around. There's no end to the patterns you can create. Nor the rooms you can create them in. And ceramic mosaics are so practical. They're easy to clean. And because they're stainproof, dentproof and colorfast, they last a lifetime. Ceramic mosaics come in over 40 colors—seven of them brand new—including new Seal and Bone (shown in 2" x 2"). And four shapes—including new 2" hexagon (shown). For floors, walls, or special areas, American Olean ceramic mosaics are the natural thing to use.™ Visit your nearest American Olean Color Center or ask your tile contractor today. And for a colorful decorating ideas brochure, send just 25¢, your name and address to: American Olean Tile Company, 2304 Cannon Avenue, Lansdale, Pa. 19446.

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Plate No. 1005

LIVING

Bringing home the bacon

Miniature farmyards are flourishing across the country. The urge to produce the household's needs is extending beyond vegetable gardening and chicken raising, into meat-providing animals—sheep, pigs, and rabbits. No need to live in the backwoods or have big acreage to do it. Not long ago, the



Oelbaum and home-grown beef

Harris family, for example, moved into commuter country—Fairfield, Conn.—and established a barnyard with sheep and pigs, as well as hens, an orchard, and extensive vegetable garden on 3 acres. "At first older residents tried to stop us," says Nancy Harris. "They didn't like the idea of pigs in the neighborhood. They said zoning laws didn't allow it. But a court ruling established we were within the law. Since then, people have tasted our bacon and have become quite interested in homesteading. Not entirely for economic reasons, but for taste and flavor and some reassurance that what you're eating doesn't



The Harrises: no chemicals

have lots of chemical additives." The Harrises, who have three sons under 11, also think animal-raising contributes to their children's education. "They see the cycle of life, develop a responsibility for farmyard tasks. It helps them find the right values."

Over in Alligerville, N.Y., Joe and Cynthia Oelbaum added a bull to their barnyard, already well-populated with ducks, geese, turkeys, guinea fowl, squab, pigeons, hens, rabbits, and pigs . . . all on a little over an acre. The bull was 1600 pounds when slaughtered (they do it themselves, because they feel it's part of homesteading), and provided 600 pounds of meat. "Feed for a bull is expensive," reports Mr. Oelbaum, a New York psychotherapist and part-time writer. "This beef worked out at 90 cents per pound. But the taste—it's so different, we can't eat in restaurants any more."

Taxation without preservation

Historic preservation is something we all say we favor these days, yet unfortunately our tax laws don't reflect that fact. Present tax laws allow deductions on the cost of building demolition, even if the building is a registered landmark; permit accelerated depreciation rates (in other words, tax shelters) for new construction but not for the rehabilitation of old buildings; and levy less tax on land when it's vacant than when a landmark stood there. These and other ways in which our present tax laws encourage landmark demolition can be changed by any of several bills recently introduced in Congress by members of both parties. At long last, too, there is now an organization to lobby for such tax reform. (Older groups, such as the National Trust for Historic Preservation, have been unable to work



Nellie Longsworth of new group

for any specific legislation without endangering their tax-free status.) The new group is Preservation Action, 1225 19th Street, N.W., Washington, D.C. 20036, Executive Director Nellie Longsworth. Wish them success—bronze plaques are nice, but aren't enough. STANLEY ABERCROMBIE

PEOPLE

Queen Elizabeth's *husband,* **Prince Philip,** *below, plans to attend the great British Military Tattoo at Wolf Trap Farm Park, Vienna, Va., July 6 to 11. The British army is sending four colorful Guards' regiments and five Scottish regiments; seven fought in the War of Independence.*



Jacqueline Onassis, Joan Kennedy, *and* **Nancy Kissinger** *are among the patrons of the exhibition* Remember the Ladies, Women in America 1750 to 1815, *which opens June 30 in Plymouth, Mass. Mrs. Kennedy has edited the 15,000-word catalogue.*

Paul Smith, *Director of the Museum of Contemporary Crafts, New York City, says the museum's two current shows,* The New American Quilt *and* Soup Tureens 1976, *will travel the country. First stop for the quilts is the Los Angeles County Museum.*

Arva Bunting *is organizing a tour of eight private Colonial houses in Newport, R.I., June 12. Tickets, $5, benefit the Needlework Guild of Trinity Church. Last year's tour raised $2,000 for 13 new church kneelers. "We want to add more."*

Artists and close friends. **Andy Warhol** *and* **Jamie Wyeth** *are now showing portraits they've done of each other at Coe Kerr Gallery, 49 East 82nd Street, New York City, including preliminary sketches, drawings, and photographs.*

How's your antique I. Q.?

Laden with family treasures, attic art, and some dubious recent acquisitions, 300 members of the Baltimore Museum of Art attended an "Heirloom Discovery Day" to enrich their knowledge of their own possessions and the funds of their museum. Sponsored by the Women's Committee and conducted by six Sotheby Parke Bernet experts, the $30-a-head event started with four mini-lectures, followed by a lunch of



Medici bowl sold for $180,000

Appraising in Baltimore

quiche and poached salmon. The afternoon was devoted to individual two-minute appraisals of antique silver, pewter, jewelry, furniture, Art Nouveau, and Art Deco, Oriental art, paintings, prints, and porcelain. A Ming vase was found to be make-believe, while a small Picasso drawing was precisely that. Through this event, plus the following day, when the museum was open publicly for individual appraisals at $5 per item, the museum netted $12,000. If an owner should decide to sell an item later through the auction house, Sotheby Parke Bernet will give the museum a portion of the commission. Its experts conduct "Heirloom Discovery Days" across the country, for $200 a day each plus expenses. And sometimes they'll spot a record-breaker, like the Medici porcelain bowl from a Yonkers convent that sold for $180,000. Contact Robert C. Woolley, Sotheby Parke Bernet, 980 Madison Avenue, New York, N.Y. 10021. DEE HARDIE

the Lasting Impressions of Fieldcrest®



The Royal Velvet towel, with combed cotton terry, a lasting fashion favorite.

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Dining Room Furniture



Only at Sears

Superb construction, 26-step finishing, and an outstanding price make it a great value. We urge you to compare:

You are about to make a major investment in a set of dining room furniture. Of course you want it to look beautiful. You want it to last. And you want it to cost no more than it has to.

We think Sears Open Hearth offers you the best combination of all three. Here is what you should look for when you shop and compare:

Examine the Drawers

Look for beautifully made drawers when you want to determine the overall quality of furniture construction. It takes time, care and true craftsmanship to make drawers that will *continue* to work beautifully. Chances are, if corners are cut in drawer construction, they will be cut everywhere else.

When you shop and compare, look for all these drawer construction features. You'll find them all in Sears Open Hearth.

Ball-Bearing Slides made from strong steel to make the drawer slide smoothly.

Positive Drawer Stops to prevent the drawer from accidentally being pulled out too far.

Dovetail Joints on all sides for extra strength.

Tongue-in-Groove Bottoms to hold more weight and make the drawer sturdy.

No-Snag Insides with rounded edges, triple sanding and smooth sealing lacquer.

Anti-Wobble Discs made from self-lubricating nylon. For a smooth pull without "seesaw" wobbling.

Reproduction "Flying Eagle" Hardware cast from heavy solid metal. Brass-plated and antique-burnished.

Scrutinize the Construction Methods

Look inside. Look underneath. Look behind. Don't ignore the construction details of the furniture frame. If it doesn't stand up to close examination, it won't last as long.

Tongue-in-Groove and Mortise-and-Tenon Piece Construction. Ordinary butt-edge construction is nowhere near as long lasting.

Corner Cleats and Glue Blocks. Glued *and* screwed into the frame for extra strength.

Glued and Pinned Chair and Table Legs and Posts with tightly fitted wedges for added stability.

All-Wood Veneer Tabletops. For the mellow richness of grain and color you want in your dining room.

Two 10"-wide Leaves. Many dining room tables come with only one.

Meticulous 26-Step Finishing Makes All the Difference

Only firm, evenly textured, kiln-dried northern white pine and fine grade white pine veneers are chosen for Sears Open Hearth. It is a mellow wood and it responds to finishing beautifully. But *only* if it is finished with time and care.

The satin glow and warm highlighting you see in Sears Open Hearth take 26 painstaking finishing steps to achieve. From sanding, to staining, to antiquing, to highlighting, to hand-rubbing. There is no shorter method to bring out the beauty of northern white pine and make it last. You'll really see the difference when you shop and compare.

Sears Best

It's a Sears Best

Sears Open Hearth Furniture has to continually meet strict quality requirements to be a "Sears Best." These tests, in addition to the hundreds of construction checking operations, are why we invite you to shop and compare.

Choice of Pieces

There are 9 different pieces in the Open Hearth Dining Room and 45 more in Sears Open Hearth Bedroom, Family Room and Living Room. Plus a host of Open Hearth coordinated accessories.

Come see them now at most larger Sears, Roebuck and Co. stores.



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86 Proof Blended Scotch Whisky © 1976 Paddington Corp., N.Y.

Questions & answers

Antiques

By Louise Ade Boger

Wood seat with chest



We bought this seat at auction. How old is it and how was it used?
J.B.—Milwaukee, Wis.

Your golden-oak wood seat with arms, c. 1900-1915, has been freely adapted from the English settle, a medieval wood seat planned to accommodate several occupants. The hinged seat opens to a chest beneath. Adaptable to several purposes, it often served as a bed, was in general use until about 1700.

Watch holders





What information have you on watch holders? Are they collectible? Are mine old?
S.R.—Tuxedo Park, N.Y.

Watch holders originated in Europe about 1725 and were made chiefly in porcelain and pottery, metal, and wood. Although the variety of their fanciful designs is immense, each watch holder always had a rear pocket, often described as a half-moon back, to hold the watch, and a circular opening in the front to show the face. Your Staffordshire watch holders are a typical product of the mid-19th century, which is about the time the fashion for them began to wane. They have a special charm for us today, and have long been of interest to collectors.

Panorama bank



This old bank has the words "Panorama Bank" printed on the front. What can you tell me about it?
L.R.—Troy, N.Y.

Your building with a window in the front showing a new picture as the coin is deposited was patented on March 7, 1876, by John D. Butler of Lancaster, Pa., and manufactured by the J & E Stevens Co. of Cromwell, Conn. It is highly collectible and its value from the original $8 per dozen price has skyrocketed through the years.

Pot metal sculpture

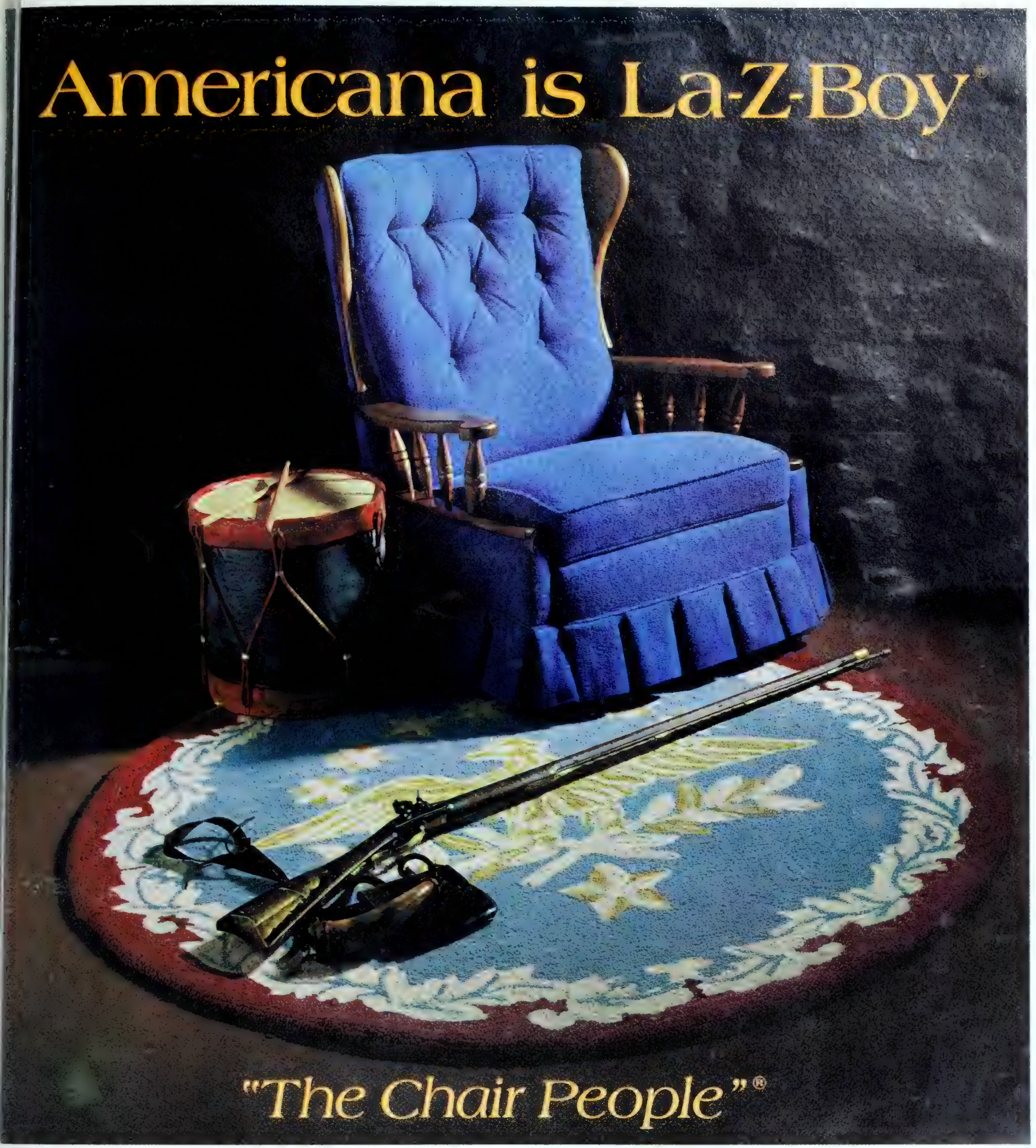


Do you know when my sculpture was made? What is the metal?
W.R.—San Antonio, Tex.

Your French school sculpture dating approximately in the 1880s is probably made of a base metal usually called pot metal, an alloy with a high zinc content, characterized by its chalky gray color, with a surface finish that may be painted, gilded, or bronze- or silver-plated. With the emergence of a more sophisticated middle class in the second half of the 19th century, pot metal sculptures were made as an inexpensive substitute for the higher forms of casting.

Continued on page 20

Americana is La-Z-Boy®



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La-Z-Boy is one of the oldest chair manufacturers in the world. We're also the largest and best known. But how did La-Z-Boy get to be number one? We built our reputation on quality and comfort. La-Z-Boy has always been proud of the quality of workmanship and fine materials that go in to every La-Z-Boy chair. When you buy a La-Z-Boy, you know you're getting a chair that will relax you and keep its beauty in the years to come. At La-Z-Boy we're still making them like we used to. With La-Z-Boy you still get your money's worth because we still care.

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Henredon



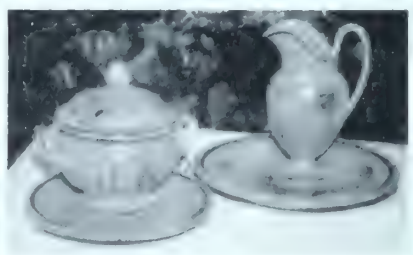
Chippendale chair



We would appreciate any information about our Chippendale chairs. The seat covers are new.
R.B.S.—New Orleans, La.

If your Chippendale style "ribband back" chairs are of the period, they would have been made in England about 1755-1765. Otherwise, they are of more recent manufacture. Chippendale was especially proud of this famous model with the interlaced ribbon, but the motif was not his invention.

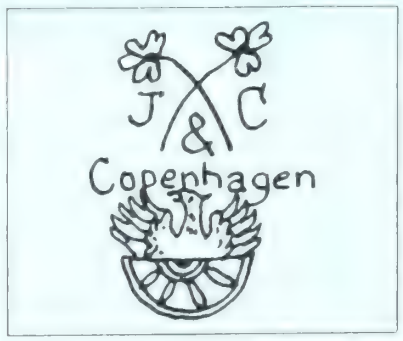
French bowl and pitcher



My serving pieces are marked "Creil." Where and when were they made? L.A.—New Orleans

Your covered bowl and pitcher with stands, dating very early in the 19th century, were made at the factory of Creil, which was located in Oise, France. It made *faïence fine* (fine earthenware) of the English type. The Creil factory is particularly well known for its transfer-printed wares, the prints of which were generally in black.

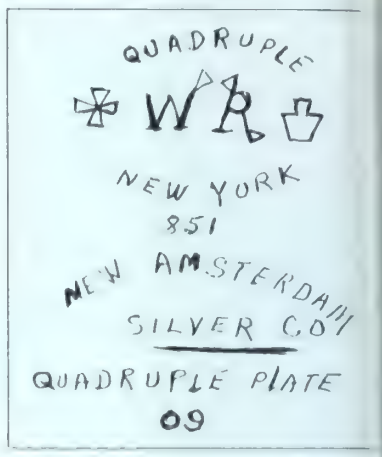
Bavarian porcelain



We bought six plates in Germany and can't identify the mark. Can you? J.J. Klay—Santa Rosa, Cal.

Your mark was used by Jaeger and Company, who began a porcelain factory at Marktredwitz, Germa in 1872, specializing in tablewar especially for the U.S. mark "Copenhagen" is probably the p tern name.

American silver marks



Can you identify these two mar that appear on silver pieces mine? E.C.S.—Pasadena, T

Your "W R" mark was first used 1894 by Wm. A. Rogers Ltd., Ontario firm with an office in Ne York City, factories in Niaga Falls, N.Y. and North Hampto N.H. The New Amsterdam Silv Co. mark was used by the Knicke bocker Silver Co., Port Jerv N.Y., about 1896-1935. Qua ruple means your plated silver "top quality."

Philadelphia silver marks



Who made this spoon? I was tol the marks mean it was made i England. Is this so?
C.I.—New York, N.

According to the marking, you twisted stem spoon was made b Philadelphia silversmith Georg Sharpe, working about 1844-5(Bailey & Co., the retailers, wer succeeded by the still-existing Phi adelphia firm of Bailey, Banks Biddle. Imitation hallmarks, suc as those on Sharp's mark, wer used in the 19th century by man American silversmiths, not to de ceive but to indicate their ware were equal to the highly compet tive imported English hallmar silver.

Jan Salen.
Wife, mother, and Interior Decorator.

Today, many women are breaking loose
om their kitchens (at least part of their
ne) and earning money in new careers.
n Salen is one of them.

She spends part of her day looking after
r family—her husband and two children.
id the rest of her day is spent in another
orld, enjoying the excitement and satis-
ctions of a career in Interior Decorating.

"It's a shame more women don't take
up as an enjoyable way to make money,"
n says.

Jan's boss at Trumbull Furniture Show-
oms agrees.

"She's made Trumbull's a showplace.
fact, the salesmen that stop here say it's the
ndsomest furniture store in Ohio. Jan can
ke credit for that."

"For me, Interior Decorating was just
hat the doctor ordered," Jan says. "Staying
me was beginning to bore me. Now every
y is different. One day I decorate showrooms
the store, and the next I'm at a client's
me helping her decide on a color scheme and
rniture. I just love it.

"I owe a lot to the training I received
om ICS. It gave me confidence in my
ecorating ability, and a working knowledge
all the basics—from how to coordinate
lors to how to measure for draperies."

The showroom where Jan works is only
inutes from where she lives. But many
terior decorators work right out of their own
ome. They use it as both office and show-
om. And furnish it at a special decorator
iscount. (If you do work at home, your
ccountant can show you how legitimately to
educt from your taxable income all expenses
ecessary to running a business, including
our home office.)

Of course, you need the proper training.
nd although we can't promise you'll be as
uccessful as Jan Salen, we can give you the
me well-rounded training she received—
ight in your own home—through the ICS
chool of Interior Design.

The entire program is based on the
xperience of John Gerald, founder of one
f America's top-flight decorating firms.

You get and work with top-notch profes-
ional equipment. Templates, sketching mate-
ials, architect's scale, folding rules, T-square,
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(The basis for a business workshop later on.)

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iewer and 130 slides that put you "inside"
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our lessons dramatically to life.

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your goal—the confidence and knowledge
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Your home as showplace

Your friends will probably notice the
difference in your own home. You'll know it
from their comments. They may even begin
to ask you for advice.



Of course, no school can guarantee you'll make money. But ICS can give you first-rate training, not only in the principles of decorating, but in sound business practices as well. You'll even learn what to say to clients who want to bring friends on shopping trips (never)—or those who want to talk budgets with their husbands (always).

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Interior Decorating may be an ideal part-time career that may grow into a full-time job when you're ready. And ICS is the ideal way to study—at home.

Mail card for free information

To find out whether you'd enjoy being an interior decorator, simply mail the attached card today. We'll send you by return mail a free career booklet and a demonstration lesson. There is no obligation whatsoever.

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☐ Business Mgt. ☐ Income Tax
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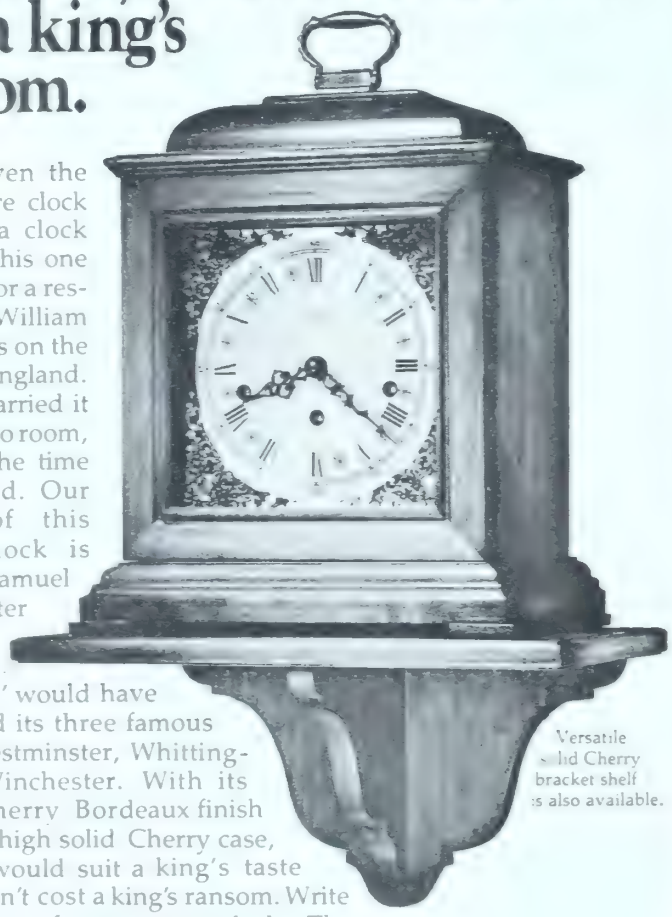
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Versatile solid Cherry bracket shelf is also available.

Howard Miller Clock Co.
Zeeland, Michigan 49464

Your family's nutrition

Nutrition labeling: Proof of the pudding

by Eloise R. Trescher, RD

Nutrition Labeling, a project begun in 1973 by the Food and Drug Administration (FDA), is alive and well. It is designed to provide practical and reliable nutrition information for consumers, enabling us to make intelligent food choices, compare food products, and feel assured of a good selection. It is expected to improve the nutritive quality of foods and increase consumer confidence in the food industry.

Reading labels is an appetizer, a mini-course in nutrition, arousing our interest to learn more. At present, nutrition labeling is voluntary. It is mandatory only when a nutrient is added to a food to replace nutrients lost during processing, for fortification, *or* when an advertising claim is made for the nutritional value of a food such as "high in," "rich in," "excellent," "good," "packed," or "loaded." Additional rulings of the FDA have been well-summarized by the National Dairy Council:

"A claim cannot be made that a particular food is a significant source of a nutrient per serving unless that nutrient exists in the food in an amount equal to or in excess of 10 percent of the U.S. RDA (United States Recommended Daily Dietary Allowance) for that nutrient per serving. Labeling claims may not suggest or imply the following:

1. That a food is beneficial in the prevention, cure, mitigation, or treatment of a disorder;

2. That a balanced diet of conventional foods contributes an insufficient amount of nutrients;

3. That a suboptimal nutrient profile of a food, due to soil composition in which the food was grown, contributes to an inadequate daily dietary intake;

4. That various food processing and handling techniques result in a deficient daily diet;

5. That the food has dietary attributes when those properties are of no consequence in human nutrition;

6. That natural vitamins in food are superior to added vitamins."

As indicated on the label above, nutrition information includes serving size, number of servings per container, calories, and the amount of protein, fat, and carbohydrate in grams (a gram is about 1/30th of an ounce). The listing eight nutrients is mandatory, *ev* if only two nutrients are remov in processing, then added. Th must be listed in this order—

Protein	**Riboflaven**
Vitamin A	**Niacin**
Vitamin C	**Calcium**
Thiamin	**Iron**

They must also be expressed a percentage of the U.S. RD Other nutrients may be listed, b *must* be listed if added to a foo If a serving of food contains le than 2 percent of a nutrient of t U.S. RDA this is noted by an ast risk and the statement "*Contai less than 2% of the U.S. RDA these nutrients."

Many people do not know th the "ingredients" part of a lab must list every ingredient include in the food product in the order its concentration. The item, or i gredient, present in the large amount is listed first, and so o down the line. The two labels b low demonstrate this and sho relative proportions of an ingred ent at a quick glance. For examp in the bottom label, where veg table oil follows salt, you can sure that there is very little veg table oil in the product.

NET WT 10½ OZ 298 GRAMS.
HEAT & SERVE OR USE COLD FOR SALA
Ingredients
Cut Green Asparagus, Water, Salt.
NUTRITION INFORMATION
Serving Size . . . . . 1 cup
Servings per Container . . . 1¼
(or 3 3½-oz. servings)

Per One-Cup Serving:			
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Continued on page 2



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There is no other mattress built like the Sears-O-Pedic® Imperial. It has many built-in exclusives no other mattress offers.

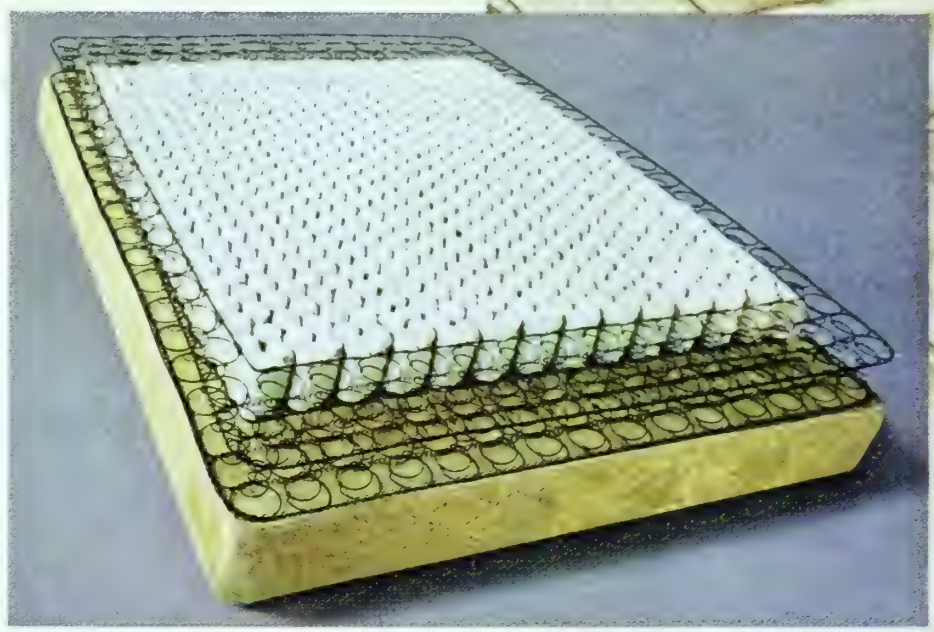
Just check these quality features. Then shop and compare. We think you'll agree — that there is no other mattress and box spring set built with the same good marriage of comfort, firmness and durability features.

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The incredible comfort of the Sears-O-Pedic Imperial starts down deep with strength. The responsive strength of individually pocketed coils.

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It's one secret to the Sears-O-Pedic Imperial's incredible durability. And you find it only at Sears. This cutaway of the mattress can show you what we mean. Edging the core of individually pocketed coils are border coils of extra-firm heavy-gauge steel. These border coils are in turn supported by an exclusive double-border wire construction.

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Thickly quilted side edges. More protection for the coils. More comfort for you.

The Sears-O-Pedic Imperial. It's a Sears Best. *We* think it's the best mattress you can buy anywhere. *You* can prove it for yourself. Available in twin, full, queen and king sizes. All with built-to-match box springs. All right now at larger Sears, Roebuck and Co. stores and in the catalog.

Sears * Best

Only at Sears

On a label, the item or ingredient present in the largest amount is listed first, and so on down the line

Nutrition labeling

continued from page 24

In a recent interview in *U.S. News & World Report*, Dr. Alexander M. Schmidt, Commissioner of the Food and Drug Administration, outlined the increasing concern of the consumer about drugs, chemicals, the ozone layer, and food. He attributes this concern to the increase in scientific knowledge and the demands of the better educated consumer for action to avoid hazards that the scientists are discovering.

To answer the question, "Just how safe are the things we eat?" he responded: "Basically our food supply is safer than it has ever been, no question at all. With all the concern over food additives* we tend to overlook the fact that hazards from additives are very small, infinitesimal really, compared with risks that were in food years ago and that now have been reduced to practically zero.

"There is less microbiological contamination than ever before because manufacturing processes are getting better all the time. As an example, the amount of lead in juices and baby foods has been halved since 1973. Heavy-metal contamination in food is at its all-time low right now and sinking fast."

When asked, "What is the big danger in our food supply today?" Dr. Schmidt said: "Bacterial contamination of food still leads our list of hazards. More than two million people a year in this country get sick from what we commonly call food poisoning, but most cases result from poor handling of food while it is being prepared or stored."

Americans want really sound information on nutrition. The National Nutrition Consortium, Inc., can help. A dependable source, this organization was also founded in 1973 "with the purpose of promoting the health and well-being of the American people." The Consortium is made up of leaders from six major societies and represents more than 50,000 members of various food and science organizations.

The six societies of the Consortium are:

1. The American Diatetic Association, the national professional organization for dietitians.

2. The American Society for Clinical Nutrition, an organization of physicians and scientists engaged in clinical nutrition research.

3. The American Institute of Nutrition, whose membership includes university, government, and industry researchers in nutrition, biochemistry, and physiology.

4. The Institute of Food Technologists, a professional society concerned with techniques for improving the food supply.

5. The Society for Nutrition Education, whose goal is more effective nutrition education.

6. The American Academy of Pediatrics, an association of pediatricians whose primary purpose is insuring the "attainment by all children of the Americas of their full potential for physical, emotional, and social health."

The Consortium's new booklet *Nutrition Labeling* contains far more information than its name implies. In concise, easily understood language it explains all ... most of us need to know ab... calories, proteins, carbohydr... fats, cholesterol, sodium, ... RDA's recommended daily die... allowances vitamins, and mine... (both those which *must* be li... and those which *may* be list... how to make the most of label... formation, plus four append... and an index. Rarely is so m... useful information presented i... few (134) pages. The booklet ... help you assess advertisers' n... tion claims and understand n... tion labeling at a glance.

Nutrition Labeling is $2 p... paid and may be obtained from ... National Nutrition Consorti... Inc., P.O. Box 4110, Kankak... Ill. 60901. Order it, read it. Wit... sound knowledge of nutrition, ... can plan well-balanced meals ... your family at less cost than ... thought possible in these days ... skyrocketing food prices.

This booklet concerns itself o... with the consumer. The work ... the Food and Drug Administrat... on nutrition labeling, howev... also concerns the manufactur... the regulatory agencies, and e... cators. The FDA is not only al... and well, but working hard. ■

*THE FDA DOES NOT DECIDE WHETHER FOOD AND COLOR ADDITIVES MAY BE USED. THIS IS DONE BY CONGRESSIONAL LEGISLATION. ALL THE FDA DOES IS TRY TO DETERMINE THROUGH RESEARCH WHICH FOOD AND COLOR ADDITIVES ARE LEGALLY SAFE ENOUGH TO BE USED IN FOOD.

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Source: Sales Volume – Maxwell Report Report 1975.
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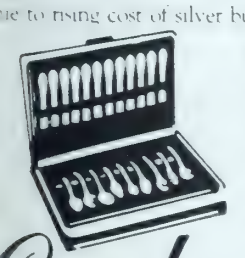
M	GROUP I		GROUP II		GROUP III	
	Reg. Price	30% Off Price	Reg. Price	30% Off Price	Reg. Price	30% Off Price
Pc. Set Eight	$880.00	$616.00	$1004.00	$703.00	$1125.00	$789.00
Pc. Set Four	440.00	308.00	502.00	351.40	564.00	395.00
spoon	20.00	14.00	23.50	16.45	27.00	18.90
e Fork	32.00	22.40	36.00	25.20	40.00	28.00
e Knife	30.00	21.00	34.00	23.80	38.00	26.60
d Fork	28.00	19.60	32.00	22.40	36.00	25.20
e Spoon	28.00	19.60	32.00	22.40	36.00	25.20
ader	20.00	14.00	23.50	16.45	27.00	18.90
l Bev. Spoon	25.00	17.50	29.00	20.30	33.00	23.10
e Fork, Large	41.00	28.70	46.50	32.55	52.00	36.40
e Knife, Large	36.00	25.20	40.00	28.00	44.00	30.80

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M	GROUP I		GROUP II		GROUP III	
	Reg. Price	30% Off Price	Reg. Price	30% Off Price	Reg. Price	30% Off Price
tter Serving						
nite (H H)	$ 25.00	$ 17.50	$ 27.50	$ 19.25	$ 30.00	$ 21.00
old Meat or						
ffet Fork	58.50	40.95	64.00	44.80	69.50	48.65
ravy Ladle	58.50	40.95	64.00	44.80	69.50	48.65
e or Cake						
erving Knife	30.00	21.00	35.00	24.50	40.00	28.00
ugar Spoon	29.50	20.65	32.00	24.50	36.00	25.20
ablespoon	53.50	37.45	60.00	42.00	66.50	46.55
ablespoon, Pierced	53.50	37.45	60.00	42.00	66.50	46.55
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Good looks and good health

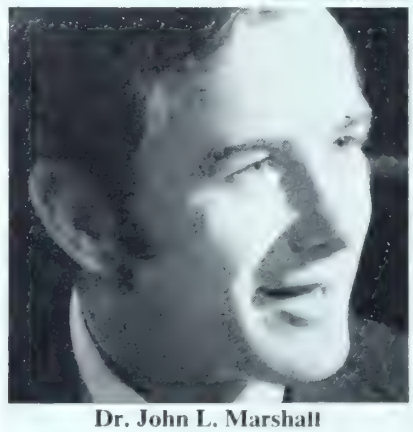
The game's the thing

Guidelines to prevent sports injuries

Advice from specialist Dr. John L. Marshall

By Caroline Seebohm

BERN SCHWARTZ



Dr. John L. Marshall

"Anyone for tennis?" The summer sports season is now well under way, and the sight of joggers, golfers, tennis players, and swimmers is a familiar one on the playgrounds of America. It's all good, healthy fun, of course, but a wise weekend sports enthusiast knows that there's more to a long, active, outdoor life than a summer workout.

"For people over college age, who are not professional athletes, the most common sports injuries are muscle pulls, tendonitis, minor sprains and strains; what we call over-use syndromes," says orthopedic surgeon Dr. John L. Marshall, Director of Sports Medicine at New York's Hospital for Special Surgery. "And a lot of this has to do with the way people condition themselves to play. Unfortunately, most recreational athletes play to get in shape rather than get into shape to play. Thus they put demands on themselves, which are beyond their physiological limits—not necessarily seriously so, but enough to cause them trouble and perhaps prevent them playing for a while."

Dr. Marshall is orthopedic consultant to the New York school system (seeing 4,500 children in contact sports), also to two Cornell University athletic teams and *the* U.S. ski team, and sees a variety of recreational and professional athletes—so he has seen a few injuries!

"The injuries come from excessive forces. These forces can result from moving too much one way, or moving the wrong way too much. An example: tennis elbow. Tennis elbow is brought on or aggravated by too much motion of the wrist, causing a muscle pull in the elbow. This gets accentuated by bad tennis, i.e. by the fact that you are whipping your wrist too much when you hit the ball. Weekend players make this mistake all the time. Thus, there is too much force repeatedly in one spot, causing tennis elbow."

Dr. Marshall mentions that a very stiff racket, whether steel or wood, will aggravate this condition. "It's the stiffness, plus the weight, that contributes to tennis elbow. A tennis racket should be light, with the right degree of flexibility, and strung properly, approximately 55 pounds."

A pulled leg muscle is caused by similar forces. "You have very tight structures in the back of your leg," explains Dr. Marshall, "making it hard to get your heel right down on the ground when you are moving around fast. If for some reason you jam your heel down when your muscle is contracted, you get a tear. In all these cases, what happens is that the muscle finally strains or fails."

A very useful discovery has recently been made in the field of sports injuries, which Dr. Marshall believes all amateur athletes should know about. "People may have loose joints or tight joints," he says, "and you should find out what you have, because they make you susceptible to different injuries. Loose-jointed people, for instance, are susceptible to kneecap trouble, because the kneecaps tend to drift and slide (Billie Jean King is an example). Such people may also be prone to dislocations and knee pain. Tight-jointed people are more susceptible to tendinitis of the elbow or shoulder, for instance. Also, these people suffer more muscle pulls and tears, pinched nerves, and back and neck problems.

"In football, where we have done a lot of research, we think we can predict with almost 80 percent accuracy, based on your body type, age, and exposure (i.e. level of competition), whether you are go-

Continued on page 32


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People may have loose joints or tight joints and you should find out which you have, because they make you susceptible to different injuries

Sports injuries

continued from page 30

ing to have a ligament or tendon injury. We need to do this in more sports—it is possible."

There are some simple tests to see if you are loose or tight—some you may have tried for fun as a child—for instance, seeing how far you can draw your thumb down (with your other hand) to touch your forearm, or, with wrist relaxed, how far you can bend your first finger back towards your forearm. A very loose-jointed person can lay his finger right down on the forearm. You can also be a mixture of both. One can have loose fingers, elbows, and shoulders, but be tight from pelvis to toes, for instance—a common case in women. According to Dr. Marshall, your looseness or tightness does not generally change with age. What changes is susceptibility as muscles become less flexible.

"Flexible muscles are very important," he says, "especially for the weekend athlete. You can play sports all you want on the weekend, but if you do nothing all week your muscles will tighten up again and you'll be back where you started. That is why everyone should do flexibility exercises as a warm-up. One professional basketball player stopped flexibility exercises after doing them for years. The following season he was plagued by thigh muscle tears, ankle sprain, groin pull, and back pain. We used to go out and do calisthenics, but we now find that good flexibility is really what matters as far as preventing injuries is concerned."

Accidents will happen, however. Dr. Marshall sees them all the time. He has four instructions for sports enthusiasts who get a sprain or a pull. "First, rest. Next, make the muscle more flexible by doing stretching exercises. Third, make the muscle strong again with strengthening exercises. Last, find out what caused or aggravated the injury (a stiff racket, bad equipment, or wrong movements, for instance) so you can correct that. All those elements are essential for good treatment."

Finally, Dr. Marshall suggests four guidelines for all amateur athletes, that may avoid having to go through the above routine.

1. Have a basic understanding of your capabilities. Know your own body type. This means evaluating what kind of an athlete you have been all your life—how you participated in school, college, and up to the present. This suggests a realistic approach to what *you* choose to do.

2. Get expert help. Talk to coach, or any professional in the discipline you have chosen. If you can, find a physician who knows about sports to go over your history with you. But any good sports teacher can give you advice about a training program and learning the discipline of your sport.

3. Understand the sport you have chosen, so you start with some knowledge—what shoes to wear, what is the best equipment, and so forth. Read about the sport you want to play to keep up-to-date on conditioning, new ideas in the field—techniques, equipment.

4. Learn how to stretch your muscles properly with flexibility exercises that will minimize your susceptibility to injury. Do not strain; just stretch to the point where you feel an 'easy' stretch. Hold the position without bouncing—then relax." (Some new back exercises are on page 99.)

Dr. Marshall has one final word of encouragement. "I have a friend who has started playing competitive tennis *at the age of 40*," he says. "He had never practiced a sport in his life, but suddenly got the tennis bug. Through talking to coaches, reading, studying the game, he has worked out a very efficient training program and over time he has reached a competitive standard. So if you work up to it, knowing what you can do—for each individual is different—*You can do that too!*"

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Continued on page 169

"We're 2,000 miles apart now, but still just as close."



Before I could tell time, I knew when my dad would be home from work. I'd be waiting at the window, watching for him to turn the corner.

When I was old enough, I'd run to the bus stop to wait for him. And we'd race each other to the porch, then sit on the steps and talk about everything from football to cowboys.

That part of the day was ours. Now, we're 2,000 miles apart, but I still get a kick out of sharing my day with him.

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here is a rug hanging in one of this country's st illustrious museums that is considered to one of the most striking examples of Early erican folk art.

t was hand-stitched and pieced together hetime around the 1820's by a young woman ned Zeruah Higley Guernsey, who lived in stleton, Vermont.

Zeruah was engaged to a sailor who had gone to sea, and to make good use of the lonely s of waiting, she practiced her needlework, ng yarn she had spun and dyed herself.

But the years passed, and she came to realize t her sailor would never return to marry her l that none of her intricate designs would r grace a new home.

She had so many pieces by this time that she ved them together into a rug.

And, because of the skill and imagination t went into it, the rug is a museum piece to- y.

rpeting, rugs, and ewel kits to match.

Now Wellco has taken twelve of Zeruah's eliest designs and translated them into the nerican Heirloom group of carpets, rugs and ewel kits.

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To complement the pattern, you can get lid-colored broadloom in 32 coordinated colors.

And there are six different crewel kits for you to choose from, so you can recreate Zeruah's designs for yourself—and make them into pillows or chair covers or wall hangings, to match the carpeting.

The strongest guarantee in the carpet business.

All American Heirloom carpets and rugs are made from Anso,® the anti-soil nylon carpet fiber from Allied Chemical.

And they all carry the label shown here, which means they're protected by the Allied Chemical Guaranteeth®: the guarantee with teeth.

This promises that, should any part of the carpet or rug wear more than 10% in five years, Allied Chemical will replace it free, including installation.

No carpet fiber has a stronger guarantee.

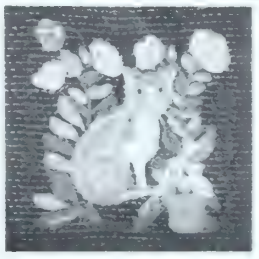
So American Heirloom sets a new, high standard of quality in carpeting.

And in spite of the sad history of its design, it's sure to have a happy future in your home.

Wellco Carpet Corporation
P.O. BOX 281
CALHOUN, GA 30701



50% Discount on Crewel Kit



"The Blue Cat," shown here, is just one of the six imaginative designs chosen for the American Heirloom Crewel kits.

Bring this coupon to your dealer, and he'll give you a 50% discount on any of the crewel kits.

See American Heirloom carpets, rugs, and crewel kits at any of these dealers:

SKA
Fuller O Brien Paints & Floor Covering
Floorcraft Inc
John's Custom Floors

ABAMA
Sullivan Furn Co
Don s Paint n Carpet
Loveman s
Clark Floor Covering
Furniture Fair
Van Ritch Carpets & Interiors Inc
Furniture Fair
Carpet & Vinyl House Sales
Sullivan Furn Co
Smith Alsop Paint & Wallpaper
Ryan Carpet Inc
Furniture Fair
Jeff's Floor Coverings Inc
Loveman s
Smith Alsop Paint & Wallpaper
Carpet & Draperies Inc
Floor Styles Inc
Teague-Owen Carpet Sales & Serv

LIFORNIA
Levitz Classic House Gallery
Conklin Bros
Levitz Classic House Gallery

LORADO
Kinder Inc

NNECTICUT
Levitz Classic House Gallery

ORIDA
Carillon Rug
Bond Enterprises Inc
Cardin & Sons
J C Floor Covering
Coach House Interiors
Huggins Floor Covering
The Carpet Corner
Ceilings Beyond Interiors
Haverty s Furn. Co
Able Carpet Co
North Bay Floor Covering
Classic House
Edward Interiors
Simpler Carpets & Tile
Panama Machine & Supply
We II Floor U, Inc
Artistic Carpet Co

EORGIA
Jordon Furn Co

LINOIS
Great Central Lumber Company
Smith Alsop Paint & Wallpaper
Carpet Mart
Ensenberger's
Smith Alsop Paint & Wallpaper
Crawford s Fashion Floors
Dale Carpet Company
Graham & Sons Inc
Smith Alsop Paint & Wallpaper
Good s Furniture
Miller O Neill
The Decorator Shop
Levitz Classic House Gallery
Andrews Lumber
Don El Carpet & Tile Company
Smith Alsop Paint & Wallpaper
Smith Alsop Paint & Wallpaper
Tazewell Floorcovering
Streul Floor Covering
Stieger's
Adams Furniture
Lippmann's Furniture and Interiors
Smith Alsop Paint & Wallpaper
Smith Country Carpet
Sauder Furniture Store
Levitz Classic House Gallery
Smith Alsop Paint & Wallpaper
Lynn Furniture Co
Ace Hardware & Home Center
Landmark Carpet Company
Meikes Floor Covering
Millstreet Carpet Company

NDIANA
Broyles Home Furnishings Inc
Harmon Flooring Inc
Smith Alsop Paint & Wallpaper
Homesrite Carpet Sales Inc
Hartley Furniture
Piepers Carpet Outlet
Gerber Furniture
McCurdy s Paint & Wallpaper
Disque Carpet Carousel
Coppinger Floor Covering
Columbus Carpet
Interiors Ltd

Crown Point — The Carpet Chalet
Culver — Bootsma s Home Furnishings
Decatur — House of Carpet
Dunkirk — Stewart Bros Inc
Evhart — Henrie s Carpets Inc
Evhart — Smith Alsop Paint & Wallpaper
Evansville — Hormuth Decorating Center
Evansville — Smith Alsop Paint & Wallpaper
Ft Wayne — Smith Alsop Paint & Wallpaper
Ft Wayne — Suzanne s Carpeting, Inc
Ft Wayne — Three Kings Flooring
Franklin — Holthouse Furniture
Garrett — A&M Carpet Shop
Greensburg — Holthouse Furniture
Greenwood — The Carpet Yard
Greenwood — Floor Shoppe
Hammond — Cover-Rite Carpeting
Hammond — Leary's Linoleum & Carpet Co
Indianapolis — Carpet Town
Indianapolis — Floor Fashions Co
Indianapolis — Kitties Furniture
Indianapolis — McDonald Interiors
Indianapolis — Jerry Miller Carpets
Indianapolis — Riggs Paint and Wallcovering
Indianapolis — Smith Alsop Paint & Wallpaper
Indianapolis — The Bayberry Corner
Indianapolis — United Rug & Linoleum Co
Kendallville — Berhalter Furniture Inc
Knightstown — Hughes Carpet
Kokomo — Smith Alsop Paint & Wallpaper
Kouts — Kouts Sho- N -Tel
Lafayette — Bob Memmer Carpet
Lafayette — The Rug Shop
Lafayette — Smith Alsop Paint & Wallpaper
LaPorte — Surrey House
Lebanon — Taylor-Smock Co Inc
Logansport — The Golden Rule
Marion — Smith Alsop Paint & Wallpaper
Martinsville — Powell Floor Covering
Martinsville — Terrell s Furniture
Mentone — King s Furniture & Carpet
Merrillville — Smith Alsop Paint & Wallpaper
Michigan City — Smith Alsop Paint & Wallpaper
Mitchell — Spring Mill Carpet
Muncie — Bell Stores
Muncie — Holthouse Furniture
Munster — Smith Alsop Paint & Wallpaper
Nashville — Wesley s Floor Fashions
Nappanee — Pletcher Furniture Village
New Castle — McGrady Furniture & Carpet
New Castle — New Castle Carpets
New Castle — Smith Alsop Paint & Wallpaper
Osceola — R&J Carpet Co Inc
Peru — Circus City Furniture
Portland — Mediers Furniture
Richmond — Holthouse Furniture
Richmond — Smith Alsop Paint & Wallpaper
Rochester — House of Décor
Russiaville — Stout Home Furnishing
Seymour — Seymour Decorating Center
South Bend — Aretz Carpet & Drapery
South Bend — Factory Tile Inc
South Bend — J E Walz Inc
Speedway — Smith Alsop Paint & Wallpaper
Syracuse — Glon Furniture & Carpet
Terre Haute — Chairs Galore and More
Terre Haute — Smith Alsop Paint & Wallpaper
Twelve Mile — Bert s Interiors
Valparaiso — Fiors Inc
Valparaiso — Smith Alsop Paint & Wallpaper
Valparaiso — Tudor Fashion Floors & Draperies
Wabash — Miller Furniture Company
Warsaw — Custom Tile Co Inc
Zionsville — Love Furniture

IOWA
Bem — The Bear Rug
Colfax — Cylinder Lumber Company
Davenport — Heritage House
Dubuque — Kahle Carpet Co
Keokuk — Streeters Paint and Wallpaper
Mt. Pleasant — Whites Floor Covering
West Point — Freitag Furniture Inc

KANSAS
Baxter Springs — Sweet's Furn
Kansas City — A. R. Moore Carpet
Lenexa — Levitz Classic House Gallery
Overland Park — Decorator World
Overland Park — Jones Store Co
Shawnee — Shawnee s Maple Mill
Carpet & Tile

KENTUCKY
Ashland — Topping-Christian, Inc
Hopkinsville — Herb Hays Furniture
Lexington — Adair Building Crafts
Lexington — Dicken s Floor Covering
Lexington — Hisle Carpet & Floor Covering
Lexington — Lexington House of Interiors
Lexington — The Sherwin-Williams Co
Madisonville — LeGate Discount Furniture
Murray — Thurman Furniture Inc
Paducah — G&M Carpet Inc

LOUISIANA
Baton Rouge — Concord House
Lockport — Coastal Floor Covering Inc
Metairie — Levitz Classic House Gallery
Lafayette — C M D Carpets
Lafayette — Gerald Geram, Interiors
Lafayette — United Tile Co Inc
Lake Charles — Carpet Corral
Lake Charles — McIver Carpet
Lockport — Linoleum Company
Monroe — Service Home Center
Natchitoches — Rug & Carpet Center
New Orleans — LeJeune s Metairie
New Orleans — Ralph s Floor Center
New Orleans — Rug & Carpet Center
Shreveport — Twin City Paint & Carpet

MAINE
Augusta — Floormaster Inc
Waterville — Kings Linoleum & Carpet Center

MARYLAND
Annapolis — Annapolis Floor Covering
Annapolis — Parole Carpets Inc
Baltimore — Boone Furniture & Appliance Co Inc
Baltimore — Forcast Floors by Shields
Bowie — Suburban Decor
Brooklyn Park — Advance Carpets
Clinton — G&W Floor Covering
Gaithersburg — Georgia Discount Carpets Inc
Gaithersburg — Hawkins Floor Co Inc
Laurel — Carpet House of Laurel
Lexington — Calvert Interiors
Rockville — Levitz Classic House Gallery
Rockville — Value Carpet
Silver Spring — Miles Carpets of Vienna Inc
Westminster — Carroll County Carpets

MASSACHUSETTS
Auburn — Kesseler & Morse Company
Braintree — Southern Carpet Mill Outlet
Hyannis — Hyannis Paint & Wallpaper Inc
Lawrence — Bourque Bros Inc
Methuen — Warehouse Assoc
Westport — Woburn Floor Covering
Worcester — Corey & Gruber Carpet Cleaning Inc
Eddy s Furniture

MICHIGAN
Alma — Assman s Carpet Inc
Battle Creek — L G McDaniel Company
Bay City — C E Rosenbury & Sons
Berkley — Valley Carpet Service
Berrien Springs — Mr. Ed s Home Center
Cadillac — Van Drie Furniture
Charlevoix — Bartlett s Decorating Center
Chesterfield — Country House Interiors
Chesterfield — Hagstrom Floor Covering
Clawson — Deron s Clarkston Furniture & Appliance Co
Dearborn Heights — Tina s Furniture Gallery and Custom Draperies
Dewitt — Ballard s Home Center
Eastpointe — Hyborn Carpet
Farmington Hills — Worden s Floor Covering
Gaylord — Hooper Floor Covering
Grand Rapids — Gallery of Floor Covers Inc
Grand Rapids — Standale Lumber & Supply Co
Grand Rapids — Verhey Carpet
Hastings — Brown s Custom Interiors
Jenison — Haan Tile & Floor Covering
Lansing — Northcrest Interiors
Livonia — Farris Bros
Manistee — The Branded Rug
Manistee — Wolf s Carpet & Floor Covering Inc
Midland — Mohr Carpet Company
Mt. Morris — Carpets by Murray Inc
Mt. Pleasant — Assman Carpet
Mt. Pleasant — Mt Pleasant Floor Covering
Newport — Country House Furniture
Owosso — Hornus Floor Covering
Petoskey — Sweet s Carpet
Pontiac — Shell Floor Covering
Richmond — Richmond Floor & Wall Center
Rogers City — Best Carpet Co
Royal Oak — Lackey s Floor Covering
Saginaw — Ed Lynes & Sons Carpet Co
Saginaw — Markey Elliott Furniture
St. Clair Shores — Houlihan's Floor Covering
Sanford — P&M Sales
Sebewaing — Kobtz Floorcovering
Southgate — McLaughlin s American Tradition
Sturgis — Smith Alsop Paint & Wallpaper
Sutton's Bay — Edward s Home Furnishings
Tawas City — Wojahn Floorcovering
Traverse City — Designers North
Traverse City — Northern Floor & Tile
Whitehall — Keith Carpet & Floor Covering

MINNESOTA
Albert Lea — Floorcrafters Inc
Garfield — Custom Floor Covering
Hopkins — Blunt-Carlson at 714
Minneapolis — Powers Department Store
New Ulm — Broadway Dis-count Interiors
Northfield — Floor Covering Center
Rochester — Nelson Furniture Co
Stillwater — Resch Tile and Carpet

MISSISSIPPI
Hattiesburg — Pioneer Furniture Co
Laurel — Bryan Carpets
Meridian — Lockhart Tile Shop
Tupelo — Flemming Bldg Supply

MISSOURI
Blue Springs — Con Carpets
Ferguson — Sherwin Williams
Fulton — Towne Furniture
Hannibal — The Sherwin Williams Company
Independence — Levitz Classic House Gallery
Kansas City — Great Central Lumber Company
Kennett — Jones Store Co
Kirksville — R D Mann Carpet Co
Lemay — Louisiana Furniture Co
Nevada — Old Missouri Rug Co
Nevada — Fairway Carpets
Rolla — Show Me Carpets
Springfield — Mann Carpet Company
St. Louis — Smith Alsop Paint & Wallpaper
St. Louis — Johnson Carpets
St. Louis — Smith Alsop Paint & Wallpaper
Wentzville — Lohkamp Paint
Wildwood — Home Rug & Furn Co

MONTANA
Bozeman — Serve-Ur Self Furniture
Missoula — Joslin Furniture & Carpeting
Missoula — Loren s House of Carpets

NEW JERSEY
Asbury Park — LFO Linoleum & Carpet
Bayonne — Strickland Carpet Co
Bayonne — Perfection Plus
Bayonne — Aldo Carpet
Bergenfield — Bergenfield Floors
Bordentown — Garden State Floor Covering
Bound Brook — New Deal Carpet Center
Brick Town — Weber s Furniture World
Burlington — K. Ayvan Carpets Inc
Cherry Hill — Best Tile & Carpet Co
Cherry Hill — Big V on 23 (formerly Sharvan Designs)
Clifton — The Carpet Cottage
Closter — Ewer s Carpets Inc
Cranbury — Holt Carpet Centers
Cherry Hill — Metropolitan Contract Carpets Inc
Delran — Glamor House Inc
Dover — Doughty Furniture
Eatontown — Aarons Furn and Floor Covering
Edison — Clinton Floor Covering
Elizabeth — Smith s Closter Carpets
Fair Lawn — Ralph C Berry Interiors
Fairfield — Carpet Dynamics
E. Brunswick — Sterling Edison Co
Flemington — Carl Narz Furniture Co
Flanders — The Carpet Scene
Florham Park — Carpet Center
Freehold — Florence Furnishings
Frenchtown — Towne Carpet
Hackettstown — Design Interiors
Haledon — Faber Bros
Hamburg — Whitehead Carpet Center
Hawthorne — Hawthorne Rugs Remnant Shop
Hazlet — The Magic Carpet
Hillsdale — The Sherr Co
Hoboken — Perristein Furn
Jackson — Jon Ray Floor Covering Co
Lakewood — Linden Floor & Carpet
Lambertville — Campbell Carpet Company
Madison — Carpet Creations by Berard
Manalapan — Statewide Floor Covering
Manasquan — Ott s Interiors
Marlton — The Decorator
Matawan — Tina Lynn Decorators
Metuchen — Miller s Carpet
Middletown — Well s Rug Service
Mt. Holly — Fabric Center
Newark — Ats Carpet
Newark — Mack Floor Covering
Newfoundland — Faber Bros
Newton — Interiors Unlimited
No. Plainfield — Harty s Floor Covering
Paramus — Faber Bros
Park Ridge — Classic Carpet
Passaic — Ole Olsen Co
Passaic — I Packer & Co
Pennington — Progressive Floor Covering Co
Pennington — Interior Application Inc
Perth Amboy — Wilton Carpet Co
Perth Amboy — State Floor Covering
Phillipsburg — McGinley Mills
Plainfield — Hamrah-Emerson Carpets
Point Pleasant — Ocean City Floor & Wall
Point Pleasant — The Rug & Furniture Mart Inc
Rahway — Arthur C. Fried
Ridgefield — Oakland Carpet & Linoleum
Ridgefield — The Rug Barn
Ridgewood — J. B. Boyle Furniture
Ridgewood — Ridgewood Rug
Rockaway — Whitehead Carpet Center
Roseland — Abe s Carpet Service
Sayreville — Shehadi Rug Company
Shrewsbury — Shehadi Rug Company
Somerdale — Somerdale Carpets
Somerset — Collier Home Fashion Center
Somerville — Hamrah-Emerson Carpets
Spotswood — Carpet World
Spotswood — Mohawk Lumber Co
Spotswood — LFO Linoleum & Carpet
Spotswood — Shehadi Rug Company
Toms River — Greig Bros & Sons Floor Cov
Trenton — Carpet World
Upper Montclair — Patrician Floor Fashions
Vineland — Hub s Linoleum
Vineland — Green Ridge Carpets
Vineland — Rug & Design Fair
Wallington — Villas Furniture & Carpet Co
Washington — Brody s Wayside Furniture
Wayne — Donohue s
Wayne — Wayne Tile and Carpet
Woodbridge — Sterling-Edison Floor Cov Co
Woodbridge — Gallery of Carpets Inc
Woodbridge — Faber Bros

NEW MEXICO
Belen — Don Clark Furniture Center

NEW YORK
Albany — Custom Floors
Baldwin — Greene and Roth
Bayshore — Carpets by Joves Inc
Bellmore — Number One Carpet, Inc
Binghamton — Marina Carpet
Bronx — Sam s Carpet Linoleum & Tile
Brooklyn — Alpine Floors
Brooklyn — Carpet Corner
Brooklyn — K&S Carpet Co
Brooklyn — H Klein
Brooklyn — Mullers Family Carpet Store
Brooklyn — Try Tex Stores
Brooklyn — Vanocur s
Cheektowaga — Conover s Carpet & Bedding Co
Chittenango — Chateaugay Floors
Clifton Park — Aladdin Carpet
Commack — American Carpet Warehouse
Cooperstown — Miron s Lifetime Plastics
Cooperstown — Cooperstown Colour Center
Corinth — Coram Rug
Corning — Marina Carpet
Cortland — Vinces Floor Covering
Dobbs Ferry — W. M. Marvin s Sons Inc
East Aurora — Levitz Classic House Gallery
East Syracuse — Interstate Broadloom
Elmsford — Par Floors
Flushing — G Fried Carpetland
Fonda — Mill Guson Floor Cov Center
Forest Hills — Baers Rug & Linoleum
Geneva — Geneva Warehouse Sales
Glen Cove — G Fried Co
Glens Falls — Glens Falls Carpet Center
Glens Falls — Northway Floors Inc
Greenlawn — Rich s Floor Covering
Hamburg — Johnson s Decorating Center
Hamburg — Ithaca Floor Covering
Hauppauge — Provenzano Floor Covering
Hicksville — Colonial City Carpet
Ithaca — Custom Floors
Jamaica — Sabloff s
Liverpool — Carpets Wholesale
Massapequa — Long Island Linoleum & Co Inc
Middletown — Anthony s Carpet of Genseo
Middletown — Fred s Carpet Center
Monroe — Luresa Carpet Inc
Mt. Vernon — Westchester Floor Covering
Newburgh — Melio Carpets
New York City — Ave C Floor Covering
New York City — Carpet Loft
No. Syracuse — Carpet Gallery
Norwich — Hamilton House of Norwich
Oceanside — Bresees
Ocean Park — Liberty Carpet Exchange
Peekskill — Rug Barn of Beacon
Pelham — Gordon Floor Covering
Plattsburgh — Wood s Floor Covering Inc
Port Washington — Anthony s World of Floors
Poughkeepsie — The Carpet Peddler
Poughkeepsie — Classic Interiors
Poughkeepsie — Milanese Carpet
Poughkeepsie — Micelli Carpet
Poughkeepsie — Mid Hudson Floor & Wall
Rensselaer — Hudson River Carpet
Ridgewood — Dorter Rug Shop
Riverhead — Marina Carpet
Rochester — McGinley Mills
Rockville Centre — C&S Floor Covering
Rome — Elegant Carpet Co
Rome — DeAngelis Furniture Inc
Rome — Interiors by Design Inc
Salamanca — Custom Floors
Schenectady — Sybelle Carpet Co
Scotia — Rockland Carpet Mart
Smithtown — Richmond Carpet
Spring Valley — The Floor Store of Syosset
Syosset — Onondaga Discount Carpet
Tarrytown — Davis Floor Covering Inc
Troy — Devane s Inc
Utica — Ken Feiden Home Furnishings
Wappingers Falls — O Connor Tile and Carpet
Watertown — JGV Rug Outlet
Webster — Wheeler Floor Covering
Westbury — Transit Carpets Inc
Williamsville — Carpet Barn

NORTH CAROLINA
Asheboro — Aulander Furnishing Co
Asheboro — Asheboro Carpet & Supply
Burlington — Hartleys Carpetland
Charlotte — Mecklenburg Furniture Shop
Charlotte — Master Carpet & Interiors
Charlotte — Monnett Carpets & Draperies
Jacksonville — Pete McMillan Furn Co
Lexington — Carpet Jobbers Inc
Mocksville — Ken s Carpet Center
Mount Airy — Harolds Carpet Shop
Raleigh — Carolina Carpet Co
Rocky Mount — Gordon Furn Co
Wilmington — Old Town Carpet Center

NORTH DAKOTA
Minot — Al s Floor Covering
Minot — Sebby s Inc

OHIO
Ashland — Schaefer Carpet & Decorating
Ashland — Leininger Floor Covering
Ashland — Thies s Interiors
Bowling Green — Wilnorman Carpet House Inc
Brook Park — Century Floor Covering
Canton — B&L Carpet
Delta — Dunbar Floor Covering
Dublin — Koellisch Karpet Co
Englewood — Empire Furniture Co
Germantown — Holthouse Furniture
Mansfield — Floorcraft
New Philadelphia — Edwin Maurer Co
Mt. Vernon — Koellisch Karpet Co
Northfield Center — Warner s Floor Covering
Norwalk — Marvin Sommer Decorators Inc
Norwalk — Carpeteria
Ottawa — Mallevich
Painesville — Marshall Carpet Company
Sagamore Hills — Southwest Floor Covering
Sandusky — Accent Shoppe
Springfield — Maibach s Home Furnishings
Springfield — Future Carpet & Tile Co
Steubenville — Puffenberger Floor Coverings
Tiffin — Color Haven
Toledo — Ohio Installation
Vermilion — Firelands Floors Inc
Wapakoneta — Chilcote s
Warren — Firestone and Sons Carpet Co

OKLAHOMA
Bartlesville — McCully-Schwarz Furniture & Carpet
Bethany — Bill Stone Carpets

OREGON
Ashland — Fashion Floors
Bend — Dick s Linoleum & Tile Inc
Lebanon — Wes Floor Covering
Medford — Rice Furniture and Appliance
Milwaukie — Ron s Carpetland
Portland — A E Joseph Carpets
Portland — Bennett & Williams
Portland — Foster Rd Carpets
Portland — K&L Interiors
Redmond — Pam s Carpets & Drapes
Redmond — Triple R Carpeting
Salem — Newberg Interiors Inc
Tigard — Olson Home Decorating & Design Center

PENNSYLVANIA
Allentown — Anthony s Floor & Wall
Bethlehem — Dries
Bloomsburg — Alexanders
Brookville — Floor World
Carlisle — Thrift Furniture Mart
Chambersburg — Landis C Jones Floor Coverings
Clarks Ferry — Bucks County Floors
Clifton Heights — Royal Furniture Co
Exton — Advance Floor Covering inc
Feasterville — F W Johnson Carpet Corp
Fleetwood — Harold Taylor s Carpet Corner
Glenside — Jules Isaacs Furniture inc
Harrisburg — Dauphin Tile Co
Hazleton — Essis & Sons
Holtwood — Carpet Classic
Kingston — Levitz Classic House Gallery
Lancaster — Russell s Inc
Lansdale — Plastino & Owens Inc
Lebanon — Boscov s Department Stores
Levittown — Shenk s Floor Coverings
Lewistown — Michael s Rugs & Carpets
Mechanicsburg — Esis & Sons
Nanticoke — Admiral Carpets
Norristown — V&D Carpet Sales & Service
Oaks — Gerand Enterprises Inc
Pittsburgh — Warehouse Carpet Distributors
Pittsburgh — Carpet Mart
Pittsburgh — Colonial Floor Covering
Pittsburgh — M. Grossman Furniture & Carpets
Pittsburgh — Perristein Furn
Pittsburgh — Robert Bruce Carpet
Pittsburgh — Standard Rug Co
Reading — Tuft-Tex Carpet
Reading — Carpet Land Inc
Reading — Boscov s Department Stores
Reading — Boscov s Departmeal Stores — East North West
Reading — Matthew Amoros Decorating
Reading — Bohn Furniture Inc
Reedsville — Carpet Man
Scranton — T Kern s Floor Coverings
Selinsgrove — Ken Greenwood Furniture
Shamokin — Maple Glen Tile & Linoleum Inc
Shippensburg — Taicher Interiors
Somerset — County Line Custom Interiors Inc
Warminster — Bill Kroeger s Carpet
Washington — M C Kreisher s Carpet Shoppe
Waynesboro — Benders Floor Covering
Wellsboro — Carmen s Carpet Center
West Chester — Leppo Carpet Center
York — Joseph Sayah s Carpet Center

RHODE ISLAND
Hopkinton — Brown s Floor Covering Co Inc
Warwick — Northern R I Carpet

SOUTH CAROLINA
Aiken — Utsey s
Anderson — Colony House Furn Co
Florence — Florence Carpet & Tile
Greenville — Mayfield s Inc
Rock Hill — Rickard Floor Covering

SOUTH DAKOTA
Aberdeen — Klocker Furniture

TENNESSEE
Cleveland — Smith Alsop Paint & Wallpaper
Crossville — Ritzman Carpet & Floor Covering
Dyersburg — Reed s Decorating Center
Jackson — Deels Floor Covering
Kingsport — The Carpet Shop
Knoxville — Buddy Allen Floor Covering Co Inc
Nashville — Carter Floor Covering
Nashville — Nashville Carpet Center Inc

TEXAS
Abilene — Alice Floor Covering
Alpine — Alpine Furniture Co
Alvin — Alvin Decorating & Floors
Amarillo — J & J Floor Co
Austin — American Floors
Austin — Lacks
Austin — Bellard s Drapery & Carpet Inc
Beaumont — Carpetland of Beaumont
Brownsville — Star Furniture Center
Channelview — Terry Floors Inc
Corpus Christi — Austin s Furniture Company
Dallas — Lewis Carpets
Dallas — Jack s
Dallas — McKinnon
Dallas — Columbia Carpets
Dallas — Design Gallery, Inc
Dallas — Larry s Carpet
Dallas — Levitz Classic House Gallery
Del Rio — Ricks Furniture Co
Ft Worth — Blackmon-Mooring Co
Ft Worth — Karpe Kins
Ft Worth — Mannings
Ft Worth — Trice Floor Covering
Harlingen — B & B Carpet Palace
Houston — Plantowsky s Furniture
Houston — Star Furniture Center
Houston — Black s Carriage House
Houston — Cargill s Carpet Center
Houston — Simmons Carpet Co
Hurst — Trice Floor Covering
Kerrville — J & L Electronics Furniture Carpets
Killeen — Fawcett Ind & Home Furn
Killeen — Aladdin House Furniture
Lubbock — Custom Carpet & Floor Co
Lufkin — Highland Interiors
Madisonville — Carpetronics
Midland — Clyde Green Carpets
Mineral Wells — Reynolds Furniture & Appliance
Nacogdoches — Carpets & Interiors by Rhoads
New Braunfels — Casstevens Furniture Co
Odessa — The Old Carpet Shop
Pasadena — Lambright Floor Inc
Pecos — Pecos Furniture Co
Richardson — Economy Carpets of Richardson
San Angelo — Floor Covering Shop
San Antonio — Carpet & Interior Design Ideas
San Antonio — Design Carpets & Int. Inc
South Houston — Higgin Botham Flooring Co
Temple — M & M Furniture
Texarkana — Chesnick Furniture Co
Tyler — Home Interiors

VERMONT
Burlington — Bard Home Decorating Center
South Burlington — Carpet Center

VIRGINIA
Alexandria — Allstate Building & Carpet Supplies Inc
Alexandria — Decorative Rugs inc
Alexandria — Decorator Rug and Carpet Inc
Annandale — Early s Carpet Sales & Service
Arlington — Taylored Floors
Ashland — Tommy s Carpet Floor Fashions
Charlottesville — Custom Home Furnishings
Chesapeake — Carpetland Corp
Colonial Heights — Kilgo – Rambouman Carpet
Culpeper — Mike Wilkerson of Colonial Heights
Fairfax — Tompkins Furniture Inc
Fredericksburg — Carolina Furniture Galleries
Fredericksburg — Carver s Floor Service, Inc
Fredericksburg — Modern-Way Carpet Service Inc
Hopewell — The Linoleum Shop
Martinsville — Lipscomb Bros Lumber & Home Center
Mc Lean — Estep s Upholstering and Carpet
Newport News — Carpet Gallery & Interiors Inc
Norfolk — Scotts Carpet Center
Norfolk — Scotts Carpet Center
Petersburg — Cherry Rug Co
Portsmouth — Capito Floors & Decorating inc
Richmond — Carpet Corner of Richmond inc
Richmond — Contract Tile
Richmond — Jeters Carpets Inc
Richmond — Johnson s Carpet Center
Richmond — Spry s Carpet & Wallpaper
Richmond — We Lay Carpets
Roanoke — Bailey Carpet Fashions
Roanoke — Carolina Furniture
Roanoke — Colonial Carpets
Roanoke — Carpet World
Salem — Dale s Carpet Sales
Salem — Shaw s Carpets Inc

WASHINGTON
Bellevue — Carpet House Interiors inc
Bellingham — Nick s Home Furnishings
Bremerton — E C Miller Co
Centralia — Swan Storm, inc
Kelso — Knapp and Knapp
Lynnwood — Miller s Interiors
Mercer Island — Wall Hauger Carpet Center
Moses Lake — Pemel s
Olympia — Carpet Inc
Port Angeles — Claybourne s
Seattle — McLendon Hardware
Seattle — Frederick & Nelson
Seattle — Hamilton Carpet Company Inc
Seattle — Jan M Black Interiors
Spokane — Lakewood Nonetime
Spokane — Schoenberg's
Tacoma — Slaughter s Home Furnishings
Tacoma — Stephens Inc
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Dr. Brazelton and a young patient enjoy their meeting in his office.

Dr. T. Berry Brazelton, pediatrician and author for the thinking parent, has a new book coming out in July—*Doctor and Child* (Delacorte Press/Seymour Lawrence, $10). His subject is the three-sided relationship between child, pediatrician, and parent.

Dr. Brazelton, who has four children of his own, combines a busy private practice as a pediatrician with teaching child development at Harvard Medical School. A specialist in the developmental nature of children, his research on infant behavior and mother-infant interaction has been supported by the prestigious Robert Wood Johnson Foundation. Through his combination of activities, Dr. Brazelton's research is translated into practical ideas that can be used in daily relationships with children, particularly in understanding how children change with each developmental stage they go through.

In an interview, Dr. Brazelton explained that *Doctor and Child* is intended to help parents understand that important events in a child's life look different from each participant's point of view. What does his crying mean? What does it mean to a child to be in a hospital? What does it mean to the parent? To the pediatrician? What is the depth and intensity of feeling of each person? "I have tried to set up an understanding of what these problems mean to each participant so parents will have more knowledge and therefore more security in making their own decisions."

Doctor and Child tells you how to prepare your child for a visit to the doctor so he will be less frightened, using different approaches according to the child's age. It helps parents cope more effectively with sibling rivalry, children's TV, and children who can't sit still. There are practical suggestions for handling potentially tense emotional situations.

Dr. Brazelton's research has clarified aspects of infant personality. Babies are not "blobs," waiting for the world to happen to them. "You can identify their personality traits. An infant has his own strength, and interacts with his environment. Babies show a resistance to being pushed into habits that are not sympathetic to their own style."

"The intense baby overreacts and is apt to have colic. He or she drives its parents up the wall; the parents feel guilty about their reaction. They must learn to give up on keeping the baby quiet, and help it learn to calm itself. The quiet baby is sensitive and watchful; parents can get the feeling that everything they are doing is wrong. These are the two ends of the spectrum in babies' personalities. What is the usefulness of these insights to parents? They can stop feeling guilty about themselves, and accept the infant for what it is."

Dr. Brazelton's research is aimed at uncovering what an infant is actually like, and at training doctors to look at infants accurately. This work resulted in his Neonatal Behavior Scale, a scale of newborn behavior that helps pediatricians project the basic personality traits of an infant as young as 7 day old, and how he/she will interact with the environment.

Turning to other concerns as a pediatrician, Dr. Brazelton said, "Society's view of children has changed. Nobody worries mu about thumb-sucking or toil training anymore. However, I *a* worried because present tren make it difficult for parents to ta children as seriously as th should. As women search for new role—and I am all for it—their role with children is bein ignored."

He spoke about the mountin pressures on young parents, whic translate into mounting pressur on children. One of the most in portant of these is the intens pressure for children to excel i cognitive or intellectual learning "Cognitive learning dominates ev erybody's thinking about childre and this gives children problems.

"Our society doesn't know wha it is bringing up children *for*," says Dr. Brazelton. "We seem t think that cognitive learning is th most important type of learning i a child's life." Our society provide considerable early stimulation o children, with emphasis on learn ing such things as numbers, facts shapes, the alphabet, and colors for example. However, he say such learning has limited interna rewards for a young child.

According to Dr. Brazelton, par ents and society should recogniz that children need more *affectiv* learning, learning about feelings They need activities which enrich their emotional lives—to find joy in responding to their individua talents, to find security in learning how to cope with their friends their groups, and their own prob lems. "Cognitive learning is such a sparse model in terms of a child's internal value system that over-emphasis on it can lead to an impoverishment of childhood."

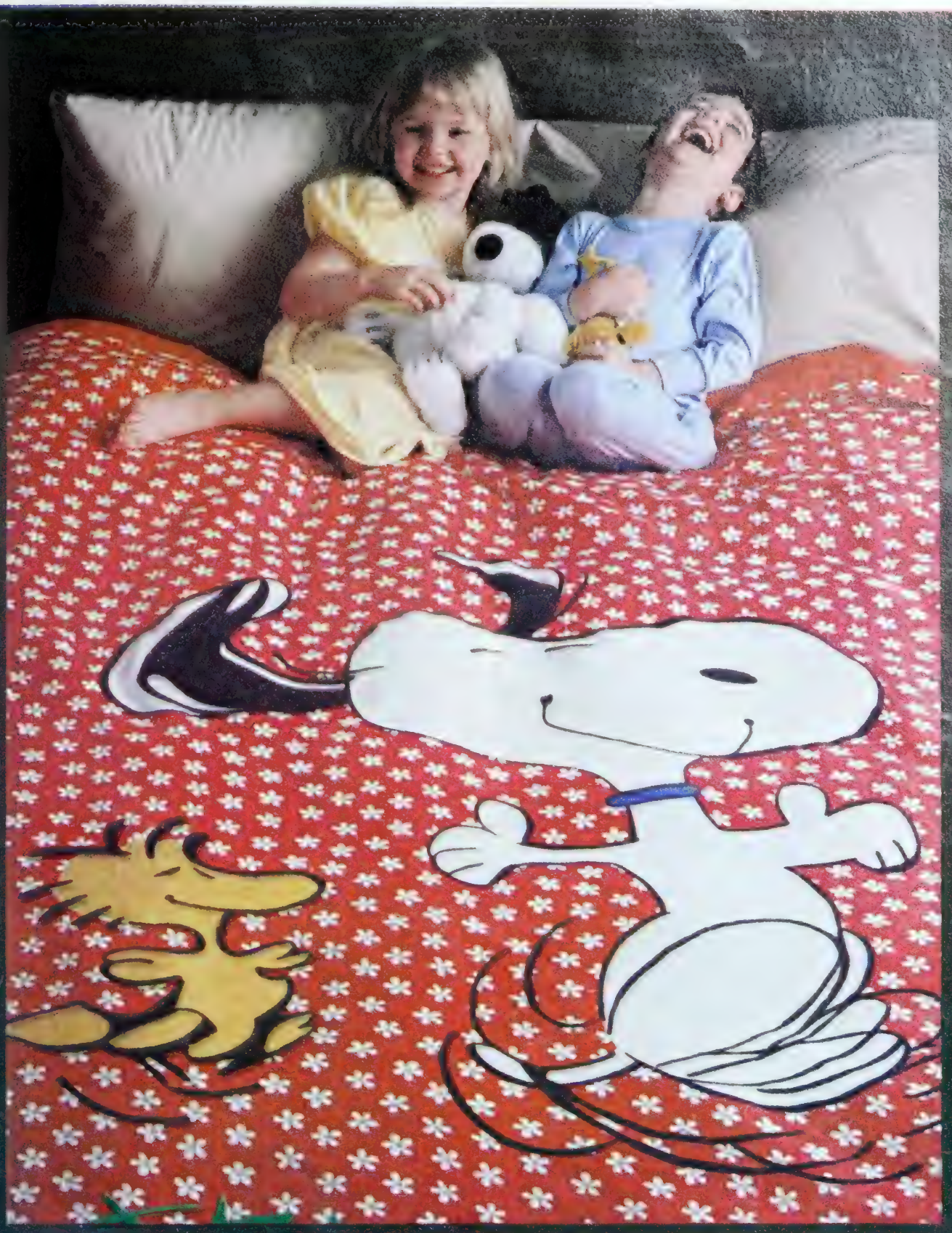
A different pressure on young parents is the lack of other fam-

Continued on page 56



T-time

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Great camping in North America

Some of the choicest spots, from the tranquil rivers of Quebec to the beaches of the Gulf of Mexico

By Richard W. Lange



At Strawberry Fields in Jamaica, platform tents adjoin the beach

EDITOR'S NOTE: Richard W. Langer is the author of *The Joy of Camping: The Complete Four-Seasons, Five-Senses Practical Guide to Enjoying the Great Outdoors (Without Destroying It)* [Saturday Review Press].

Of all the ways of getting away from it all, none can compare with camping. Touring the great museums of Europe is certainly edifying—but it can also be exhausting. One returns from vacation, as the old saying goes, in need of a vacation. Camping, on the other hand, truly refreshes body and spirit.

If you've never camped before, consider renting equipment, rather than buying. Many camping-gear stores not only rent, but have a purchase option as well. Although rental equipment is not always in its prime, having had rather strenuous use, it's an economical way of getting your feet wet and discovering whether or not camping is for you and your family.

Speaking of economy, something on most people's minds these days, although camping equipment might at first glance seem expensive, it's the best vacation buy around. For the same price you'd pay for staying at a reasonably good resort establishment for a week, you can equip a whole family to the teeth. Your second year's "summer cottage" is free, and most good equipment has a usable life of at least ten years.

Also, you'll soon discover that the mini-vacation of a three-day-weekend camping trip, or even an overnighter, sometimes can do as much to rejuvenate your spirits as two weeks. Once you're a confirmed camper, almost any nice weekend becomes an excuse for an excursion.

Children probably take to camping better than to almost any other form of vacation. From camping with my own children, starting when they were a year old, and from experiences as a volunteer at a Boys' Club of America camp for inner-city youngsters, I've found that out in the wilds children are never bored. The crucial thing to remember is that the world is not the same when you're 3 feet tall. Vistas of Grand Canyon can't compete with walking along a log carefully balancing in order not to fall over its 6-inch precipice, nor can the wide Missouri compete with a trickling creek that can be dammed using sticks and stones. Take along a few nature guides, such as the Peterson series, and maps and brochures on the area, to answer the unanswerable questions of the younger set.

Although children are welcome at all the campgrounds I know of, pets rarely are. A family dog or cat simply does not take well to the wilds—or else takes too well. Spending the days chasing a rover through the forest is not much fun.

It seems impossible to cover even a sampling of the great places to camp in North America. So the following, in random order, were chosen to give a cross-section of the worlds open to an outdoor vacationer. Be sure to find out if reservations are necessary.

Northern lakes

Among the lovers of the outdoors there are mountain folk, desert folk, prairie and coastal folk. Although there's a bit of them all in my wife Susan and myself, it's probably mountain camping we find the most exhilarating. Close to perfection in this category are **Glacier National Park,** in northwestern Montana, and, adjoining it on the flip side of the Canadian border, **Waterton Lakes National Park.** Straddling the Continental Divide, these million-plus acres of rugged, angular mountains, evergreen forests, and frozen glacial rivers are studded with hundreds of gemlike lakes, leading early explorers to christen the area "The Crown of the Continent."

There are over *a thousand miles* of trails, suitable for every type of hike, from an easy walk of a few hours along "self-guiding nature trails" to overnight or longer wanderings into remote wilderness. The plant and animal life at Glacier, the only area of high-mountain subarctic climate in the United States, is unique. Moose, elk, deer, bighorn sheep, and black bears abound, as do mountain goats. Not really goats at all, these animals are related to the chamois, antelope of the European Alps. They are capable of climbing what appear to be sheer, perfectly vertical cliffs. Take binoculars, or even a telescope, if you want to see them at close range.

Drive up Glacier's Going-to-the-Sun Road and you really feel like you're climbing into a celestial orbit—if, that is, the road is open. The season technically is from May 30 to October 21. However, the last time we were there at the end of September, the peak was already snowed shut.

In Glacier you will find a wide choice of accommodations, from hotels to cabins to trailer sites to some of the best of all places to put up a tent. Activities include water sports, fishing, boating, horseback riding, and mountain climbing. In summer there are campfire programs as well as nature exhibits; the cross-country skiing in winter is spectacular.

For information, write to the Superintendent, Glacier National Park, West Glacier, Mont. 59936. Be sure to request a copy of the Naturalist Program. Reservations can be obtained through Glacier Park, Inc., Glacier Park Lodge, East Glacier Park, Mont. 59434.

Caribbean comforts

All right, you'd love to camp, but you really prefer to sleep on a bed. And you're just too worn out to lug around a lot of camping equipment. And a week without a babysitter would be more than your frazzled nerves could handle.

Continued on page 40

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Close to perfection for mountain camping is Glacier National Park in Montana, with over a thousand miles of hiking trails

Tent camping
continued from page 36

right now. In fact, when you got down to it, your idea of camping would be to arrive at a site with a tent already up, where you could throw your baggage on the bed, change into a bathing suit, and flop down beneath some palms on a tropical beach with a cool beer or a bowl of fresh-picked papayas, mangoes, and coconuts. Well, you are not alone.

Taking advantage of this desire, some enterprising souls have opened a private 20-acre pre-set-up campground in Jamaica. Located on the island's north coast roughly halfway between Ocho Rios and Port Antoine, **Strawberry Fields** is probably tent-camping at its least primitive. Platform-mounted tents near a fine beach contain full-sized beds with linens, and shelves for belongings. Next to each tent is a bamboo island-style lean-to that serves as your private kitchen. There you will find a two-burner bottled-gas stove, ice chest, lantern, etc. The camp store sells all the necessary provisions, and if you go into town, there is a good selection of local food, including lobster. You can dispense with cooking altogether, if you want, since there is a camp restaurant open for all meals and a bar.

Babysitting can be arranged. If, after the first week of lolling around, you become more activity oriented, excursions are available. There are trips to the Blue Mountains and the Botanical Gardens, boat trips in dugout canoes, and hiking to hidden jungle waterfalls.

With modern toilets and hot showers down the lane, but no electricity, air conditioning, or telephones, Strawberry Fields offers most of the creature comforts in a camping environment at the rate of $140 a week for a family of four. You can go any time of the year, but March, April, July, and August are the warmest months; September and October usually the least crowded. For information, contact Caribbean Campgrounds, 54 West 56th Street, New York, N.Y. 10010, (212) 247-4505.

Canyon world

Everyone knows about the Grand Canyon. But how about Bryce Canyon? If the name is unfamiliar to you, you have a camping treat in store. **Bryce Canyon National Park,** in southwestern Utah, is one of the most brilliantly colored canyons in the world. Its unique rock sculptures, forming spires, bridges, walls, and windows, abound in a rainbow of colors. It takes very little imagination to visualize a fairyland of castles, cathedrals, and temples, or exotic animals populating this 2-by-3-mile amphitheatre.

Not everything is made of stone, though. Besides the inevitable chipmunks, live animals roaming the canyon include deer, ground squirrels, marmots, and that visitors' delight, the prairie dog.

The best overview of the canyon is from Inspiration Point, but to truly savor it, descend the canyon on foot. Rangers are available to guide you. The best time to take the plunge if you are a camera buff is early or late in the day, when the sun is relatively low in the sky—the sidelighting will amplify the drama of your pictures. Also, be sure to use a light meter to avoid overexposures. Those pink canyon walls create brighter lighting than you might expect.

Facilities at Bryce Canyon range from campsites to trailer sites to



Bryce Canyon's spectacular vistas

cabins. Activities are diverse: hiking, horseback riding, and bus tours, as well as campfire programs and a museum. Amenities include showers, post office, telephones, and a grocery store. There are registered nurses and religious services during the summer season. Although the park itself is open year-round, no public accommodations are available in winter. For further information, write to the Superintendent, Bryce Canyon National Park, Utah 84717. For cabin reservations, contact Utah Parks Co., P.O. Box 400, Cedar City, Utah 84720.

Continued on page 46

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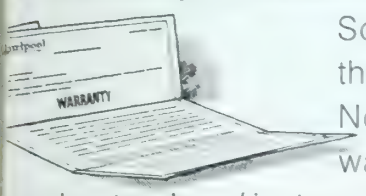
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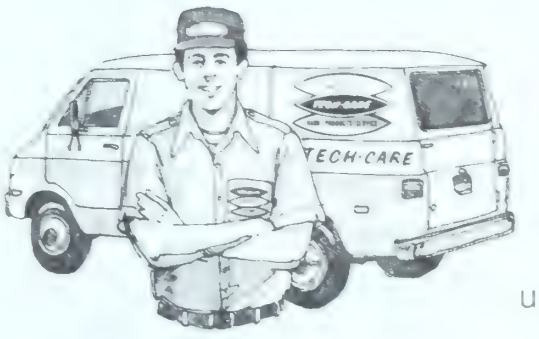
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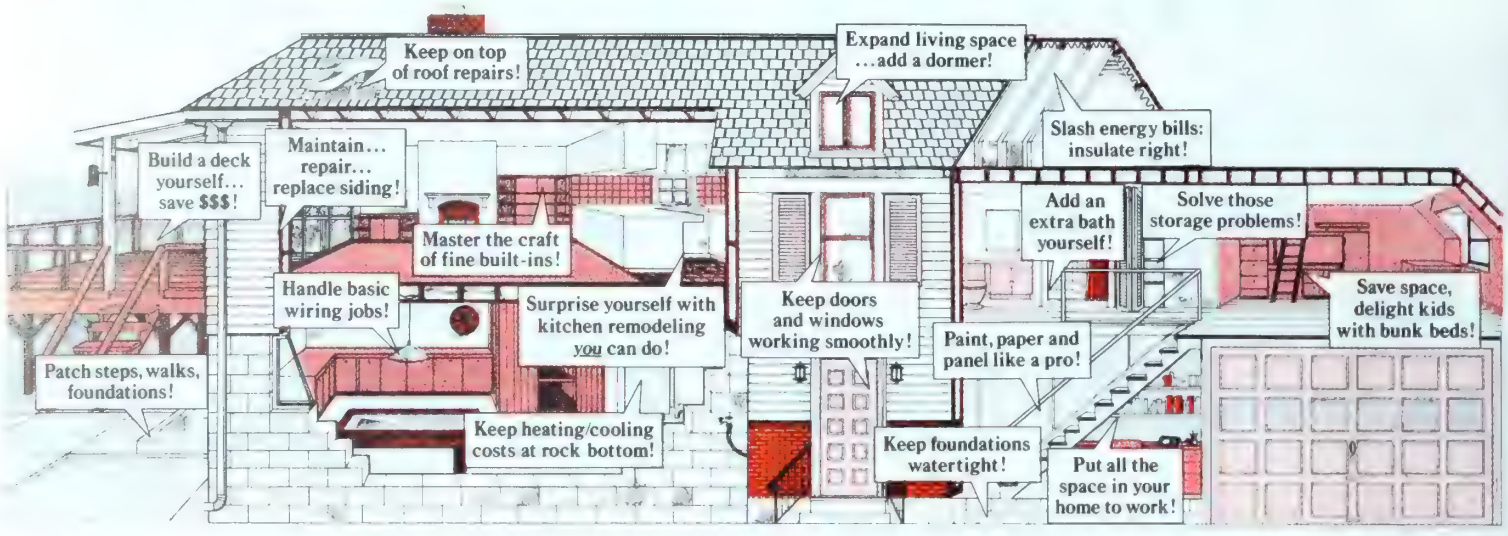


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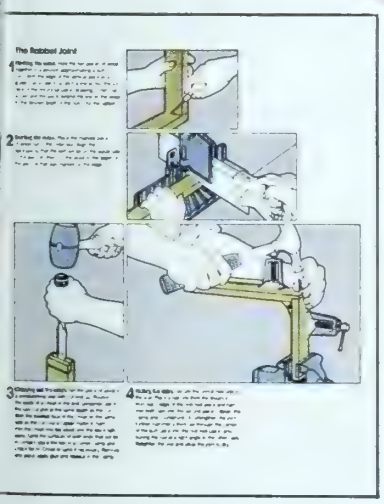
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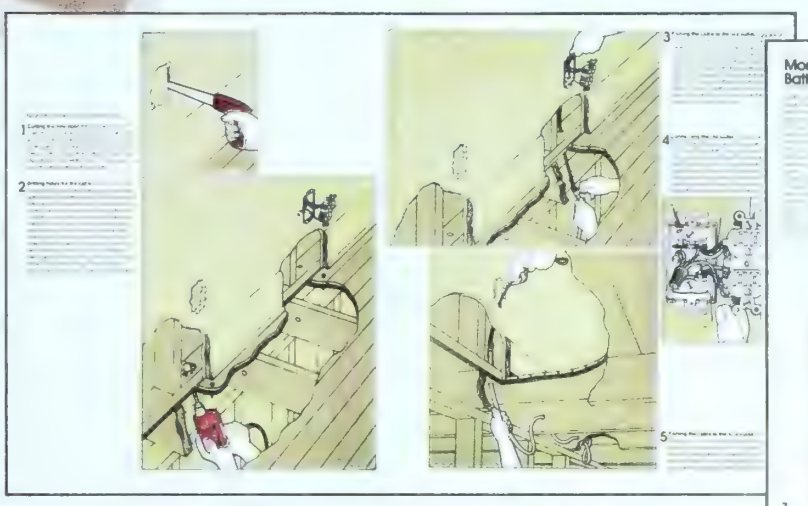


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Bryce Canyon National Park offers one of the most brilliantly colored canyons in the world and unique rock sculptures

Great camping

continued from page 40

A park for paddlers

A two-week canoe trip will probably have you aching the first few days out, if you have been leading a sedentary suburban life. By the second week, however, you'll not only be in better shape than you have probably been for years, but you will have discovered that this native North American mode of travel is the best way to tone up flabby stomach muscles.

Canoeing need not be strenuous. There are many canoe routes that require little effort; even these, however, will have you using muscles rarely exercised in the civilized world. So take it easy those first few days. The secret of a good canoe trip is to go slow in the beginning until you've found your rhythm.

There are numerous good beginner's canoe routes in North America. The chain of lakes in the **Adirondacks State Forest Preserve** is an excellent canoe ground with a great deal of variety in its watery terrain. It offers lakes, ponds, rivers, a bit of easy white water, and, between Middle and Lower Saranac Lakes, a small manually operated boat-lock. Actually, it's faster to portage around the lock—but not half as much fun.

Although most of the Adirondacks lakes and rivers are still unpopulated and quite peaceful, a number are crowded with summer cottages. On the bigger lakes there are motorboats as well, which sometimes like to see how close they can come to a canoe. And whereas ten years ago the campsites were kept spotless by canoeists who knew the first rule of camping courtesy—always leave a site cleaner than you found it—today the rule is often forgotten, particularly in the more accessible areas. But then again, the refuse of our disposable age has penetrated even the most remote wilderness, and it is only by being more conscientious campers that we can solve the problem.

With these caveats in mind, I would still recommend the Adirondacks canoe routes as being some of the best for beginners and families. Provisions are easy to come by every second or third day en route. The fishing is good. Canoe rentals are numerous. And you never have to backtrack. It is possible to rent a canoe at Old Forge on the lower end of the chain, paddle as many as 200 to 250 miles without going over more than a negligible amount of mileage twice, and drop the canoe off at the town of Saranac Lake, taking public transportation back to where you parked the car.

I still remember a totally isolated pond Susan and I found one fall, 2 miles' portage off the main trail. The blueberry bushes were so laden our breakfast pancakes were 10 percent batter and 90 percent blueberries. To get to the pond, you. . . . on second thought, I'll let you find it yourself. For further information, write to the New York State Department of Environmental Conservation, Regional Headquarters, Raybrook, N.Y. 12977. Ask for the Adirondack Canoe Route booklet and map. (If you have an old one, hold onto it. For economy reasons they've dropped those classic old WPA pictures that used to grace the booklet's pages.)

Canoeing wilderness

For more remote canoeing, with a choice of routes ranging from beginner to expert, try **Parc de La Vérendrye** in Quebec Province, Canada. One mile from the starting point at Le Domaine, you'll think civilization has vanished once and for all. Susan and I spent ten fabulous days there once and saw one other pair of canoers on our next-to-last day. Except for the spotter plane, which cruises over the routes once a day or so (weather permitting) those were the only people we saw the whole trip.

As to that weather, spring and summer rainstorms in this region are not infrequent, to put it mildly. Be sure to bring rain gear. Even rain, however, can have its salutary effects in the great outdoors. More than one couple I know have returned from being "rained in" on a camping trip not only rested from all that extra sleep in the fresh air, but exhilarated to have suddenly found themselves talking to each other for hours on end over steaming hot coffee, as the water washed down the sides of their tent.

La Vérendrye is primitive, and offers no amenities except in the village of Le Domaine, which has a small store with limited provisions, a service station, motel and cottages. Fishing is good. If the

Continued on page 49

Betsy Palmer says:

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"I turned my home over to the Duraclean craftsmen and am now surrounded by a sweet freshness everywhere. The furniture and rugs have never looked brighter or more true of color."

Betsy Palmer, Television, stage and screen star, knows that the Duraclean absorbent foam takes the soil OUT . . . doesn't simply wash it deeper as do-it-yourself and other methods do. That's why Duraclean is recommended by so many carpet and furniture manufacturers.

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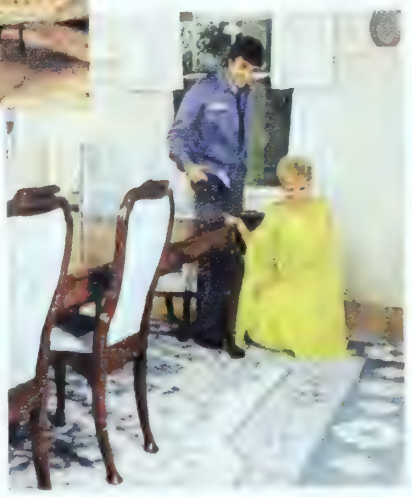
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Betsy Palmer watches her furniture fabric become flower-fresh and clean with colors revived. There is no wear from scrubbing.

Miss Palmer admires her thoroughly cleaned carpet. The soil is OUT . . . not washed down to seep back and quickly resoil the surface. It will stay clean much longer.



REFUND OR REPLACEMENT GUARANTEED BY PARENTS' MAGAZINE

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The picture above shows you how professional designer Ray W. Clarke planned this house. He specifies Martin-Senour Paints regularly because of their durability and range of colors. Maybe his ideas will give you some ideas.

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Quality Paints since 1878.

Ray W. Clarke, American Society of Interior Designers, Vice President, Anne Fox and Assoc., Inc., Cleveland, Ohio

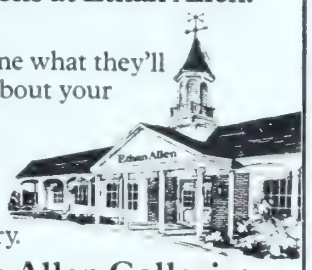
than Allen, hould the rug be red?



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me on over to our house. Ethan Allen Galleries.

On the Gulf of Mexico

When you get right down to it, there aren't too many readily available campgrounds from which you can watch both the sunrise and the sunset over two different oceans on the same day. Well, **Long Key State Recreation Area** in Florida offers you just that chance. The sun rises over the Atlantic right in front of your tent, which faces the ocean as do all the campsites, and sets, just behind the park, in the Gulf of Mexico. All right, the Gulf of Mexico is not one of the seven seas, but from Long Key it certainly looks big enough to be.

The tent sites are large and, unlike most oceanfront campgrounds, well separated from each other on the fringe of the 849-acre park. Privacy is further assured by tall stands of Australian pine. The main activities are ocean-related and self-generated. The long sloping shallow beach is excellent for children. Some distance out there is a spectacular reef for snorkeling. If you've never tried these visits to submerged nature, wait no longer. But a warning passed on from Susan, who the first time out with a mask could not be lured back to shore: Floating face down puts your back to the sun, and the water on your back magnifies the rays. Being submerged in the water makes you feel falsely cool and secure. Even with a good sun screen, if you're a northern paleface, more than half an hour out the first day and you'll be sleeping on your stomach for the rest of your stay.

Good clean showers and facilities are located on the campground, and food and sundry supplies are available just outside the park. Reservations are absolutely essential. Last year, I hear, over a thousand Canadians ended up on a simultaneous migration to the Keys, all without reservations. A camping spot in a parking lot ended up costing them $15 a night. For further details, write to Long Key State Recreation Area, P.O. Box 517, Long Key, Fla. 33001, or call (305) 664-4815. ■



Long Key campers at ease

camping

ued from page 46

n't biting for you, the res- t at Le Domaine Inn serves f the best smoked salmon apers you've ever eaten—a ward for hearty paddling.

information, contact the c Government House Tour- ormation Bureau, 17 West Street, Rockefeller Center, ork, N.Y. 10021.

he redwoods

woods-plus would be a good describe **Prairie Creek Red- State Park** on the northern rnia coast. Interwoven be- the stately 300-foot red- are giant Sitka spruce and as fir, which seem a little by comparison, as well as utive-looking rhododendrons eciduous trees, all producing tacular panorama of silvicul- The park is relatively narrow, e-laced splendor edged by the cular Gold Beach, a sandy with dunes, which fans out the bottom of steep buffs.

deep cleft in the hills called Canyon is wonderfully dank nysterious in contrast to the and shimmering Pacific y. Its almost vertical sides are ed by "five-finger ferns," which thrive in the primeval-looking habitat. In the past, the local Indians harvested these ferns, using their black midribs to form patterns in their woven baskets. The baskets are vanishing, since the younger generation has no time for the craft. But the ferns are still there. As is the gold on the beach that gives it its name.

The gold is real, if impossible to extract because it is so fine. Even with 1000-foot-long flumes (sections still stand on part of the beach) and the low-cost Chinese labor of the Gold Rush, no really profitable claim was ever worked here.

Besides beautiful hiking and nature watching (including the two large herds of Roosevelt elk), there is fishing for rainbow and cutthroat. The Revelation Trail is one of the few "touchables" available at any park. Designed for both sighted and blind persons, it has wood and rope handrails to guide you, with myriad tactile features along the way encouraging everyone young and old to feel nature. Prairie Creek trails and facilities are good, but you should reserve camping space well in advance. Showers are available only at the Elk Prairie campground. For further information, write to Prairie Creek Redwoods State Park, Orick, Cal. 95555, or call (707) 488-2861.

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Home improvement ideas

For the house fixer

A new security alarm system, a faucet control to reduce utility bills, a selection of home-improvement booklets

PATIO PATCH-UPS

By Deanne Raffel

Sitting on your patio or terrace enjoying the scenery is not the cool summer treat it should be, if the area has become dingy and unkempt looking. Why not give the patio a seasonal face-lift? Anyone, and that means you, can do it. Don't look at it as a major project, only long overdue maintenance.

In all probability your patio is constructed of cement, patio block (preformed cement block), flagstone, bluestone, slate, or brick. First the surface needs washing. Use an all-purpose heavy-duty cleaner found in hardware stores, mixed with very hot water (muriatic acid is not necessary); scrub well with a sturdy broom, and then hose down.

Are there any loose stones or cracks, or washed-away patches? Once the surface has dried, its condition will become apparent. It may still be dirty looking. If so, try cleaning it with a mixture of laundry bleach and water, a 1-to-4 ratio; more bleach can be added if needed. This solution should bleach out any remaining mold and dirt and leave the material surprisingly light colored.

Now see if any of the stains are visible. Grease spots can be removed by making a stiff poultice of talcum powder (talc) and lighter fluid (cleaner's naphtha or benzine). Spread it, ¼- to ½-inch thick, over the stain. When dried completely, sweep or hose it away.

Loose stones should be resecured. Remove them and clean their undersides. Wash away any particles that remain in the stone bed and spread over it a layer of patching cement (a specially formulated material that includes plastic resins in its recipe). Follow instructions on the package for mixing. Reset the stone, fill the joints with cement, and wipe away excess material.

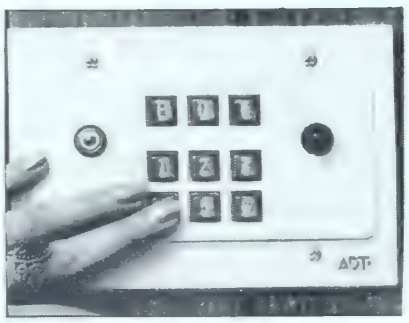
Cracks and holes also need repairing with patching cement. Dampen the area, then apply the cement with a trowel. Resurfacing areas can also be done with this particular cement.

Once the patio is cleaned and patched, you want it to stay that way. Give it two coats of a preserver-sealer, a transparent material that helps make the surface more resistant to dirt, grease, and other stains. The coating will darken the surface; it is available in a wet look or a stain finish.

Painted patios in poor condition need an application of water-wash paint remover. Wear protective clothing and use a stiff brush to scrub the surface clean after the remover is applied. Then hose the area down thoroughly and let it dry. Patch where necessary and cover with two coats of good masonry paint.

It's finished. Now you can enjoy that alfresco glass of white wine in style!

Home security system



Controlled by an indoor pushbutton panel near an outside door, this ADT alarm system can provide intruder protection in two ways. It may be installed to set off a bell or buzzer to warn occupants or neighbors that your house is being broken into. Or it may be linked by a telephone circuit to an ADT central alarm station (in major cities) where a break-in would be recorded and police notified. The push-button panel activates the system. Press a button to place it on alert, push your own combination of numbers to turn it off. A variety of sensors trigger alarm if locked doors or windows are forced or protected areas trespassed. Smoke detector device to warn of fire and Panic Button, portable or at bedside, to activate system when pressed are optional. ADT Security Systems, 155 Avenue of the Americas, New York, N.Y. 10013.

A faucet find



A new swivel spray-head for tachment to the kitchen faucet c save 50 percent on water consun tion, cut water heating bills c siderably. Adjustable spray-he with a valve body (Rainbow) operated by a floor foot pedal, water flows only when you step pedal. Rather than keeping water running when wash dishes, you set the faucet at te perature you want, depress f pedal only when water is need Your hands are free for dish wa ing or other tasks. Valve body Celcon resists detergents, solver in cleaners, doesn't rust, corro water-spot, or build up scale. Conservocon, Inc., 115 Stuyves Pl., Staten Island, N.Y. 10301.

The booklet beat

A set of fifteen pamphlets by Sta ley Hardware suggesting a who range of home improvements c be had for 35c (to cover posta and handling). Illustrated wi sketches, they include ideas f furniture, doors, security, and sto age throughout the house. For 50 you get thirty-three pamphlets c putting up modular shelving. A other set of twelve for $1.20, b Stanley Tools, has picture cove age on paneling rooms, installir door locks and switches, the use hand tools, shrub-pruning, wal paper-hanging, storage and shel ing, drawer construction. A pamphlets have precise sketches tools needed and most sugge necessary hardware. Advertisin Services Dept., PID, Box 180 Stanley Works, 195 Lake St., Ne Britain, Conn. 06050. ■


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Your present home represents a big investment—perhaps the largest of your lifetime. Properly maintained and improved for better living, your home is likely to increase in value as time goes on, by more than the cost of the improvements. At the very least, its value will be maintained.

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Better Your Living NHIC
NATIONAL HOME IMPROVEMENT COUNCIL

The wilder shores of picnicking

Lesley Blanch's picnic adventures are recounted on page 93; her favorite exotic picnic fare is detailed below

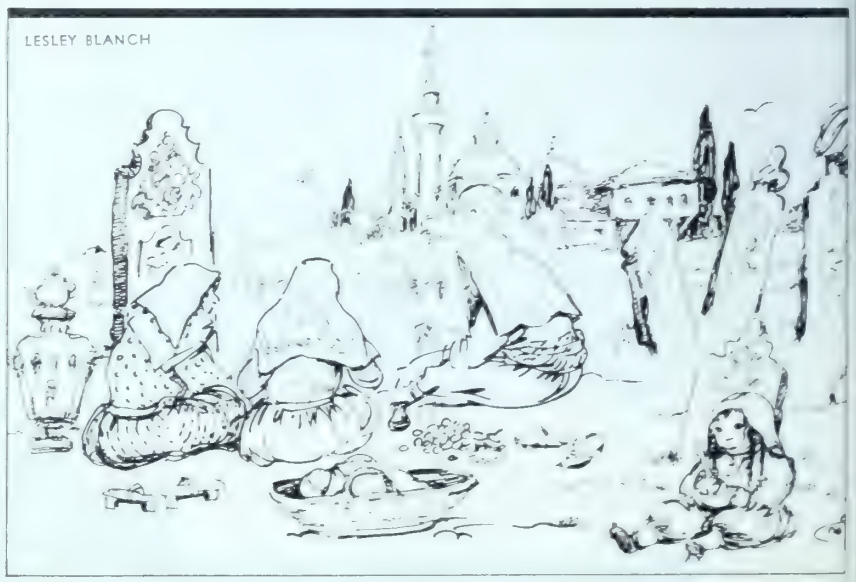
Here are my specific suggestions for delicious, savory picnics, adapted from those foods I have enjoyed in faraway lands.

Samsun, a little turnover of short crust, filled with ground meat and onions, spiced with coriander. At street corners in Samarkand and Bokhara it is cooked by being flung, a doughy lump, onto the inside of a red-hot Ali Baba clay jar. It cooks quickly and is fished out by a long-pronged fork. For home cooking, use the ordinary pastry-making routine—flour, water, shortening, etc.—and a short spell in a very hot oven.

Bouloni was my passion in Afghanistan, and my driver's "two mothers" (or rather, his father's two wives, for it was a Moslem household) vied with each other in making them for me. I recall a sumptuous farewell feast held in my honor on a veranda high above the dust-colored warrens of the old town, where the entire family, fifteen children ranging from twenty-five to three months, married children, in-laws and their offspring, were gathered to sit cross-legged round the festive spread. Dozens of different dishes dotted the cloth spread on the floor. An inbred sense of decoration is found everywhere across the Middle East and Central Asia from the Bosporus to the Hindu Kush: breads wreathed in flowers, carafes stoppered with lemons, fruits arranged in pyramids of color, melons, peaches, grapes (there are thirty different kinds in Afghanistan). Bouloni, my joy, is a kind of floppy, coarse buckwheat pancake, not unlike a Mexican enchilada, filled with a local vegetable resembling the green tops of scallions, blanched and chopped fine, well salted. A very rich sheep or buffalo milk yoghurt was served with this. Such yoghurt, "mast" in that part of Central Asia, makes our cow's milk kind seem white pap. In Iran as in the Balkans, such yoghurt accompanies many meat dishes, and in Iran, pomegranate juice is used as a tart flavoring for meat and soups. It's an excellent picnic drink, too.

Koulibiak is a lordly Russian dish, usually served hot, but very good cold. I ate it once in unusual circumstances, which had something of the picnic flavor, for I was crossing the U.S.S.R. on the Trans-Siberian Railroad when the caviar gave out. (I hear my readers snort, but I used to turn in all my meal vouchers against caviar—nothing but.) It was our last night on the train and the chef made koulibiak as compensation. He made it with *omoul*, a fish from Lake Baïkal, a local delicacy, though classically it is made with salmon. I think a good tinned brand would be permissible *en picnic*. Koulibiak is a long pastry roll (long enough to cut into 10 or 12 slices). Make a very short pastry, roll out, fill with flaked cooked salmon, and cooked rice, parsley, and chopped, hard-boiled egg. Plenty of butter or a little béchamel to bind it all. A

Continued on page 54



A Turkish family picnics happily in a graveyard—a local custom

LEVOLOR'S REFRESHING NEW COLOR: WHITE.

It was Levolor who first brought the narrow slat window blind alive with color. Dozens of dazzling hues created to work beautifully with interior designs.

But, there are people who feel the outside of their home should be neutral. So now Levolor introduces the Tiltone blind. Neutral white to the outside. A choice of brilliant decorator colors for the inside.

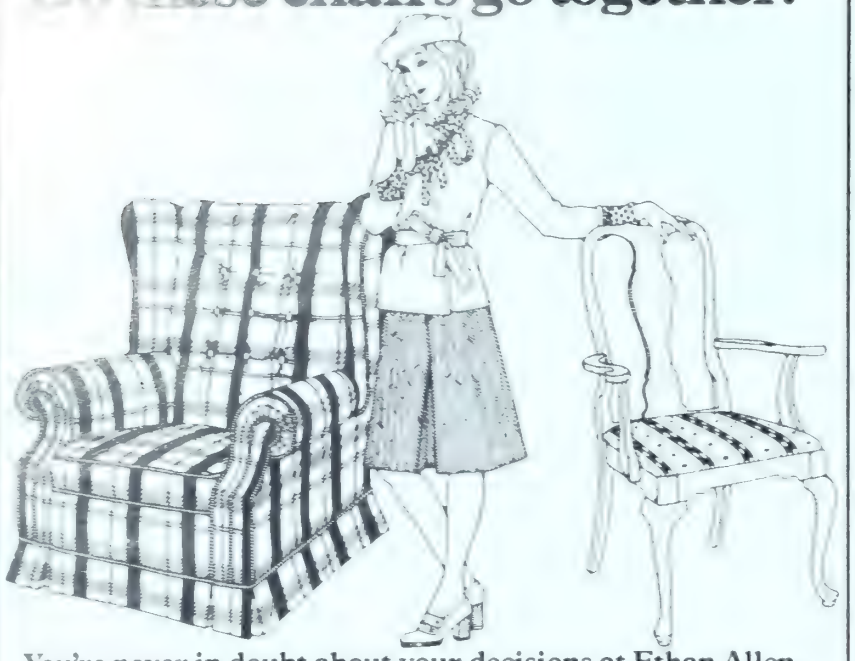
For details on the new Tiltone window blind, which, of course, has all of the unrivalled features of the Levolor Riviera, call 800-447-4700 (in Illinois 800-322-4400.)

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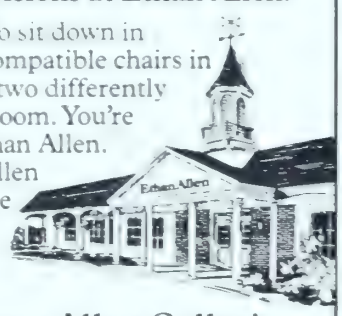
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The violently spiced kofte, meatballs eaten everywhere in the Middle East, include raisins, onion, and ginger

among the graves and cypress, whole families sit in happy content, communing with their dead, whose favorite food they often bring to eat in memory of the departed.

Secret loaf is a grandiose affair —I ate it first in Rumania, prepared by one of the old palace chefs. My greed was such that I lost all *tenue*, wolfing slice after slice, to the raised eyebrows of the diplomatic corps, nibbling delicately. This is its secret. Take 2 long, stale sandwich loaves. Cut the top off one. Remove the inside, if possible in a whole chunk: Cut horizontally into thin slices and butter. If some slices break in removing, replace by (crustless) slices from the second loaf. Butter the inside of the empty loaf. Make a mixture of cooked chicken livers, ham, mushrooms, and the yolks of hard-boiled eggs—all mashed fine. Bind with a small quantity of thick béchamel, laced with French mustard, tarragon, salt and pepper, and a dash of cognac. Spread mixture on each slice, and return, tightly packed, into the loaf. Replace the top, and leave overnight to firm. To serve, cut in slices.

Cornish pasties have a rustic rather than exotic character, bu how good! Short crust pastry i rolled out to 9-inch rounds, an filled with small pieces of lea steak, small potatoes, onions an turnips thinly sliced, all uncooke and lavishly seasoned. The vege tables are placed in layers on th pastry (potato first) and topped b the meat. Fold over the pastry crimp the edges, and bake pastie in a medium oven for about 5 minutes.

Falafel, Syrian patties, resembl Egyptian *kofta:* Either are goo picnic standbys. For falafel, tak 2 cups of broad beans, soaked overnight, and coarsely ground. Add minced onion, parsley, garlic, coriander or cinnamon, 1 red ho pimiento, 1 medium raw potato, 1 teaspoon baking soda. Grind all together, roll into small balls, and fry. I used to buy these in Damascus, or Aleppo (names to dream of!), and eat them along the way, heading for the Euphrates—another legendary name.

Kofta are meatballs, violently spiced. In Egypt, up the Nile near Aswan, by the first cataract, my felucca (sailboat) was owned by a handsome creature whose mother

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Picnicking

continued from page 52

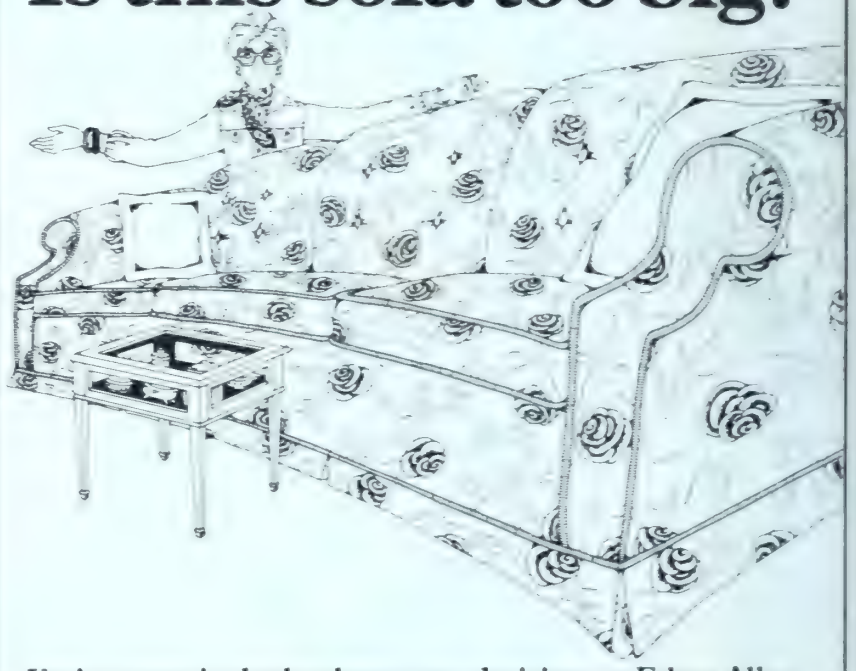
variation is chopped, cooked cabbage and hard-boiled eggs. Brush over with egg, and bake in a medium oven.

Apropos of eating in the U.S.S.R., I admire their way with buffet snacks at the opera or ballet —long evenings, where it is too early to eat before, too late, afterwards. In the intervals, everyone surges to the foyer where long tables serve thick slices of that most delicious white Russian bread (far better than the vaunted dark kind), which is lavishly spread with dollops of butter and caviar. With a nip of vodka, a whole sustaining meal is quickly served. Not too expensive either.

Three exotic dips: If you can obtain good bread (like the Russian white), a dip is a good picnic starter, in which case I'll grant a well-sealed plastic bowl. Try **rouille** (or rust, on account of its color), a Provençale specialty, served with fish or bouillabaisse. Pound a whole head (that is 4 or 5 cloves) of garlic with a fiery red pimiento. Add a cup of bread crumbs, soaked in water, then squeezed dry. Stir in slowly 4 or 5 tablespoons of olive oil and the yolk of 1 egg. Thin with a dash of lemon juice if you're using it as sauce; a dip should not be too runny. **Tahini,** another unexpected dip, hails from Lebanon, and derives from pounded sesame seeds. Buy it already prepared, as a thick paste, from Oriental delicatessens. Thin with water, mash in a little chopped parsley and garlic (optional) and a dash of lemon juice. **Aioli,** the third dip, is simply a good stiff mayonnaise with as much pounded garlic as you care to add—the more the better.

Shish kebabs, being a neat and delicious hot dish, I would recommend—except, as I said, I'm for picnics where no cooking is done. But **fish kebabs** work well cold. Thread the skewers with chunks of any firm cooked fish (salmon or swordfish are best), alternating with tomato (mushrooms optional), bay leaf, and lemon. Brush over with a sharp oil and vinegar dressing and wrap each kebab in its own twist of foil for the journey. This is a specialty in the little restaurants along the Bosporus. We used to order them, and eat them, in our caïque, floating timelessly beside the sweet waters of Asia, our pleasure sharpened by a bottle of fiery ouzo or raki, Pernod-like spirits. The Turks love picnics, a favorite outing being to the cemetery, where.

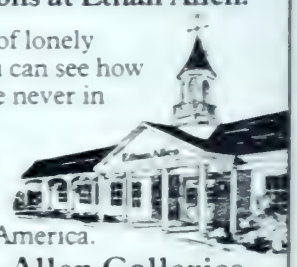
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Now Dutch Boy introduces Super Latex, the house paint that can stretch with any house. To demonstrate the incredible flexibility and crack and peel resistance of this new paint, we covered one half of a balloon with Dutch Boy Super Latex; the other half with a leading premium exterior house paint. When the balloon was fully inflated, the Dutch Boy side remained fully coated, while the other side cracked.



Dutch Boy Super Latex delivers the maximum in hiding, color retention, chalk adhesion, and mildew prevention . . . even after years of exposure. Naturally, Super Latex does cost more than conventional house paint, but you'll find that it saves you more and more with every year that it's on your home. Buy Dutch Boy Super Latex now, and make a long-term investment in a home that looks newly painted for years to come.



Mildew Resistant

We use the best mildew-fighting agents known. Tests show no paint beats mildew better than Dutch Boy Super Latex.



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Painting over worn, chalking surfaces? Dutch Boy Super Latex adheres like no other paint on the market.



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Picnicking

continued from page 54

made us the most delicious picnics to take aboard. We would zigzag downstream to her village, go ashore, and after the proper exchange of compliments, return to the felucca with several steaming dishes: one a rich fish stew, like molokheya, the sustaining national soup, which has no place here. But *kofta*, minced meatballs, are found all over the Middle East in an infinity of variations. This is how my Egyptian friend prepared them. Minced meat (lamb is best) is pounded with slices of white bread (I used to supply this from my *petit déjeuner* at the hotel) together with 2 eggs, a few dried raisins, and chopped onion, ginger, and a lot of unnamable hot spices —try some cayenne pepper and root ginger. Mix smooth with oil, shape into walnut-sized balls, and fry. Just as good cold.

Hungarian cornucopias. The most banal slices of ham can be made intriguing if wrapped round liptauer, a firm cream cheese, typically Hungarian, which is beaten up with capers, chopped onions, and sometimes anchovies, with much paprika added. On a sheep farm lost in the Putza, the great plains of Hungary, they were made with slices of raw, home-cured ham. Sometimes ham was alternated with green peppers, similarly stuffed. The outside was burned, or singed, by being held over a flame, to obtain a smoky flavor. (Of course, the seeds inside were carefully removed before stuffing.) In this case, the peppers are only half-cooked, perfect for picnics but tough on some digestions. If cooked through in sauce the Provençale way, they are too collapsed for transport and should be eaten hot at home.

Dolmas, a Greek or Turkish dish of stuffed vine leaves. Buy the leaves in an Oriental delicatessen unless, like me, you are lucky enough to have a vine of your own. Blanch the leaves for at least 5 minutes in salted water, lay flat, and on each put a spoonful of cooked rice, raisins, pine kernels or crushed walnuts, and chopped mint. Or, make with rice, ground meat, parsley, and/or oregano. Fold over and roll up like a cigarette (ends tucked in well). Secure with a toothpick. Pack dolmas close in a flat dish; surround but do not cover with tomato sauce or bouillon. Cook in oven about 40 minutes. Remove from sauce and leave overnight to firm. Transport tightly packed, like sardines.

Salads don't stand up to picnics. Dressed lettuce wilts; undressed, it is indecent. Celery, tomatoes, and cucumber are naturals (don't forget the salt). In rugged countries where fearful diseases follow from eating raw vegetables, I make out with peeled tomatoes, raw onions, and a pinch of sugar, and lemon juice.

Sugary delights. All this, and nothing for sweet tooths tired of apple or banana handouts? Then what could be more sublime than American cheesecake? Unless it is English Christmas pudding, immortal food—powdered with sugar and eaten cold, like cake. Both are exotic enough to rank with my most remote gleanings, along with Turkish delight *(rahat loukhoum)*, Elvas plums, or even those meltingly sweet slices of smoking hot, boiled beetroot, sold in the streets from handcarts all over Iran—cook them with honey, allow to caramelize before cooling. And, if most of my suggestions seem tough on the waistline, remember, picnics, since they are occasional rather than regular, should have no concern with diets.

Pediatrician plus

continued from page 36

ily members to share experience with. Having married brothers and sisters with young children of their own living nearby would help new parents observe what children are really *like*. Many adults haven't been around a young child since they grew up. And if parents had more family back-up, they would have more freedom.

In his observation of families in other cultures, Dr. Brazelton says he has been saddened by the awareness that one of the most important losses to American culture is the strength and the support of the multi-generational family with all ages represented.

Other Brazelton books on child development are *Infants and Mothers* and *Toddler and Parents* both about adjusting to parenting —an adjustment that is eased if parents understand the strongly individualized behavior of infants and the stormy toddler years. "My books are about the excitment of understanding children. Although much of my research is aimed at doctors, I will continue to write for parents because they need and want it so much." MARGEN PENICK

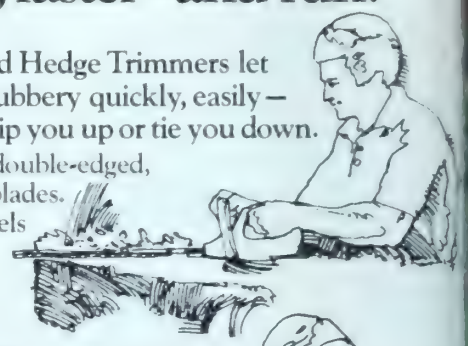
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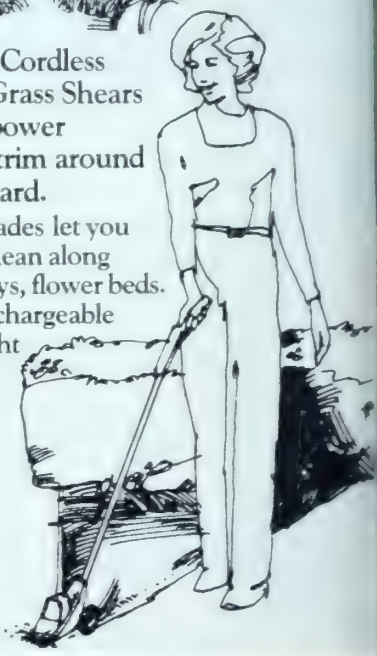


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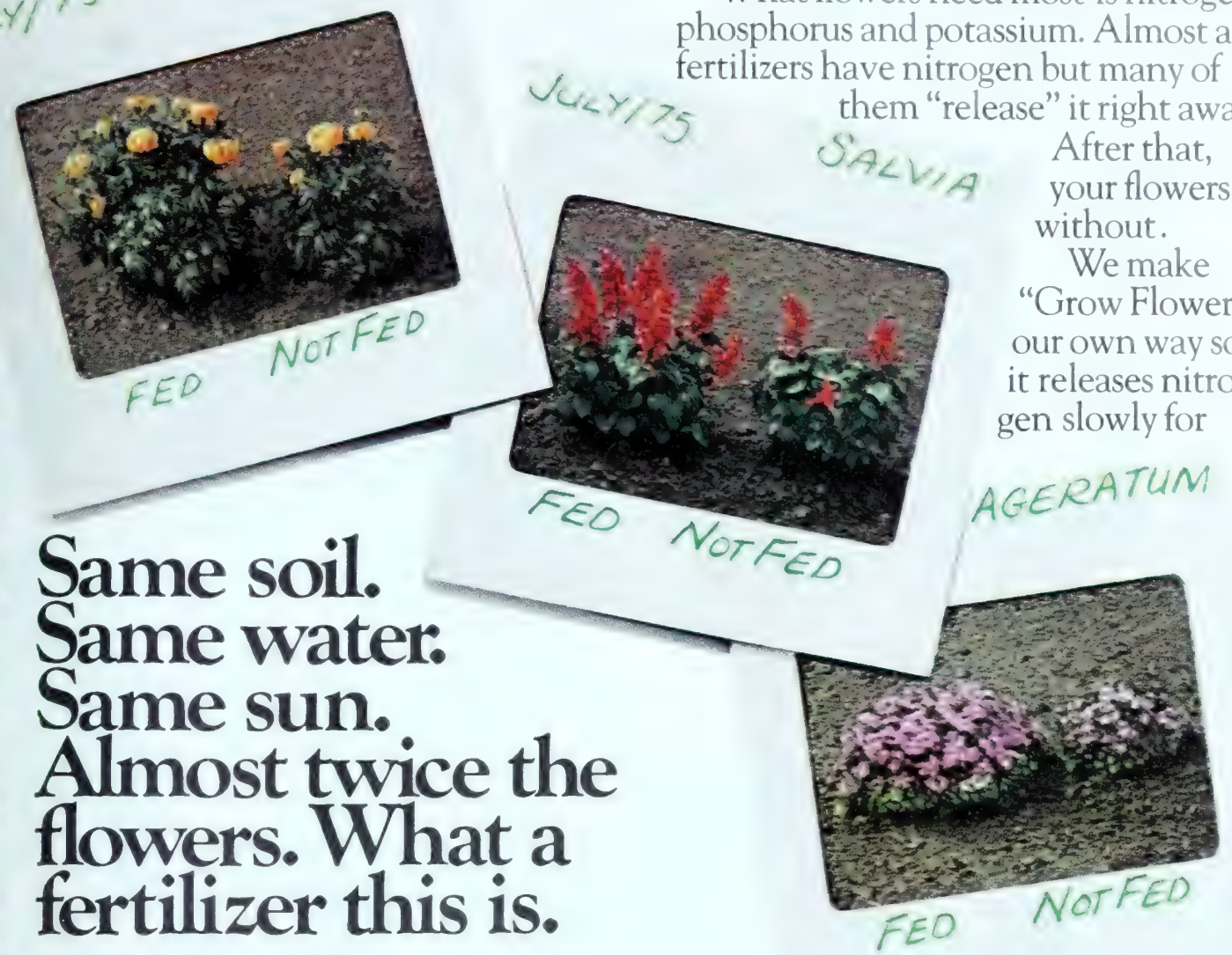
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Same soil. Same water. Same sun. Almost twice the flowers. What a fertilizer this is.

Every beautiful flower you've ever seen had a firm stem and a fine root under it. The root's job is to reach out for food and water. All you have to do is make sure the food and water are there for the taking.

We know some people make it seem more complicated. They say you need one thing for annuals, another for perennials and something else for roses. But you just plain don't.

We make a fertilizer for flowers here at Scotts in Marysville, Ohio, and we just call it Grow Flowers. You use it on all flowers, seeds, seedlings and full-grown perennials.

Scotts new fertilizers for flowers, shrubs, trees and transplants.

What flowers need most is nitrogen, phosphorus and potassium. Almost all fertilizers have nitrogen but many of them "release" it right away. After that, your flowers do without.

We make "Grow Flowers" our own way so it releases nitrogen slowly for weeks and weeks. This longer feeding makes the stems strong and gives you more blooms and bright colors. Food helps put color in roses' cheeks just like people's.

As you can see from these boxes, we also have a few other ideas for your garden just as simple as "Grow Flowers."

If the name makes it all sound easier than you're used to, maybe it's because plain talk is all we use in this town.



Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

If you got crushed in the clinch with your soft pack
try our hard pack.



Benson & Hedges 100's

Regular and Menthol

17 mg. "tar," 1.1 mg. nicotine, av. per cigarette, by FTC Meth

House & Garden
June, 1976

Making the most of SUMMER

Shutters are lifted,
doors opened,
clothes abandoned,
energy released.
Summer is the time
to explore—places,
things, yourself.
Set free those impulses
you may have felt
during the year—
to get away,
change a room,
replant the garden,
take up a new interest,
throw a big party,
just break the routine.
As Goethe said,
"Roam free afield,
stay sure and supple.
See what riches
are yours to take."

Change of pace
Change of scene
Getting away

Breaking routine

Why it's good for you

By Caroline Seebohm

"Here's my idea. How would you like to get the hell out of here? I have about a hundred and eighty bucks in the bank. I can take it out when it opens in the morning, and then I could go down and get this guy's car. No kidding. We'll stay in these cabin camps and stuff like that till the dough runs out. Then, when the dough runs out, I could get a job somewhere and we could live somewhere with a brook and all and later on we could get married or something. Honest to God, we could have a terrific time!"

Escape has different meanings at different times in life. For Holden Caulfield (quoted above from Salinger's *The Catcher in the Rye)* it was a rebellious gesture against school, authority, growing up. For Gauguin in Tahiti, it was the creative necessity of a mature artist. For the weekend gardener, it's a release from tension.

"There are really three kinds of escape," explains Dr. Joel R. Davitz, professor of psychology at Teacher's College, Columbia University, and coauthor with his wife, Lois Leiderman Davitz, of the just-published book, *Making it from 40 to 50* (Random House). "There is the kind of short term escape, such as when my wife and I run out of steam when writing—we both go down to the basement where I paint and sculpt, and she sews. This occurs when you are functioning at a fairly high level of tension and energy output, then come to a point at which you can't take the tension any more and need to shift activities.

"There's a well-known psychological illustration of this, in which a person is asked to write 'New Jersey Chamber of Commerce' as often as he can until he gives up. He may write it 500 or 1,500 times, but finally he says, 'I can't write any more, not another word, it's quite impossible.' So then the psychologist says, 'All right. Just sign your name then,' and the person picks up the pen and signs his name. What this exemplifies is a break in activity that reduces tension, changes the previous pattern of behavior, revitalizes and reactivates.

"This kind of escape takes another form—rather than switching activities, one switches surroundings. Moving from a functional room to a room decorated entirely personally, for instance; from a neutrally colored place to a brightly colored place; from a cluttered corner to a spacious area, or—the extreme example—moving from a city house to a country house. These are all ways, not only of reducing stress and tension, but also of revitalizing and refreshing yourself with new stimulus input. All of us do this, I think, and it is very important.

"Another kind of escape is almost the opposite of that, and is also quite common—escape from boredom. This is not an escape from tension so much as escaping from the emotional reaction of boredom with your life or what you are doing. The use of television is a very common example of how people cope with this kind of boredom —they try to escape by turning to cops and robbers, love stories, sex.

"But there is an altogether different kind of escape—far more important than both of these. This is an escape which is part of psychological growth. It's not escape *from,* but escape *to.*

"In your day-to-day life, there are certain routines and skills that you have acquired and that you must use in order to conduct your activities successfully. In these circumstances, you cannot do too much experimenting or trying out new things. What you have learned in the way of running your house, doing a job, functioning in the community, is a professional skill, and you ought to stick to it if you want to continue doing well.

"But there are certain times in life when you become dissatisfied with yourself as you have been—and these are the periods that are characterized by efforts toward psychological growth. In these periods, you want to escape from the daily routine and responsibilities *in order to try out different parts of yourself.* And it is out of these escapes that we get, during adult life, significant periods of psychological growth.

"The escape can be quite limited. Let us take the stockbroker or banker, for instance, who by virtue of his everyday demands has learned to be a rather controlled and organized person—and this works very well in his career. It would not do for him to be very flamboyant. This man may find his escape on the tennis court. Very often, you see a middle-aged professiona turn into a wild man court. What he is doing just releasing tension— that is part of it. What h ing is trying out anothe of himself. On the tenni he can be Jimmy Connor takes a vacation in the bean and instead of his three-piece suit takes t landish costumes, he's n playing games or being cent: He is trying out, in threatening situation, aspect of himself.

"A friend of mine r bought a motorcycle. always been a conservat of person, and five yea would have laughed at t of leather jackets and h But he drove about motorcycle for some ti the alarm of his family), giving it up. Now he see same, but actually he's different. He was shake and has now realigned hi He has greater acce about certain things—f stance, he is much m touch with his adolescen You could regard the p like a kaleidoscope: The are always the same, but shake them up they fal place differently.

"People who make thi of escape—for instance, up painting or sculpture, ing on leave for several or months—usually come to their ordinary lives. Bu come back with a diffe The man who decides t come an artist, for ins may go back to being a d But having had that expe of working with color, wood, or stone, he goes b his daily life seeing the differently. You cannot w painting without it havi effect on your perspective chologists view it as a sp you've gone up the spira come to the same position higher.

"Without this escape, would not experience the chological growth that vital to this time of life. people (*Continued on page*

The Great

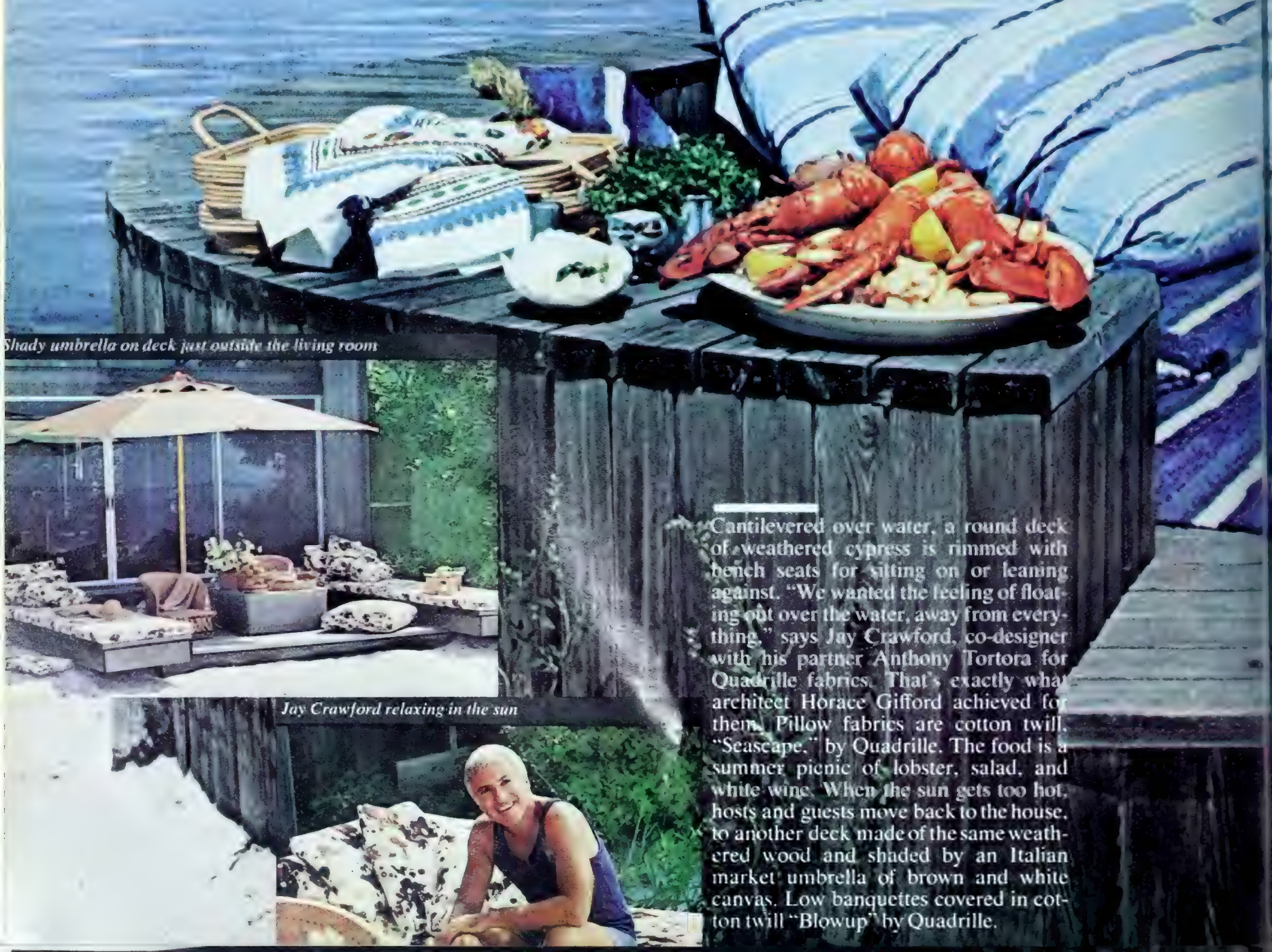
SUSAN W

How best to get away from it all? It depends on your age, size, shape and personal preferences. The sturdy red-shirted person here, for example (Matthew Emery, four years old), walks into a new world when he goes to the tennis court to join his older brothers. See more about Matthew and his tennis buddy later in the issue.

SCAPE

ES

A suspended outdoor living room, free-wheeling in space, a place to relax, to eat, to dream



Shady umbrella on deck just outside the living room

Jay Crawford relaxing in the sun

Cantilevered over water, a round deck of weathered cypress is rimmed with bench seats for sitting on or leaning against. "We wanted the feeling of floating out over the water, away from everything," says Jay Crawford, co-designer with his partner Anthony Tortora for Quadrille fabrics. That's exactly what architect Horace Gifford achieved for them. Pillow fabrics are cotton twill, "Seascape," by Quadrille. The food is a summer picnic of lobster, salad, and white wine. When the sun gets too hot, hosts and guests move back to the house, to another deck made of the same weathered wood and shaded by an Italian market umbrella of brown and white canvas. Low banquettes covered in cotton twill "Blowup" by Quadrille.

CAPE *to the Sun*



Circular deck thrusts out over the water

The Sports

The whang of a ball on string, the thump of sneakered feet—the bounce and energy of tennis life

Some great-escape sports require expensive equipment, such as the four-legged models below, and some don't. Tennis can transport you with just a bit of canvas, rubber, and wood. Here, a still life of the tennis gear of the Emery family, whom you'll meet again later.
SUSAN WOOD

All these riders belong to the same family—parents Harry and Joanna de Leyer at left, and six of their eight children to their right. All are accomplished riders, who hunt, show, and care for their horses together—an active, demanding sports getaway.



ESCAPE

The lift of a 4-foot jump, the rough beat of a canter—the fast-moving equestrian world

The Travel Es

Getaway foods to cook and serve simply for an Italian terrace buffet, a row-away picnic

Cast off with a picnic, above, *so simple you can leave forks and knives ashore. Seafood salad served on lettuce leaves used as plates—roll them up, eat! Other portables: tomatoes with mozzarella, stuffed eggs, celery and bread sticks for crunch.*

CAPE

How a busy food writer changes pace by changing scene

Travel is more than the lure of faraway places—it's exotic food, too. Most of us travel to find it, but Naomi Barry, prolific food writer for *The International Herald Tribune,* and coauthor, with Beppe Bellini of *Food alla Florentine,* travels all year for her work. To her, the great escape means "a fast getaway to a hideout stocked with things you need." At *her* hideout, an apartment in Porto Ercole on the Mediterranean, she likes to experiment with recipes collected during her travels. Out come the straw hat, sandals, and the big straw shopping bag—and it's off to see what the local markets have to offer: crispy green tomatoes for salads, red pin-cushion ones for sauces, shiny aubergines, bouquets of large-leaf basil, and prezzemolo (Italy's parsley). A stop at the *pescheria* for fish from the early morning catch: squid and shrimp for seafood salad; tender broiling fish; steaky swordfish for kebabs to grill on the terrace or on the beach. (Idea: Have a pot of fresh basil growing right on the table for guests to snip into salad.) At the pasta shop, little meat-filled tortellini, and pastas to serve with pesto or walnut sauce. Ingredients gathered, she cooks them simply and quickly to preserve their summer-fresh tastes and colors, and combines them into attention-getters like the super-large pissaladière, or tiny potato pancakes with applesauce dip.

"If you keep life simple, there's more time for long swims, bouts of Scrabble, sojourns to nearby Etruscan towns, cooking challenging recipes like *feuille de vignes,* stuffed zucchini flowers, Greek meatballs. It's fun to cook them on location: They taste so authentic."

Naomi feels that if you have "a fixed place that represents *unsnarl,* it's enough to keep you moving forward. It's like saying to yourself 'I have a secret.' "

Buffet on the terrace, left, *with a view of the old town and an 18th-century fortress. Yoghurt soup, celery and Gorgonzola salad ("very crunchy, very healthy"), tuna mousse in lemon shells, supersize pissaladière (a kind of pizza salad), and Affogato—last year's passion—vanilla ice cream sauced with hot espresso. Center: Naomi Barry prepares her version of Elizabeth David's pasta shells with cheese and walnuts.* *For some of Naomi Barry's recipes, please turn to page 111.*

BLADE

ESCA

A picnic shelter, a portable bathhouse, country cabin where you can change the scenery at your pleasure. Just get in and go



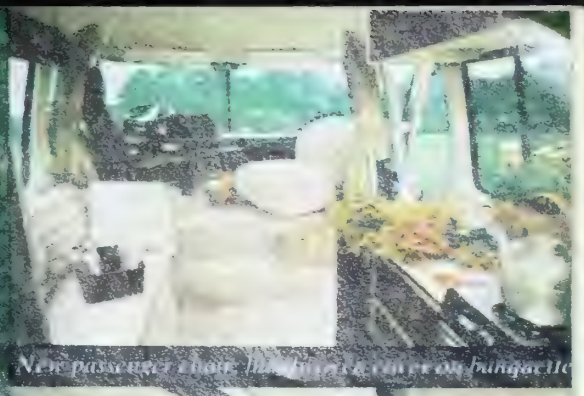
Floating on steel drums, an open octagon gazebo with a clear plastic roof

With a little 20th-century technology, designer Kenneth R. Wilson took a lovely 19th-century idea—the gazebo—and made it float. Steel drums buoy it up while sand ballast weighs it down, giving it substance and steadiness so that passengers (even if they're dancing) only cause it to bob gently. An acrylic roof lets moonshine in; an octagonal table holds food and drink. Fish like to gather in the shade underneath, making it a fine place to try out a rod. The gazebo took its maiden voyage at "Under the Lindens," a Designers' Showhouse held by the Junior League of Monmouth County, N.J. And it may be only the first of a fleet of gazebos: "I make them," says Mr. Wilson, "as live-in sculptures, each one different." Shopping information, on page 125

PE into Nature

A gypsy caravan, she says. A life support system, says he. For escaping to a little piece of land on the ocean and another in the hills. Because their GMC MotorHome was to be more than a traveling motel, Dr. and Mrs. Robert D. Quinn decided its interior should be something really special. Carol Peress designed it for them: hand-woven fabrics for the banquette and its pillows; a pure luxury passenger chair for Mrs. Quinn (it's more substantial than it looks), covered in the antique "hand-written" batik she collects. Now that it's so comfortable. Dr. Quinn, a psychologist, often uses the caravan as an office. And on summer evenings the Quinns drive out to find fireflies or to swivel around, lie back, gaze out the sloped windshield at the stars.

ROBERT LAUTMAN



New passenger chair; [illegible] on banquette



Miners' lamp nightlights, wood slat blinds for privac



Fold-down table for dining; new stainless steel wall

A floating gazebo. Unhitch it from its dock and pole yourself away

The gazebo at its picket-fenced dock



Three dream rooms



Swinging down a city street, arm in arm: **Vicente Wolf** *and* **Bob Patino** *of Bob Patino Associates, Inc. who designed dream rooms for their clients,* from left: **Loretta Mazzei, Elaine Martin,** *and* **Athena Aloisi.**

A suburb where trees grow and the houses go on, row on row, pleasant and substantial—and similar. But wait! Inside each of the three houses that follow, there is a room, a place that's special, designed for a unique person around an individual dream.





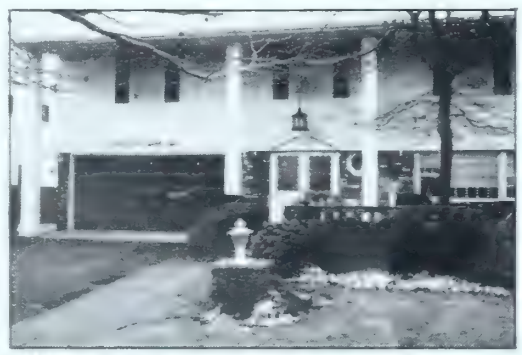
Elaine Martin wanted a living room

Elaine Martin likes to entertain. She's young, petite, casual—and she *doesn't* like to clean house. Her two children (daughter Lauren, who is 7 and son Marc, who is 2½) are fully integrated family members welcome anywhere in the house—which means that occasionally there are fingerprints and peanut-butter smudges to contend with, and bric-a-brac may be a menace. Mrs. Martin and her husband Barry also like to travel. Frequently. They go to places where there is sunlight and warmth, and when they come home they like to have light there, too. The Martins moved recently. "I didn't have an old living room to make over," she says. "I just had an empty room to make beautiful and fill with friends."



Loretta Mazzei wanted a bedroom

Loretta Mazzei is tall and vivid. She wears things that sweep and cling, strong colors, clothes with a flair. She lives in a Long Island suburb near the boutique complex her husband Michael owns and runs. They have a son, Jamie, who is 7. Most of her house pleased her as it was, but she wanted a bedroom, a personal world, frankly sumptuous, where she and her husband could relax in the evening and where she could live by daylight too, reading, thinking, breakfasting and lunching, gossiping with friends. The room she had was L-shaped and angular, awkward—when most of all, she dreamed of comfort, a bedroom so her own that everything in it cradled and coddled her.



WILLIAM P. STEELE

Athena Aloisi and Loretta Mazzei are friends. A lot of their visiting takes place in one another's kitchens while meals are being prepared. But Mrs. Aloisi's kitchen was tiny. One night, after the two couples and several other people had sat there from 5 until 3 A.M., while she tried to cook and serve around them, she declared flatly. No more guests. Next day, the kitchen wall was gone. Her husband Leon had knocked it down. Needed: a new big-enough place to entertain and eat.



Athena Aloisi wanted a kitchen



Interior designers Bob Patino and Vicente Wolf made all three dreams come true and installed each, complete, in a one-day effort. "When I saw my room for the first time," says Mrs. Mazzei, "I cried for joy."

"A place where



can be me”



A bedroom the color of her

Pure vanity in a bedroom that's practical too

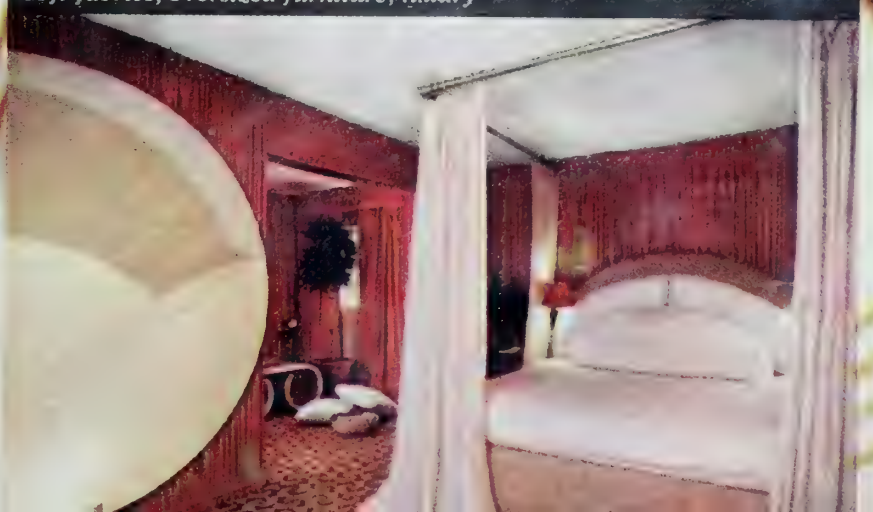
I come in and close the door, and it's the most comfort I've ever had in my life." Loretta Mazzei's bedroom-sitting room is scaled specially for her tall body, filled with colors that blend with the makeup she favors, and fitted out with music, refrigerator—everything for a full private life.

Angular walls have been softened and sound hushed by shiny rust-colored chintz shirred to wrap up the whole room. Underfoot, the floor is completely carpeted, the Art Deco-inspired design by Vicente Wolf. At one end of the sitting room, a refrigerator for snacks or champagne, a stereo system, a television set, a little built-in bar. In the sitting area, a coffee table and sofa designed just for her. All the furniture, in fact, was designed by Mr. Patino, over-sized for comfort. "It's voluptuous," says Mrs. Mazzei. Peach colors and bone for the bed and its hangings: sheer cotton that, drawn around the bed, creates a very private cave "where I can just cuddle up." Underlying all that pampering is real practicality. Wall-hung vanity and night tables are easy to vacuum under, and they have glass tops to make spills inconsequential. The Carpathian burl bureau needs only a swipe with a dustcloth. The closets are organized so that everything has its place. It's a room that's fun for her friends to visit during the day, "though nobody looks as good in it as Mrs. Mazzei," says Mr. Patino. And at night "the bedroom is more the woman's domain, something she creates so that she can invite her husband in."

The bed, far left, *is for sitting as well as sleeping. Behind sofa, mirrored sitting room wall,* left, *provides an endless vista of the room.* Below, *huge round painting by Polito was a gift.*

WILLIAM P. STEELE

Soft fabrics, oversized furniture, luxury



ipstick

A living room to

Everything clean and simple, ready to welcome guests

At night, when the blinds are closed and the lights are on dim, it's hard to believe you are in the suburbs, and not in some city penthouse, or maybe a villa somewhere in Europe," says Elaine Martin. She loves her living room. "I had a vision, and this is it."

When winter sets in too hard, or simply when the mood strikes them, Mr. and Mrs. Barry Martin like to pick up and go. The places they travel to are usually sunny and warm, often exotic. Frequent adjustment to other environments has made them flexible and casual—and given them a preference for simple things. Mrs. Martin likes her colors muted, her places uncluttered, her atmosphere a background for friends and for family. Living room walls are pale peach, the ceiling powder blue to make the room warm and friendly at night. An entire wall of mirrors bounces light from the windows across the room, reflects the view of Long Island Sound, and seems to double the size of the room. The furniture—all except Mies van der Rohe chairs—was designed by Patino Associates to fit the Martins, moves easily so guests, whether there are two of them or twenty, can pull up seats to share a conversation. Mrs. Martin also likes her maintenance kept simple: raw wood and marble from which fingerprints wipe easily for the coffee table, washable quilted covers for sofa and ottoman, vertical brushed aluminum blinds instead of curtains. All clutter—magazines and newspapers—is hidden in a huge basket. "When I come in after a trip, I know I'm home."

Everything in the living room, right, *is a natural material, including antique cotton dhurrie rug. Queen of the coffee table, a specimen orchid.*

WILLIAM P. STEELE

African sculpture, one souvenir from travels



ome home to


Compact storage, easy to keep



Seats for coffee, chatting with the cook

A kitchen-gree

ouse for friends

Breakfast to bedtime, an all day room

Even my cooking has gotten better because of my new kitchen." Athena Aloisi has always been a good cook, but now, with a greenhouse for herbs—and even orchids—plus room for both Aloisis to cook together while friends keep them company, and a comfortable place for long after-dinner talks, "I'm becoming a gourmet."

The beginnings of the new kitchen were dramatic: flying plaster as the wall between kitchen cubicle and dining room disappeared. The process was dramatic, too (all this drama may come naturally: Leon Aloisi is opening a dinner theatre on Long Island soon). "It would be nice if those windows were a greenhouse," said Bob Patino. "Good idea," said the Aloisis, and proceeded to knock out another wall and build one. The final production is bright and versatile: unfinished quarry tile floors, comfortable wicker dining chairs, a sofa, a table that seats two or eight, a high breakfast counter, its kitchen side surface lower to conceal dirty dishes, its dining room side mirrored to make it seem to vanish when you look at it from the table. The room is eclectic and changeable, "like Mrs. Aloisi herself," says Mr. Patino. A bit of Oriental influence, a little Persian, a touch of Indian. Even the china was carefully chosen during an all-day expedition to Chinatown: No two pieces match, and all look wonderfully appetizing.

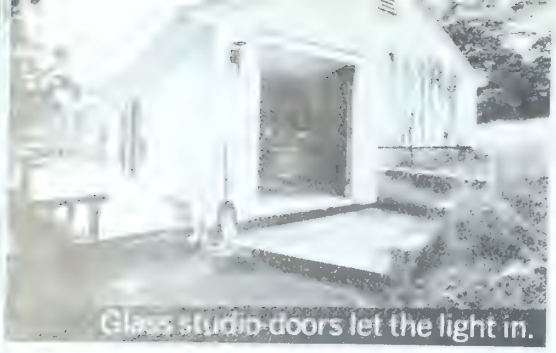
Wicker chairs, left, *are comfortable for dining and after-dinner lounging. Behind the table in the greenhouse grow oranges, tomatoes, and orchids. Lights adjust for growing, food preparing, or dining.*

SUSAN WOOD

Sun shines in, candlelight shines out



TAKE A STUDIO



Glass studio doors let the light in.

When the pressure of work says stop, go away—but don't stay too long!—the answer can be the kind of escape hatch interior designer Arthur Smith made by remodeling a little house in Connecticut. Built originally as a painter's studio attached to an older building (a garage topped by a bedroom), it became a full-time house—or could be. Used only *part*-time, it is best defined as a change of scene. Mr. Smith has never spent two consecutive nights in it, but on *the* night he wants to be comfortable. The house now has heating and air conditioning, an innovative new kitchen and luxurious bath (both Smith-designed), a new tray ceiling and interior walls, new flooring, a new deck. Very little was done outdoors. As Mr. Smith says, "I like the country, but I don't like to take care of it. The entire garden is two espaliered pear trees that need nothing but rain to be quite happy. And that's it. My instant escape."

Wedge-shaped deck was added to side of house, *above,* to give it a sense of breadth. **Breakfast time:** In front of the island kitchen is host Smith, *right, top,* who likes cornflakes with peach slices, honey, vanilla ice cream. **Living-dining room** walls and ceiling, *right,* are covered in brown-bag paper, floor in knotty pine. Sculpture by Douglas Abdell.

GARAGE...





For space you can escape to, three double-take makeovers

Makeover 1

Make it livable: no-fuss luxury

ORGANIZED SPACE WITH A KITCHEN IN A BOX

When designing for a client hungry for color, Mr. Smith obliges by juggling a Matisse-inspired palette like one possessed. He loves it, but gives this particular performance only by request. "You can't force color on someone when you know it's going to make him nervous. My own tastes vary. I love blue, and use it as much as I can, but I didn't want it in the country." After being suffused with color, year in, year out, he wanted a change—rather like a chef who has cooked a sumptuous dinner, then sits down to a little supper of bread and cheese. This house was to be a kind of diet, a pleasant one, but restricted to brown and black and the naturals—"colors I like because they're warm without being volcanic." Which explains the wrapping-paper walls and ceiling. The new pine floor, laid right over cement, is straw-colored. There are no fancy fabrics. Natural linen on the banquette, black and cream striped canvas on the dining chairs, Smith-designed. "They have *arms,* incidentally, which makes them comfortable enough to sit in after dinner without that terrible compulsion to be the first one to get to the sofa. The rug is Moroccan, and the serving table English, made of sycamore, with drawers lined with Pacific cloth. It may once have been a desk, but now it's a silver chest. The sculpture on the right end is by Tony Smith and is called Spitball. Well, why not?

"When you live with a lot of color all week long, it's nice to have a change of pace—like a getaway house with no color at all"

The kitchen I designed. It just sits at one end of the room, and you don't know what it is until you get around to the working side. It's entirely surfaced in Formica—dark brown for the top section, black for the base. I think it's as ornamental as a piece of sculpture, and if Tony Smith can call his a spitball, surely I can call mine a kitchen."

Dining table stays put. At center is a sculptured Lucite lighting fixture whose cord goes down through a slender pipe to plug into floor outlet. **Kitchen,** *far right, center.* In 10 feet: refrigerator, freezer, sink with instant hot water, dishwasher, stove. **Bedroom,** *far right, bottom.* Cement floor topped with plywood, then sisal. Sleigh bed was designed by Mr. Smith.

ELLIOTT ERWITT

Freestanding kitchen, 10 feet long, has handy passthrough to living-dining room



Bedroom has walls of brown vinyl suede, a bed upholstered in minklike plush



Double-take makeovers

TAKE A BUILDER'S HOUSE

"Simplify, simplify," Thoreau advised, and this skillful remodeling does just that, combining small rooms into large, replacing series of separate windows with glass walls, and banishing everything fussy. Architect-owner John Bedenkapp has transformed what was once a builder's house very much the same as all its neighbors into a place of uncommon visual restraint, tailored to his personal needs—relaxation, hospitality, gardening, and, in a private wing all his own, solitude. New additions increase the house's space, and projecting walls tie the two buildings, the decks, and a sheltered patio all into a unified whole. The living room was enlarged by annexing an adjacent porch. Through a large new expanse of fixed glass, it looks onto the trellis-covered deck, *above*, which Mr. Bedenkapp added to overlook a sloping lawn and garden beyond.

The living room, *above,* is a quiet backdro for classic modern furniture designed b Mies van der Rohe in 1929. The glass table takes up no visual space, and the stainless steel drum table, Mr. Bedenkapp's own design, is almost sculpture. On it, a collec tion of 6th-century B.C. Corinthian pots Above the fireplace, a Warhol painting

Makeover 2

Make it simple: big rooms from small

OPENED UP, STRETCHED OUT, WITH PORCH, DECKS, GLASS



The house before additions and remodeling

For John Bedenkapp, an architect whose work keeps him in New York most of the week (or, recently, in Washington, installing the National Gallery's new show, *The Eye of Thomas Jefferson),* escape meant something in the country, something uncluttered, something very quiet. His house is urbane but not at all urban, owing its visual effect to spare furnishings and restrained color. Except for green plants, the leathers and polished dark woods of furniture, and a few modern paintings, everything about the house seems to be colored either white or soft gray. Even the floors, unencumbered by rugs, are expanses of white, painted with six coats of deck enamel for a tough finish. Ceilings, walls, and woodwork are white as well, and the exterior walls (often seen from inside the house through generous spans of glass) are gray-painted cedar shingles. The roofing is cedar also, weathered a slightly different gray and a slightly different texture. Clutter is banished entirely, and even the amount of furniture is minimal —but what is there makes an important statement.

"Remodeling is like finding space you didn't know you had. Two half-hearted rooms can combine into one terrific one"

The new openness of the house brings it close to nature. From every room there are views of the daylily garden or the woods (Mr. Bedenkapp says he enjoys the winter scenes even more than summer), and you are always conscious, in the house's major rooms, of the view to the outdoors.

The house is often used for weekend entertaining (there are two guest bedrooms upstairs), so for Bedenkapp himself there is even a retreat from the retreat: Because he doesn't like to drive (he shops and visits on bicycle), what was once a garage is now a separate master bedroom and study, with its own trellised deck facing away from the main house into the woods. A walkway from the main house to this detached suite is covered but not enclosed; between the two buildings is a walled, brick-paved patio. The living room was stretched out in two directions: Besides removing the old exterior wall and incorporating the old front porch as part of the living room itself, Mr. Bedenkapp added a brand new deck, *top right,* made entirely of wooden dowels set tightly side by side—"wonderful to walk on with bare feet." Walls that could not be removed were simply opened up with big glass windows that fill the room with daylight. At either end of the deck, a wall, shingled to match the house, curves around a small pool and fountain. Overhead, an openwork dowel trellis supports vines of wisteria that will one day become a fragrant canopy. The hill that slopes down from the deck to the garden was terraced with railroad ties to create shallow grassy steps.



Terraced lawn sloping from the new dowel deck



The deck, made of dowels, shaded by a dowel trellis
Living room, incorporating a former front porch





atio between house and separate master suite



The new library, once a small front parlor

Two new shingled extensions frame and shelter the **living room deck,** *far left*. Gentle terraces step down the hill between clumps of daylilies. *Center:* A shingled fence partially encloses the **patio** between the main house and bedroom-study. What once was a small front parlor, *near left,* is now a **library** with a circular pedestal table used as a desk. On the far wall, one of a series of Roy Lichtenstein paintings.



living room, a skylit wall, another of clear glass. Floors are slick white paint
a garage, now a master bedroom-study retreat

From the master bedroom, a wide-angle view of the woods

The living room deck, *far left,* is shaded by a trellis of wooden dowels on which white wisteria are being trained. The deck itself is also made of dowels, tightly spaced. In the semicircular shingled niche at the end of the deck, a quiet pool and fountain. *Near left:* Across from the living room's glass wall, a brightly **skylighted wall** makes a backdrop for plants and a circular painting by Lichtenstein.





What was an open front porch, *far left,* is now an extension of the **living room** with a view past the stair hall into the library with its lyre-base card table. In the living room, an American Biedermeier armoire. *Center:* The separate **master bedroom wing,** once the garage, has its own new deck and a curved projection containing the bath. On the **bedroom wall,** *near left,* a carved wood overdoor from an old Saratoga, N.Y. hotel.



Skylit living room with mirrored fireplace

HORST



Before back wall was replaced with glass

Makeover 3

Make it light: add pool, skylights





New terrace that spans house, overlooks pool

Double-take makeovers

TAKE A BUNGALOW...

Want more sun in your life? For a house in southern California, the makeover was designed to meet the sun halfway. First a wall was replaced with sliding glass doors to make the terrace part of the living room; next, skylights added to let the sun shine *in*. Architect Jack Warner designed the terrace to extend the living-dining area out toward the garden which leads down to a new pool. He furnished it as an outdoor sitting room with flowering plants, handmade Mexican terra-cotta tiles, and lots of white and airy wicker; white canvas curtains keep the sun from becoming too much of a good thing. In the living room itself, *top left,* two skylights are built into the roof and the walls flanking the fireplace are paneled with mirror. "We wanted to open the whole house to the sunlight." The bedroom, *above left,* is filled with layers of fresh white on white, starting with the bleached oak floor. Fabrics are all cool cotton: quilted spread, canvas bedcurtains, and a quilt used as a tablecloth. Mr. Warner designed the armless chairs that rest on round bamboo runners; bedposts are bamboo stalks, too. The table is a 2-inch-thick piece of clear acrylic that rests on a reproduction of an antique French brazier.

In the bedroom, sunshine and white: bleached oak floor, fresh white cotton everywhere



Terrace spans the whole 40-foot width behind the house (see plan). Living and dining rooms, originally separate, were combined by removing a wall. **Original back of the house,** *opposite page, far left,* in 1927, with its vegetable garden. Steps to house were retained, other steps added to lead down to pool. **Great poolside companions:** Gwen and Jack Warner's children with some of their friends, including a four-legged one called "Lamby." **In the living room,** *opposite page, top,* Mr. Warner designed the palm-trunk table. The painting by Jules Olitski; log sofa by London-Marquis.



MICHAEL OLSEN

This Sporting Life

Many American families practice their favorite sport together these days, sharing the effort, the sweat, the energy, and the fun. "It's a great way for a family to keep healthy and develop together," says sports specialist Dr. John Marshall. Here is a look at the life-styles of two sporting families, on the court and in the saddle.

By Nancy Newhouse



The Emerys are on the ball: From left, Mark, 16, parents Bill and Carol, Jonathan, 12, and in front, Matthew, 4.

Tennis the gan for one dynami family

The Emerys all do it. These days, *everybody* does it. Tennis is the game, and balls are flying, rackets swinging, all over the country. In Florida, it's not too hard to get a fix on the sport, what with courts on every other corner and the pervasive ambiance of sun and games.

The William Emery family, now that two of their sons are of appropriate age, are part of the pattern—they find that their Ormond Beach life revolves increasingly around tennis. Mark Emery, 16, is ranked 25th in the state in the 16-and-unders, and his brother Jonathan, 12, 23rd in the 12-and-unders. Both parents are reasonably good amateurs. And although Matthew is only 4, he's enthused, and will be out on the court as soon as he's tall enough to see over the net.

What does it mean to their family lifestyle to have crossed the line from "playing for fun" to "serious"?

For mother Carol, a sunny blond in her late thirties, it means a lot of driving, for one thing. Getting the boys to one or two tournaments a month in various parts of the state involves a dawn departure and a late-night return, with a long, hot day in the sun in between. "I take lots of Gatorade," sighs Carol. It also means coming back the next day, and even the next, if the boys win their matches. (Father Bill, a lawyer and municipal judge, only makes it to the finals.)

It also means some ambivalence. "I wouldn't ever quit. I really want them to do it and improve," says Carol, who encouraged the boys to start young with lessons. But she's anxious not to fall into the role of pushy tennis mother. "I don't want tennis to be the only thing in their lives." Both boys are active in church youth groups, and Jonathan recently dazzled the family with his performance as Hansel in the opera *Hansel and Gretel*.

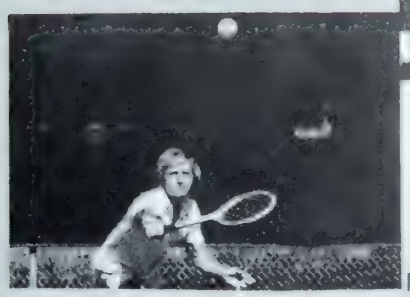
To stay in shape for the ferocious Florida teen-age tennis competition, Bill, Mark, and Jonathan all run at the Daytona Track Club, and run as well on the superb nearby beach. Bill is a good gymnast, and the boys join him on the backyard parallel bars when he's working out.

Continued on page 169



WHAT A RACKET!

The two boys go through 20 pairs of sneakers and 100 cans of tennis balls a year





Mark and Jonathan arrive by bike at the Oceanside Country Club in Ormond Beach for an after-school tennis session.



Bill is grim about getting this one back to faster-stroking son Mark.



Mark teams up with Zenda Liess, a superb player ranked no. 2 in the country in girls 16-and-under.



Picking out a tune, Matthew is overshadowed by tennis trophies.



Alley oop! Matthew and Jonathar try some gymnastics for fitness





The sisters airborne in front of their home. With six brothers, they stick together.



Where is everybody? Anna Marie, *above*, checks out the hunt field. André, *below*, on boot duty: first boots are washed then saddlesoaped and polished.



When his first child was six weeks old, Harry de Leyer, on horseback, held him in his arms and rode carefully around the yard while mother Joanna watched out the window. Today they have eight children from ages 13 to 24, all accomplished riders. The six at home show horses, hunt, and help on the family's 52-acre Long Island farm.

How does one family produce eight high-achieving equestrians? Perhaps it is because riding is not just their favorite sport, but also their livelihood. The de Leyers are not wealthy, and earning a living with horses demands a family effort. Equestrian/business life includes lessons (Harry teaches 30 classes a week); schooling, buying and selling, breeding, and boarding horses; and show riding (for prize money). And 80 horses at the farm means a lot of mouths to feed. There's no hired help, so everybody in the family pitches in.

Saturday, the busiest day, breaks down as follows: up at 6:30 for a big breakfast, at the barns by 7. Before classes start, horses are fed and watered and the barns swept by the boys... Harry, a traditionalist, doesn't allow the girls to muck out stalls; they clean tack, saddle, and groom. Horses are saddled for the 9 o'clock class, and for hourly classes until 2. Joanna and assembled children return horses to stalls and set up fences for jumping classes. After a quick lunch, boarders and young horses are exercised (each child has one young horse assigned to him or her to clean, exercise, and train). And manes are braided for the Sunday horse show or hunt, depending on the season. One recent Saturday, before the gala final Sunday of the local Smithtown Hunt, the de Leyer kids braided 21 horses.

Then it's church, for Saturday evening 5:30 mass. "We usually have to run," says Joanna de Leyer. "Everyone's in the shower at the same time, and I put dinner in the oven before we go."

The mother of such a brood needs an advanced degree in time management, particularly when she hunts with her husband three full days a week from September to late March. Joanna says, "The housework used to bother me. I'm so glad my mother lives far away so she can't see my house. When I was first married, I had to keep things spotless, but I was a nervous wreck." Then, she laughs, as the children multiplied, "I just couldn't keep up. I decided the housework had to be secondary." The morning of a horse show, she just puts dishes in the dishwasher, and everyone piles in the station wagon or horse van for a 6:30 departure. "Keeping the family together having a good time is much more important than being at home doing housework." *Continued on page 169*

BOOTS AND SADDLES

With all the years of riding, there have only been 4 broken bones: 2 legs, an arm, and a rib

Eight top r
run their f

rry Sr. takes a fence in his peccable forward-seat style.

Harriet grooms in the barn. A volunteer at the local hospital, she hunts and helps her father teach class on weekends.

In coveralls to protect riding clothes, Harriet secures Anna Marie's hair.

Above, eight de Leyers on horseback. Joanna, *below*, boots up. She started riding again after her eighth child.

Joanna adjusts Harry's stock. He is Huntsman (in control of the hounds in the field) of the Smithtown Hunt.

John, the youngest boy, leads a blanketed mount.

A kiss for Dad. Anna Marie holds award she won with Dutch Erma, her favorite, prizewinning mount.

rs also
ily farm

SUSAN WOOD

Let's get away from

either you climb on a bike, fly to faraway shores, or pick up a picnic basket, make a break with the everyday!



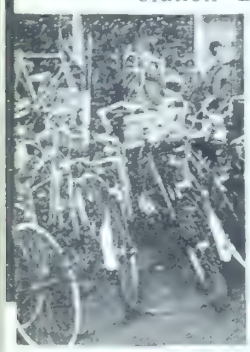
SUSAN WOOD

Seeing America on wheels: THE BIKECENTENNIAL

By Mary Smith

Bicycle touring is an exhilarating, inexpensive, healthy way to travel, allowing time to reflect, to absorb the landscape, to experience the terrain, in a way today's high-speed travel has forgotten. Until recently cycling was feasible on the country roads of Europe, but remained an awesome undertaking in this huge land of superhighways and enormous distances.

Bikecentennial '76, a nonprofit organization of cycling enthusiasts, has seen the need for quiet, safe riding routes in the United States and spent three years putting together a system of trails and facilities for bikers from coast to coast. Recognized by the American Revolution Bicentennial Administration, its big thrust for 1976 will be organizing trips with leaders across the United States or through portions of it. Ten thousand people are expected to cycle from coast to coast, with many more traveling on sections of the route.



Most parts of the United States are criss-crossed with little-used backroads servicing rural areas. Carefully linked together, these provide perfect bike trails through scenic parts of the country. Combined with local facilities—called Bike Inns—such as schools, churches, and community halls, where cyclists can throw down a sleeping bag for the night and get a meal, a coast-to-coast network has been created for cycling, eating, and sleeping.

The backbone of Bikecentennial '76 is the Trans-American Trail, a 4,250-mile trip from Reedsport, Ore., to Yorktown, Va. The trail goes through the Cascade Mountains of Oregon, across Idaho to Montana, along part of the Lewis and Clark Trail, through Wyoming and Colorado. The route then heads east through the Great Plains in Kansas, the Ozarks, on to Kentucky and Virginia, through the Appalachian Mountains. Finally, it meanders through the Shenandoah Valley to Yorktown. Unfortunately, April 15 was the deadline for signing up for this 82-day trip, but there is still ample time to apply for space on one of thirteen shorter trips.

Short trips along portions of the trail will depart all summer. **Coast Cascades,** for example, a 12-day trip from Astoria, Ore., to Prineville, Ore. costs $210 for Full Service, which includes having equipment carried by van from one evening stop to the next, and staying in Bike Inns. Or you pay $190 staying in a Bike Inn and carrying your own gear, or $165 for camping. The trail includes a variety of terrain, from the twisting coastline along the Pacific Ocean to the fertile Willamette Valley and on to the Cascade Mountains. Descending from the mountains, bikers travel through desert to Prineville.

Opening the Frontier, a 31-day trip from Yorktown, Va. to Ste. Genevieve, Mo. follows the path of the first pioneers to head west. It goes through the Daniel Boone country of the Appalachians on to the bluegrass country of Kentucky. The cost is $435 for Full Service, $390 for Bike Inn, $310 for camping. The price includes overnights, three meals a day, expenses for leaders, and insurance.

In the interest of promoting long-distance cycling this year, Bikecentennial '76 will organize mixed groups of twelve cyclists according to experience, ability, and

Continued on page 167

Indian Ocean adventure

By John Summerskill

EDITOR'S NOTE: *Educator John Summerskill was president of San Francisco State University in the stormy 1966-68 years, lived in Ethiopia and traveled widely in Africa from 1968 to 1970, is now vice president of the Educational Testing Service in Princeton, N.J.*

The departure was perfect. At nine in the evening we took a taxi from downtown Athens to a taverna in a quiet neighborhood for a dinner of fried eggplant, sodziki salad (grated cucumber, garlic, yoghurt, lemon), sausage, lamb testicles, and two big carafes of retsina wine. Then, just before midnight, we hurried to the Athens airport, bought some duty-free gin on the run, whizzed through security and customs, and were airborne for Nairobi.

Arriving at dawn, we asked immediately about the next flight to our destination: Lamu Island off the coast of Kenya. We took off in a DC-3 after a four-hour stopover.

En route we made a scheduled stop at Malindi, beautifully situated on the Kenya coast. There our pilot, with less poise than one likes to see in pilots, let us know that the aircraft would not be going on to Lamu because we had, as he put it, "a no-go problem."

In the heat of the African afternoon the passengers bound for Lamu, grounded, turned peevish. I glanced at my wife Mimi, she nodded, and we split.

A taxi to the Ocean Sports Hotel on Turtle Bay, 14 miles south of Malindi, cost 50 shillings (US $7). It was worth every penny. Suddenly the whole world changed. Looking southward along the coast of Kenya, a broad ribbon of white powder sand wound as far as the eye could follow. Coconut palms, ironwood, succulents came down to one edge of the beach and the green-blue Indian Ocean broke lazily along the other. To the north, beyond some rocky islands, a beaut green headland; across the nar neck of the headland, a lagoon. We ran across the s into the water.

Malindi is a favorite holi spot for families who live in N robi and upcountry Kenya, vacationers do not usually g the coast without reservations. did. Mimi, fearing we would turned away, whispered to "Look, there is one of the o

"On Lamu, endles sand beaches, green bush, and the ocean shimmering toward India..."

ers sitting on the lounge. M sure he knows we are friends the Haverstraws." I put on best British/country/casual lo strolled over to introduce mys and firmly dropped the na "Haverstraw." The response w "Really?" The next day when were comfortably established in bungalow at Ocean Sports, I covered that the man was an i erant like us who must still wond about Americans accosting stra ers, saying: "Haverstraw!"

Turtle Bay envelopes one in s and sea, and mental clocks wi down. The more energetic und take ocean sports and snorkel, s ba dive, sail, water ski, and fish deep waters. Others follow t tides which reach 14 feet, swi body surf, and sun bathe. Or o can explore the town of Malin and visit the ruins of the o Arab city at nearby Gedi villag Or tour the magnificent coral ga dens in Turtle Bay Marine Park glass-bottomed boats.

We filled the days with swin ming and body surfing and ate fis crab, shrimp, and lobster at pric we could afford. We spent a lon morning with seven African fishe men encountered along the beac and shared their excitement whe the nets were hauled in. There wa time for sun-bathing and lazin and reading, for strolling and sho ping in the town of Malindi, fo



t all

l gin-and-limes under the Afri- sun. It was just right.

'or us, the children in the area e a special delight. They came of the Indian Ocean with flax- hair and blue eyes, alongside er children with curly black r and laughing black eyes and p black skins.

A week later, we once again set for our destination: Lamu Is- d. As our baggage was loaded o the single-engine plane oper- d by Ticair (named after a cat), listinctly older gentleman with RAF mustache sped up to Ma- di Airport on a motorbike. He rked the bike, climbed into the ckpit, turned over the propeller, d we were off to Lamu, à la aldo Pepper. It was a dramatical- beautiful 45 minutes, with sand aches and green brush off the rt lounge, and the ocean shim- ering toward India to starboard. When we landed at Lamu, our ggage was immediately grabbed d divided by boatmen compet- g for our business. Without Swa- li, it took all my powers of mime get our things consolidated in ie ancient craft for the voyage to e Peponi Hotel on Lamu Island. Suddenly, again, the whole orld changed. It would tax a poet describe the beauty of Lamu. he Peponi Hotel is a small inn, stefully converted from a private ome, located on the eastern tip of amu near the fishing village of hela. The hotel offers a constantly hanging view of the ocean waters, he dhows and other boats, which un between Lamu and Manda is- ands. Guests at the Peponi can inish morning coffee on the ter- ace surrounded by bougainvillaea nd step directly onto 8 miles of white sand beach—8 uninterrupt- ed and unpopulated miles! Lamu Town about a mile and a half away, is an incredible place to ex- plore and to photograph in the early morning when the sun is bearable in the sand hills. Later in the day, it is easy to offset the heat with swimming and boating, and gin-and-limes are always available.

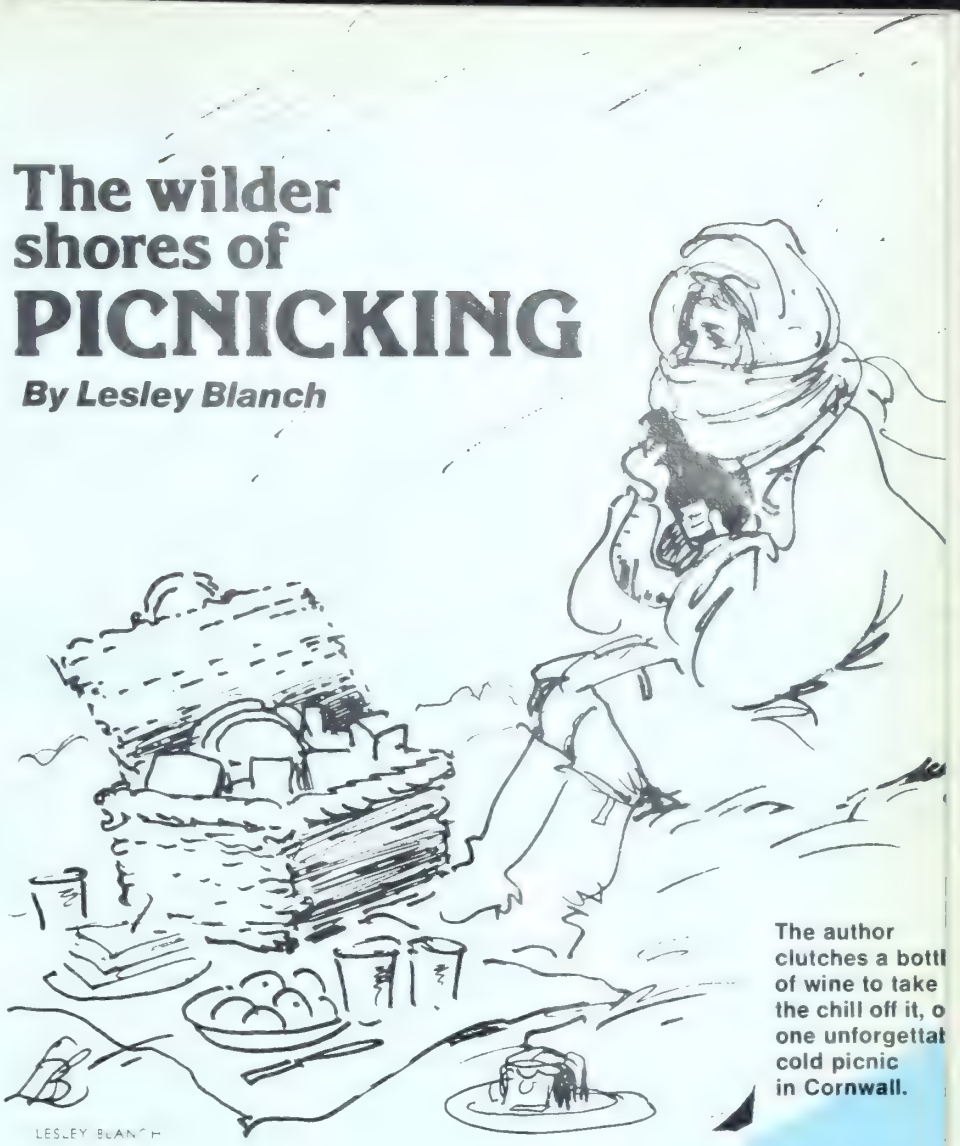
In the heart of the land of the Swahili people, the Lamu water- ways have been an entry to that part of Africa for more than a thousand years, perhaps twice as long. Arabs from Oman and Mus- cat on the Arabian peninsula have been carried to and from the Lamu region for centuries by the mon- soon winds, and their presence and influence are evident everywhere. Travel on the island today is still entirely by boat, foot, or donkey, since the narrow streets of the town cannot accommodate vehi- cles. Main Street, never more than

Continued on page 108

Grazing goats add a provincial note to the Lamu airstrip, and visitors use the plane as a sun shelter.

The wilder shores of PICNICKING

By Lesley Blanch



LESLEY BLANCH

The author clutches a bottl of wine to take the chill off it, o one unforgettat cold picnic in Cornwall.

EDITOR'S NOTE: *Biographer, novelist, and above all traveler—both in fact and in imagination—Lesley Blanch was born in London. As a diplomat's wife, she lived in eight countries, and she has visited countless others, many of them the remoter regions of the earth. Among her books are* The Sabres of Paradise, Under a Lilac-Bleeding Star, *and most recently* Pavilions of the Heart *(Putnam $12.95). Her book,* The Wilder Shores of Love, *has been translated into eleven languages, and its title has become part of our language . . . even for Lesley Blanch.*

Picnics have always been a tradition in English and American life, yet, alas, picnic foods are too often boring and generally remain on the hard-boiled egg and hot-dog circuit. There is much room for invention and daring, as I have learned from my travels about the world. Looking back, I see my journeys as one long merging picnic—meals by the wayside from Morocco to Siberia. Everywhere, delicious surprises. In lands considered primitive or unsophisticated—"developing" is the new word—life is still geared for the nomad or passer-by. No need to take along thermos flasks or wilting sandwiches on the golden road to Samarkand.

Many of the local foods that I recall are easily prepared at home

"Looking back, I see my journeys as one long picnic— meals by the wayside from Morocco to Siberia"

and suitable for picnics. I shall return to them later. First, something about picnics in general. The dictionary defines them as alfresco meals. But that is not my interpretation. Otherwise, backyard barbecues—the nearest most chef-capped city men get to the Western life they watch on television—are really indoor meals eaten outside. By picnics, I mean food packed and taken far afield, to be eaten whenever and wherever your fancy takes you, without all the fuss of plates, knives and forks, or cooking it. Finger food, in short. Thus, even the sizzling hot shish kebab washed down by a glass of delicately scented tea, which is to be had at any hour all across the Middle East, is not, strictly, a picnic. not even when eaten out of doors, sitting cross-legged on a local rug, beneath a vine. However you rate it (and I rate it high), this is a restaurant meal. So are those formal repasts some motorists tend to consume by the roadside, clinging close to their car: There, by means of folding table and chairs, tablecloths, cutlery, china, wines, some rich dish and equally heaving-rich sauce, they reconstruct the dining room they have reluctantly left. The French, among whom I live, generally mistrust nature, and particularly eating in its midst. This is a pity, for with this nation's superb gastronomic traditions and sense of what is fitting—*le style,* in all things—they might have come up with some splendid picnic menus, instead of pizzas and charcuteries. But that is all the French aspire to, if forced away from the full-scale meal beside the exhaust of the car.

Perhaps this lack of interest is in part due to the Code Napoléon, for owing to its decrees, MAN still dominates, both legally and domestically, although new legislation and the nascent Women's Lib movement begin to alter things. Frenchmen, then, and indeed most other men, in general, dislike picnics. It is a curious male characteristic. Men prefer to concentrate on what they are eating, and are distracted by scenery and insects—wasps especially, which they provoke unnecessarily by flapping at them. Men are discouraged by not eating a hot meal, above all, by not being seated at a table (at the head, perhaps?). And, of course, they detest having to lug the hamper to some remote site selected by others. I suppose mad King Ludwig II of Bavaria contrived the *ne plus ultra* in picnic meals (or so he saw them), when he took to dashing about his kingdom by night—one night stands, generally, the destination always decided on the spur of the moment—to eat one meal, or sleep one night, in one of his numerous palaces, hunting lodges, or other grandiose fantasies. A retinue of cooks, scullions, pages, and grooms had to precede him at a furious gallop, arriving with every imaginable luxury of china and gold plate, portable ovens, and lavish ingredients, in order to set up a kitchen, adorn a dinner table, and serve these impromptu but lavish repasts.

The foods I prefer for picnics do away with much fuss, for they are designed to be eaten cold. I only allow participants paper cups and a combination corkscrew-jackknife, apart from the food and drink. Which reminds me of an English picnic, long ago, in Cornwall, where of course, we took along Cornish pasties. We also took a bottle of vintage Burgundy. It was a bitter spring day, and the wine cried out to be chambréed. I was made to proceed across the moors mulling it in my bosom. When it was judged to be at the prescribed room temperature, we sat down to the feast—to find that we had forgotton the corkscrew.

For picnic recipes, see page 52



Lesley Blanch cocooned in a voluminous burnoose.

KUSUK TEPE

HOMEMADE GARDEN PARTY

How does a weekend gardener plan a party for 250 friends? Outdoors—with make-ahead foods, assembly-line trimmings, and a sense of humor

If you think of your garden as an outdoor room, why not let it decorate itself for a summer celebration? Robert L. Green, an editor and designer often seen on TV talk shows, does it every summer. He plans a huge buffet, makes much of the food ahead (you'll find recipes on page 123), and invites more than 200 guests—and all for charity. Last year's invitation read: "Goodwill Industries of America, Inc. invites you to celebrate life, exercise a few liberties, and pursue a lot of happiness at a Bicentennial Picnic at Robert L. Green's 18th-century Tollgate Farm." This year's party will be a Bicentennial country fair with thirteen booths ("for the original Colonies") full of homemade breads and home-grown treats. "Parties are a form of show business," Mr. Green says. "The secret of a good party is the cast: mixed age groups, dependable friends, new faces. Casting is a secret of a good garden, too. Gardens should be visual banquets."

In the fenced garden, above, buffet tables covered with lily-patterned hemp cloths (lilies are a symbol of Tollgate Farm) silk-screened by his friends, designe Robert Penny and Dan Carr. Below: 1. Summer salad, garnished with strawberries, rudbeckia, a lily. 2. The party garden, which actress Vivian Leigh helped plan, between Mr. Green's 1740 Pennsylvania farmhouse and potting shed with weather vane. 3. Seafood mousse garlanded with clematis and ilex. Far right: four guests relaxing.







4

3









Homemade garden party *continued*

GROWING DECORATIONS, A GARDEN-CART BUFFET

"Guests may believe that somehow it all just happens, but it doesn't," says Robert L. Green. "Whether it's gardens or parties, you must plan ahead." Because he gardens only on weekends, planning ahead means "easy carefree flowers." He overplants too: "I want my plants to feel that this is a very popular party. Besides, by overcrowding I have fewer weeds." He mixes flowers as he mixes guests. "Flowers have such interesting personalities, even within the same breed. There are the tall and small lilies, aggressive and shy lilies, vulgar and sophisticated lilies."

When it comes to planning the annual party, Mr. Green begins on the menu months ahead. On party day, he fills washtubs and baskets with prebaked and frozen breads, thaws out the roast ducks, meatballs, and meat loaves. For last minute molds and aspics he has "a lot of helping hands"—a house-party crew of willing friends. For garnishing, he sets up a kitchen assembly line of fresh picked flowers, fruits, herbs. "Party-giving is like gardening. You invite the guests of your choice, with qualities in common—and some surprises—provide them with food and drink, and enjoy watching them mix."

1. A hillside of tawny wild daylilies (Hemerocallis fulva). 2. A sun-sweep of marigolds, zinnias: party decorations. 3. Peonies edging path to vegetable garden. 4. Mr. Green, center, with Celeste Holm and her husband, actor Wesley Addy. 5. Garden cart used as a dessert buffet. 6. Bedroom flowers, printed and real, with one of Mr. Green's wallcovering designs, "Basketweave." 7. Breakfast on mats made of Mr. Green's blue and white "Canton" paper. 8. Country lunch in a room designed By Angelo Donghia, with rabbit-patterned tablecloth, "Barnaby Thumper," another of Mr. Green's designs inspired by his farm for & Vice Versa (see page 125).

HORST



6

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8



DEAR DIARY...



HOW TO ORGANIZE A DAILY DIALOGUE WITH YOURSELF

Index a loose-leaf notebook into these 16 subjects. Each day as thoughts come to you, write in the appropriate section.

Period log. Life breaks down into periods or phases for each of us. These may relate to jobs, marriage, divorce, the place in which you live. As you remember the periods in your life, jot them down. Gradually assemble them in chronological order. *This helps you see the rhythm of your life.*

Daily log. Write down daily happenings as you would do in a normal diary. *This unravels what's on your mind, defines issues.*

Dialogue with persons. Whenever a particular person comes to mind, enter the name in this section. Then write down the next action you are going to take in this relationship. *This clarifies relationships.*

Dialogue with works. You may not have a full-time job, but perhaps you work part-time at an art or craft, or even as a volunteer. Whatever you do, write thoughts and feelings about the activity and the people involved. *This helps chart progress in work.*

Dialogue with society. Fill in your family notes here, and anything to do with schools, institutions, or other groups. *This clarifies attitudes towards group situations.*

Dialogue with events. When events connected with any of the above sections come up and seem important, log them here. Married people find this section helpful for analyzing marital problems: e.g. anger, frustration, irritation—such feelings are generally provoked by a specific event. *This releases tensions. Just putting the "event" down on paper is a start to understanding what is upsetting you. From there, you learn better how to deal with it.*

Dialogue with the body. Use this space for feelings about the physical world, attitudes about sports, contact with nature, music, dancing, and sex. *Your body reaction to physical aspects of life can tell you a lot about yourself.*

Dream log. For jotting down dreams. Describe t just as you recall them. *helps you become more a of your non-conscious life.*

Dream enlargemen If some dreams seem extra portant, use this space to large on them. *Dreams can you zero in on specific th you may need to attend t your waking life.*

Twilight imagery l This is where you log your tasies, things you would lik do, images you have of y self, or of your life. *Fanta count in life as much as y dreams. Let them guide yo where you would like to be*

Twilight extensions. section for elaborating on of the fantasies. *This furt clarifies the direction your could take.*

Inner wisdom di logue. Space for questi you would like to ask the p son you most admire and spect. Write the questions, th answer them imagining h your "wisdom" figure wo reply. *In the last analysis, you who makes the final de sion. This section teaches to work out problems alone.*

Life history log. A pla for collecting memories. R cord them as they come mind, without judgment or terpretation. *This helps bu the picture of your life.*

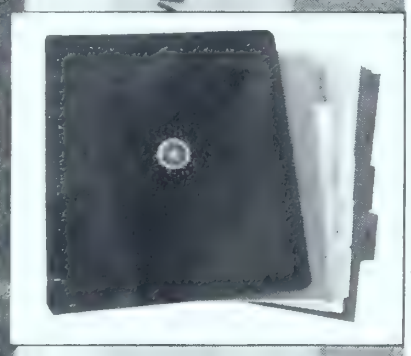
Stepping stones. Signi cant signposts along your li marriage, divorce, a new jo something major. *Key poin for remembering. Helps fill other sections of the journal.*

Intersections: Road taken and not taken Did you ever have to make a important decision? For i stance, two jobs came up once, or there was a chance t live in one place or another. P down these decisive situatio here. *This sorts out lurkin doubts about whether yo made the right decision. If yo feel regret, think over pas action, and learn from it.*

Now: The open mo ment. A place to reco thoughts, hopes, and plans fo the future. *This shows yo where you are going.*

a psychologist's way to self-discovery. Dr. Ira Progoff tells how to set up a personal growth journal of your own

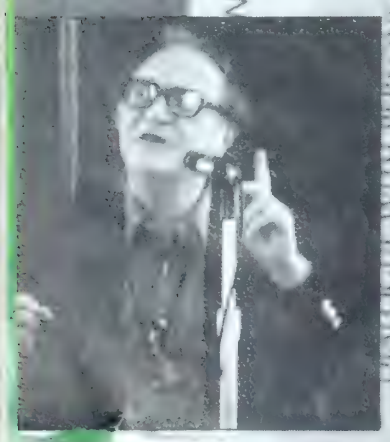
BY BEVERLY RUSSELL



How long since you kept a diary? How long since you took the trouble to handwrite a personal letter, other than a bread-and-butter thank-you note? The act of handwriting has been replaced by faster methods of communication—phone, typewriter, and cassette. And more's the pity. You won't find many poets reaching for the typewriter to put down a lyrical sketch. They work with pen or pencil. This is because when you pause to sit down, think, and write in longhand, you reach into feelings and search more conscientiously for words to express meaning accurately.

Looking back on it, says psychologist Dr. Ira Progoff, the old habit of journal writing was a useful way to release tensions, inhibitions, and feelings—and very necessary, too, before we had the analyst's couch, encounter groups, or primal-scream therapy. Writing a daily diary helped "get it off your chest." It comes as a bit of a surprise, given the variety of modern alternatives, then, that Dr. Progoff, professor, teacher, and author, is actually advocating a *return to journal keeping* as a means of dealing with stress, and to *promote personal growth and self-discovery.*

Although it may sound like a new cult, Dr. Progoff's Intensive Journal Method—its proper name—is rooted in over twenty-five years of research. Progoff, who studied with Jung, is author of a trilogy of psychological books, *The Death and Rebirth of Psychology, Depth Psychology and Modern Man* and *The Symbolic and the Real.* Since 1966 he has been quietly conducting workshops in universities and other institutions, recording facts about the therapeutic value of journal keeping at the Institute for Research in Depth Psychology, Drew University. (He is the founder.)



Above left, **the Progoff journal.** ***Below left,*** **Dr Progoff in action, and** ***above right,*** **some of the participants at a journal seminar.**

JAMES MATHEWS

...e has come into the pub-
... with *At a Journal Work-*
...a fascinating book, which
...p his journal method. Anais
...e novelist and author of five
...s diaries, commends it as of-
..."a creative way to open new
...es."
...Dialogue House, Greenwich
...e, New York City, the nerve
... today for his work, Dr.
...f explained his theories: "I
... out as a strong critic of
...analysis. Analysis cuts
... open. If you had a tulip bulb
...u wanted to know what col-
...uld grow from it, you could
...ut by analyzing it and cutting
... You would also destroy it in
...ocess. The other way to find
...e color is to watch and wait
...urture it." On a human level,
...rogoff sees psychoanalysis as
...estructive cutting up process:
...urnal method as the "other
... to watch your own slow un-
...g and growth in life. "I have
... nemies who are prepared to
... with me now than I used to,"
...lds. "Even Freudian analysts
...me their patients." The writ-
...cord, with you at all times to
... back to, is the best guide to
... you are and where you are
..., he believes. It acts as a com-
... to understand your direction
... growth "better than other
...t-out analytical procedures,
...h often negate themselves," he
...s. "Rilke, the German poet,
...a period when he wasn't writ-
... His friends wanted him to be
...hoanalyzed and he insisted if
... as it would neutralize his cre-
... power. This expresses my
...t of view."
...r. Progoff's journal method is
... quite like writing an ordinary
...y, a time-honored practice
...ed in the *Confessions of St.*
...*ustine* and the spiritual diaries
...he Society of Friends. "These
... take you in circles. They are
...ursers of the modern type,
...ch are primarily psychological
...kbooks. In my journal method
... goal is neither literary creation
... religious soul-searching, but an
...ve self-transforming involve-
...t." The Progoff workbook is
...ly organized and structured
... sixteen different sections,
...ch makes it sound more com-
...ated than it really is. Each of
... sections relates to a part of
...r life, and they include the
...ly Log, Intersections (Roads
...en and Not Taken), the Step-
...g Stones (significant events in
...r life), the Dream Log, the Dia-
...ue with Your Body, and Now:
... Open Moment. Defining and
...arating these parts of your life
...ory helps you to see more clear-
...ow they all fit together into a
...esive pattern. There are no
...d rules for keeping the journal.
...u write in each section as and
...en you feel like it. "The last
...ng I want to do is make people
... guilty about not doing some-
...ng. Life is unfolding for each
...son in his own rhythm," says

Continued on page 168

DOING YOUR BAD BACK GOOD

New exercises for low back pain from Dr. Bernard E. Finneson, Director of the Crozer-Chester Low Back Pain Clinic

BY PAULA RICE JACKSON

EDITOR'S NOTE: *Bernard E. Finneson, M.D., is Chief of Neurosurgery and Director of the Low Back Pain Clinic of the Crozer-Chester Medical Center in Chester, Pa., as well as Chief of Neurosurgery at two other hospitals. He is associate professor of neurological surgery at Hahnemann Medical College in Philadelphia where he received his M.D. in 1948. A Philadephia internship was followed by residencies in neuro-psychiatry and neurosurgery. His personal and professional concerns have been the treatment and study of the myriad causes of low-back pain that afflicts so many.*

It usually happens one of two ways. One's dramatic. The other's subtle. Bending over to pick up a pencil that dropped on the floor and not being able to straighten up again for the searing pain in your back. Or waking up on a bright morning to find an intractable current of discomfort coming from the low back. The statistics describing the occurance of low-back pain for Americans are staggering: 70,000,000 have experienced a severe backache more than once in their life; 7,000,000 receive medical treatment of some kind for low-back pain every day of the year; 2,000,000 more Americans are added to either of these two categories each year. Which means that one out of three Americans suffers from low-back pain and back-related problems. In most people's book, that's an epidemic.

In a new book, Dr. Bernard E. Finneson, author, with Arthur S. Freese, of *Dr. Finneson on Low Back Pain* (Putnam), describes low-back pain as a result, in part, of the evolutionary process. Your posture is erect. You walk on two feet instead of four. Varicose veins, flat feet, hemorrhoids, and abdominal hernias have also been described as being part of the price for walking upright. Only man stands erect and the resultant forward curvature of his lower spine, which differentiates him from all other primates, is also the cause of his backaches.

At birth the human spine resembles an elongated curve like a "C" but stretched. At maturity it is no longer straight, but more like an "S" dipped forward in the abdominal or lower back area, curving backward in the chest section, and then forward again as it stretches upward into the neck where it supports the weight of the head. The center of gravity is shifted forward, where it is balanced by the muscles of the buttocks, a uniquely human attribute. The spine is like a system of building blocks piled atop each other with shock absorbers placed in between each block. Another system of muscles, ligaments, and tendons acts as a set of guy wires which prevent the column from toppling.

The area below the rib cage, the five massive vertebrae of the lumbar region, is both the powerhouse of the spine and its most vulnerable, sensitive part. The lumbar region acts as a fulcrum for the rest of the body—the legs and torso. The spinal cord, which is safely encased inside the spinal column for 95 percent of its length, ends in a compact but loose array of threadlike nerves at the base of the spine. That's another considerable reason for low-back pain: irritated, unprotected nerve endings. A third is the natural aging of the intervertebrals, or spinal disks, which act as cushions between the bony parts of the spine. Considering the number of stresses and pressures affecting the spine, it's a miracle that it isn't more sensitive than it is.

To many people, back pain is associated with a "slipped disk." The spinal disks give the spine the mobility to bend forward, stretch backward, twist from side to side. They are the largest in the lumbar region where they're exposed to the greatest pressure due to stress. The disks have a gel-like consistency, which spreads stress and pressure on the vertebrae uniformly. They act as transmitters of forces on the bony part of the spine just like shock absorbers. A disk can rupture and send fibrous tissue into the spinal column and its surrounding area, causing dreadful pain. But it is very important to remember that there are other possible reasons for a severe pain—so don't assume it's a disk.

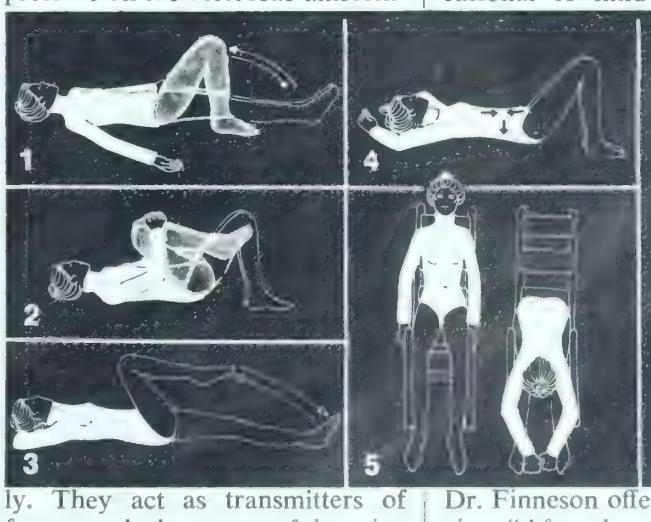
Low-back pain is often the result of overexertion and nothing more. Most of us can tell the difference between this kind of backache and something more serious. Vigorous physical exercise such as tennis, golf, or horseback riding, which stresses the structure of the lowback, may result in stiffness, soreness, a dull ache. It goes away in a day or two and it usually happens when it's the first physical activity we've had for a while. But if after three days the pain persists, it's time to call a doctor.

"Specific exercises to strengthen the lower back muscles must be done everyday. Less than that is wasted effort."

Literally thousands of patients suffering from low-back dysfunctions come to Dr. Finneson's clinic for help. After tests and examinations, he starts them on a regimen of daily exercise designed to strengthen the abdomen and the muscles of the low back. "Daily exercise is a must. The effort is useless without this daily physical demand," says Dr. Finneson.

For those of us who suffer occasional or mild low-back pain, Dr. Finneson offers preventive advice. "After the age of thirty-five, there's a change in the quality of muscle tone that's similar to the difference between a rubber band and a piece of string. Youth compensates for its own excesses of physical activity. With age, a respect, an awareness, and a program of care to maintain muscle

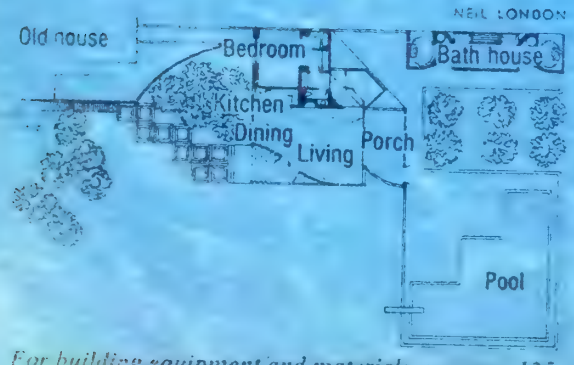
Continued on page 168



(1) Flat on floor, bend knees up as far as possible; slowly release. Repeat 5. (2) Bring both knees to chest, clasp, hold 10 counts; repeat 3. (3) Hands behind head; raise one knee to chest, hold 10, release, repeat other leg. Repeat 5. (4) Flatten back on floor; contract stomach muscles, hold 10. Repeat 5. (5) Drop head between knees, hold 3. Repeat 5.

Add on for escape

A getaway pool house



For building equipment and materials, see page 125

Free from routine and just for fun: That's the whole idea behind a poolside pavilion with multilevel rooftops and enough glass to let in all the light the sky has to offer. It was designed by architects Robert Stern and John Hagmann for a young family who wanted a visual and functional escape from their solid but traditional house. The new pavilion is linked to the old house only by a service passage at a lower garage level; the buildings are completely hidden from one another by a dense screen of trees and shrubs (see plan). Many of the materials are repeats of those found in the older house—but used in ways tradition never dreamed o double-height porch faces the ter, and the living room's curv walls, lapping like waves on shore, are topped by a seemir capricious assemblage of dive roof forms and skylights. In lower, simpler wing at right, cha ing rooms and a sauna for



[illegible] screened screened porch opens directly on the poolside terrace. Solid walls are painted with traditional wood wainscoting; the ceiling is unpainted [illegible] stained to catch the light and view. Chairs and built-in banquettes are covered in yellow vinyl, impervious to the inevitable wet swimsuit.

Getaway pool house *continued*

High-flying ceilings that play with light

Look up and you see why the inside of the pavilion is as bright as all outdoors. The complexities of the roof shapes were designed by Stern and Hagmann to invite the sunlight, and sunlight streams in, often in surprising places, always moving with the sun to bring the whole house to life. These effects climax above the fireplace, *above left*, where a skylight angles to meet a vertical glass wall stepping even higher above the roof. In front of the fireplace, a quartet of white vinyl Italian chairs; beyond, a grouping of modular Italian seating units in striped cotton canvas. The brick pavers, warmed by sub-floor electric cables, are covered only by a zebra skin near the fire and a single sisal rug.





Beneath a broad arched ceiling, above and right, the main room opens to the screened porch five steps down. The rooms are separated by glass doors that slide in grooves on the bottom of the ceiling beam across the arch. All the doors can slide into a storage pocket beyond, opening the rooms to each other totally. In one curved wall of the foyer, far left, a Roy Lichtenstein sculpture stands on a brass and chrome base designed by the architects. Below the bar, left, stereo and record storage, and above it a sound-isolated movie projector. The electrically controlled movie screen hangs from the ceiling in a forthright yellow tube, right.





Cutouts for sun, graphic color

"The house attempts fantasy," says architect Stern, and there isn't a room in it without a sense of theatricality. The dining area, *far left,* is distinguished by a barrel-vaulted ceiling, a shape more often seen these days in history books than in new houses. The kitchen alcove just beyond has a surprise of its own: a tall skylight rising beyond the dining-room vault. Lighting fixtures are sometimes discreetly concealed, as in the top of the beam at the vault's edge, sometimes outrageous show-offs, such as the Italian lamp suspended horizontally over the table.

The lighting is only one example of the provocative eclecticism of Stern and Hagmann. They deliberately mix current and traditional elements, adding their own touch of irreverent whimsy. This pool pavilion, Stern says, "can be enjoyed on three levels—for its references to architectural history, for its references to the existing main house, and just on its own, for its shapes, manipulation of natural light, and pure caprice."

Concealed in the gently bow-fronted fireplace wall, opposite page, inset, are stereo speakers behind grilles. Directly above the fireplace, the wood panels divide to reveal a vertical stripe of dark firebrick. Above that, "Elephants," a wool tapestry by Larry Rivers. Left and below: In the twin changing rooms that flank the central sauna, color is the knockout. Red stripes dominate one room, yellow stripes the other, all aligning with open shelves and continuing over painted closet doors and tiled walls. Skylights above the freestanding sink counters contain concealed bulbs for supplemental light—"A light experience directly translated from the Baroque."

TOM YEE







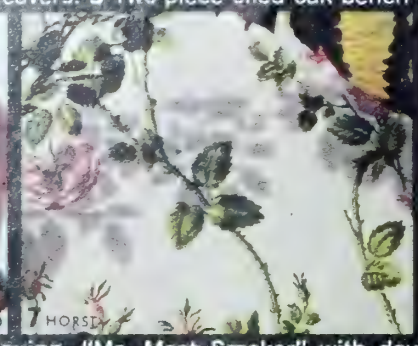


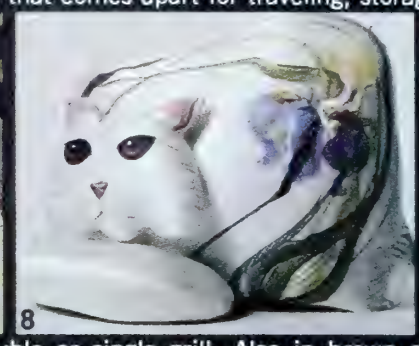




for 18 cans plus ice. One-gallon drink dispenser with recessed spigot. Both in red, blue, green, or yellow. By Igloo. **2** Soilless planter, a conch s
that lives on air. At Jenny B. Goode. **3** Ten-inch patio thermometer by Taylor. At W. G. Lemmon. **4** Japanese-inspired chintz from France. "Ja
World Weavers. **5** Two-piece oiled oak bench that comes apart for traveling, storage. Matching chaise and chair. By Dahle Products for Ida St





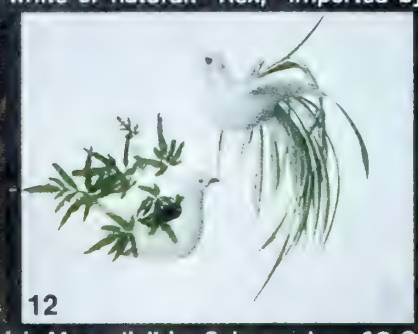






6 For smoking or barbecuing, "Mr. Meat Smoker" with double or single grill. Also in brown or yellow. Smoker Products. **7** A rose trellis on vinyl-coa
wallpaper. "American Beauty" by Jones and Erwin. **8** The purr-fect pillow—a hand-painted satin cat. Various siblings. At Jenny B. Goode. **9** Folding lacque
beechwood table, also in white or natural. "Rex," imported by Otto Gerdau. **10** Bamboo for two: settee with parchment finish and cane seat. By Thomasv











11 Chintz in bloom: "Parish Magnolia" by Schumacher. **12** Ceramic dove planters, 8 and 10 inches long. Bloomingdale's. **13** Chair and ottoman with milde
resistant, vinyl-coated nylon seat that comes in 5 colors; aluminum frame in 13 colors. By Keller Casual. **14** Sculptural aluminum chair with a "plaid" of thick a
thin vinyl straps. In one or more of 15 colors. "Circa" by Don Colby for Brown Jordan. **15** Double-pouched Thai tote of quilted cotton voile. At Henri Bend

48 FINDS FOR SUMMER PLEASURE

For your outdoor life, easygoing portables: picnic packables, tables and chairs to stack in the station wagon—and go! For at-home summering, weather-worthy furniture plus summer-garden prints and airy bamboo and rattan that bring the outdoors in

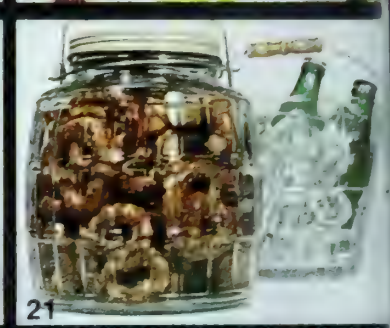






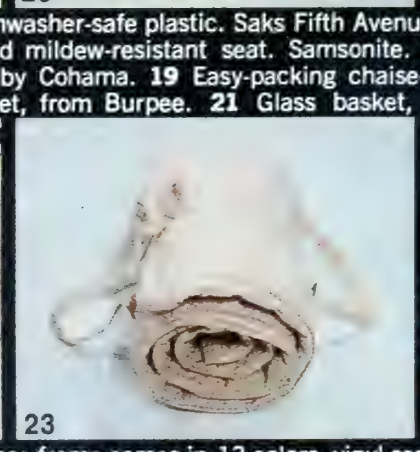






16 Tortoise-y tray and glasses of dishwasher-safe plastic. Saks Fifth Avenue. **17** Self-adjusting redwood chai
with open-weave polyester fade- and mildew-resistant seat. Samsonite. **18** Sherbet-colored cotton sateer
Scotchgard finish. "Rose Ribbon" by Cohama. **19** Easy-packing chaise-chair with fold-under ottoman. B
Telescope. **20** The old oaken basket, from Burpee. **21** Glass basket, 1-gallon barrel. Anchor Hockin

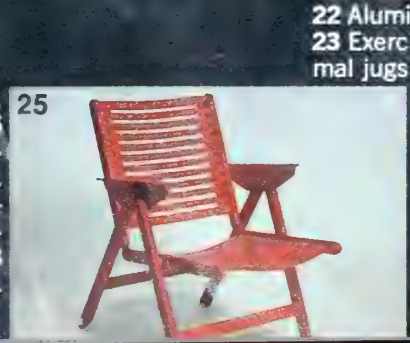




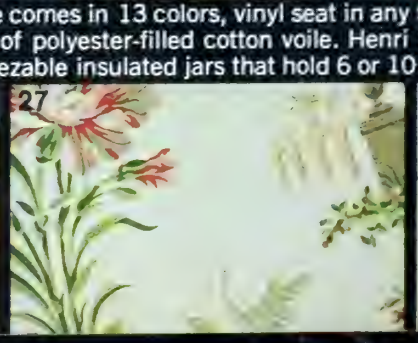


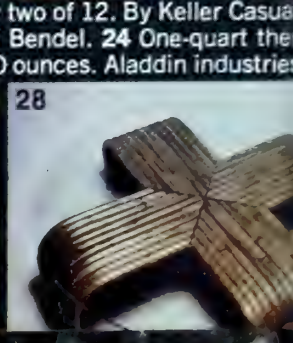
22 Aluminum chair and ottoman whose frame comes in 13 colors, vinyl seat in any two of 12. By Keller Casual
23 Exercise mat to go: handsewn in Thailand of polyester-filled cotton voile. Henri Bendel. **24** One-quart ther
mal jugs with drip-proof stoppers plus prefreezable insulated jars that hold 6 or 10 ounces. Aladdin industries

25 Folding beach chair, "Rex," Otto Gerdau. **26** Drawstring tote that's a tablecloth-*cum*-cutting board. Saks Fifth Avenue. **27** Scenic chintz, Zepel finish. "Palais Royal," Brunschwig. **28** Rattan table, Thayer Coggin.



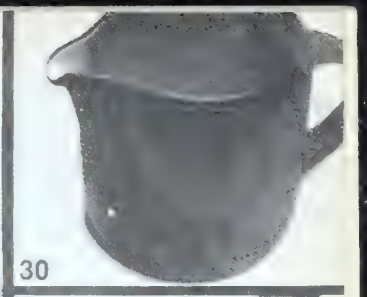








CHRISTIAN REINHARDT 29



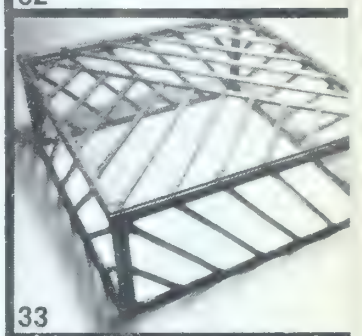
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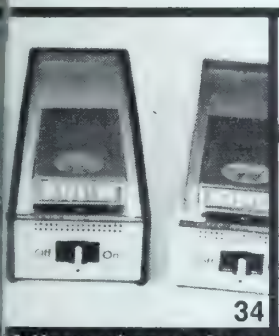


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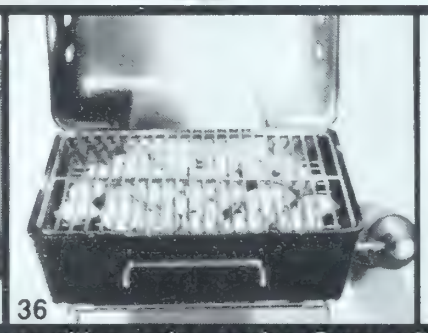
29 Alcohol-proof stacking tables laminated with Chinese writing. By Roe Kasian. **30** Pitcher, lead-free interior. Wellfleet Pottery. **31** "Pronto!" Polaroid camera. **32** Six-camper cookware set, Mirro. **33** Airy rattan table by DIA



34



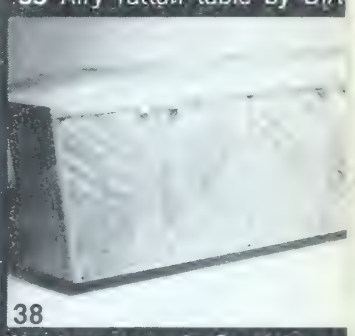
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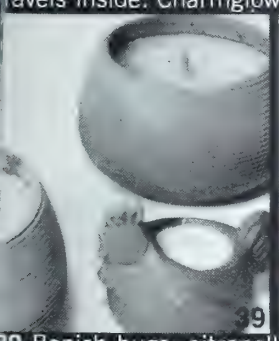


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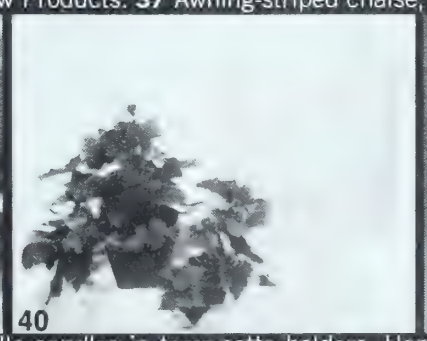


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34 Know when you're needed: pocket-sized radio receiver to use with a paging service. Comes with beep, voice, or silent paging, optional memory. In 3 colors. "Pageboy II" by Motorola. **35** South Pacific-style rattan planter's chair by Hall Bradley for Calif-Asia. **36** Portable cast-aluminum barbecue with 2-hour gas tank that travels inside. Charmglow Products. **37** Awning-striped chaise, steel with mildew-resistant cotton cushion. SOL. **38** Split rattan buffet table. "Makati" group by DIA.



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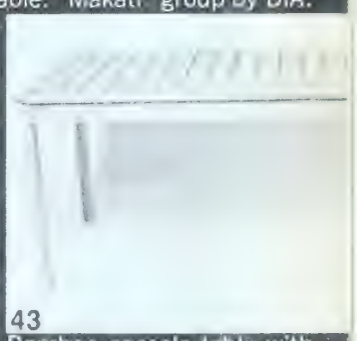
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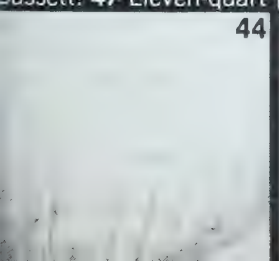


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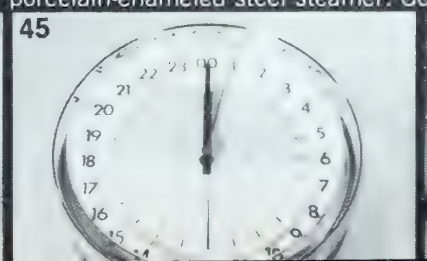


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39 Banish bugs: citronella candles in terra-cotta holders. Henri Bendel. **40** Planter and tray of textured plastic. Bloomingdale's. **41** Bamboo console table with tortoise finish, smoked glass top. By Ficks-Reed. **42** Solid state FM/AM radio and pop-up black and white TV with 5-inch-diagonal screen. Works on AC, batteries. Optional car or boat adapter. Panasonic. **43** Pine outdoor table with slatted top. SOL. **44** Stuff-it-yourself Thai floor pillow of quilted cotton voile, 1 yard square and smaller. Henri Bendel. **45** Chrome and teak 24-hour electric clock. 14-inch face. Peter Pepper Products. **46** Painted poplar table with beveled glass inserts. Bassett. **47** Eleven-quart porcelain-enameled steel steamer. General Housewares. **48** Automatic air conditioner timer. Intermatic. Shopping information, page 125



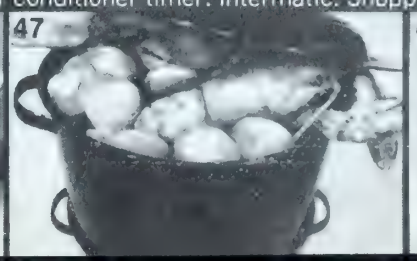
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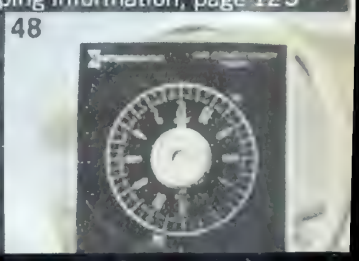
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47



48



At Malindi, you can visit the old Arab city of Gedi or tour the magnificent coral gardens in Turtle Bay Marine Park

Indian Ocean

continued from page 93

8 feet wide, meanders right across town and is lined with small shops stuffed with food and goods. The visitor can see some of the island's twenty-two mosques; old houses and plasterwork testifying to Swahili wealth and prestige in the 18th and 19th centuries: doors with fine carvings in the tradition of the Swahili, Indians, and Arabs of Zanzibar; and the brutish fort.

Tourist activity clusters around the small museum that once housed the British administrator, bank, and post office (perhaps the first in East Africa when built in Lamu by the Germans), and the veranda and bar of Petley's Inn—all on the waterfront.

Our most vivid impressions of Lamu, though, were not of places and things but of people. We have rarely experienced the spontaneity of welcome, the warmth, of the Africans on Kenya's coast.

One morning during our stay on Lamu Island I heard drums and found a procession forming. A young man, leading the singing, beckoned me to join. We walked slowly through the Shela village and stopped often for the men and children (few women appear in the daytime in Lamu) to dance and sing. The ceremony was in honor of a sheriff (priest) of a Shela mosque, a revered local leader. We walked to his grave where, with more singing, a green flag was placed atop a bamboo structure over his tomb. Everyone was sprinkled with cooling water, and candies or pennies were given to all the children. Throughout, I was treated exactly like the other participants, after an initial barrage of "jambo" (hello) from all sides.

On our journey from Lamu to Mombasa we flew the first 20 to 30 miles just over the treetops, and saw herds of elephants running to escape the aircraft noise while gazelles grazed calmly. Before long Mombasa came into view, an ancient seaport, which is now expanding in all directions with a new deep-water dock, a burgeoning oil refinery, runways for 747's, an international casino, and multistoried hotels for tour groups visiting the fine beaches both north and south. We stayed in Mombasa only a day to explore the monolithic Fort Jesus, built by the Portuguese at the end of the 16th century, to repel successive incursions from the sea by Turks, Omani, Zanzibarians, and British.

In Mombasa, the Hotel Manor is a fine place to stay. Shopping is excellent and inexpensive, once outside the tourist district. There are wide selections in kang (rectangles of cotton in marvelo colors and designs), woven basket gold bracelets, and more. Wande ing in and out of small shops, w bought nine kangas for $24 ar visited the central fruit and veg table market.

When we left the coast, wh excitement! Mombasa station w jammed with passengers, familie well-wishers, all in their best colo ful clothes, with music and chatt competing in megadecibels. Whe the diesel engine and twenty re coaches wound out of Mombas Town and into the African bus every village emptied to shout an wave at the hissing train.

Later, when it grew quiet, w went to the dining car for drink and dinner. We slept in a compart ment for two, waking sometime when the train clattered to a sto on the long overnight climb t Kenya's capital. In the mornin at Nairobi station there was huge, happy crowd meeting th train, music blaring through th station, the heat of the day risin and spreading everywhere. Th soft sand and the sea of Kenya coast were 300 miles behind an it was Africa's throbbing interio

Where to stay

● The **Ocean Sports** resort is series of detached and semide tached cottages along the beac north of Malindi. The cottages ar neither new nor modern but the are spacious, clean, and airy. A have private bathrooms, and ver andahs surrounded by bougainvil laea and other tropical flowers. Meals are served in a common dining room alongside a comfort able bar and game room. The food is good (and plentiful), but not o gourmet quality. Lobsters can be ordered at less than $5 each, and the Sunday noon buffet is famous in the area. Drinks are generous and reasonable.

The tariff this past season, for full board, was $12 per day single and $24 per day double, plus 15 percent for taxes and serving.

● Compared to Ocean Sports, the **Peponi Hotel** at Lamu is somewhat more expensive and classier. The central facility was once a private home, built at the very edge of a magnificent beach. Guest cottages, semidetached and built of concrete with a marbleized finish, are nearby, through an arch of bougainvillaea. The grounds are beautifully maintained, as is the hotel. The service is excellent. Neither hotel has room telephones.

The full board and tariff at the Peponi, still remarkably low, is approximately $35 per couple per day, plus 15 percent service. ■

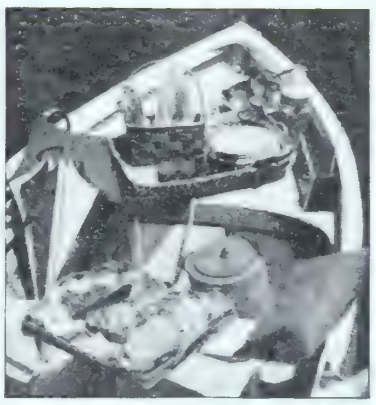
WINE & FOOD

page 52
THE WILDER SHORES OF PICNICKING
Lesley Blanch describes her favorite picnic fare—from a secret Rumanian loaf to savory Cornish pasties.





page 112
SUMMER PICK-UP FOOD
Savory mini-tartlets, ham and cheese-filled loaf for slicing, and other delicious tidbits to serve with drinks. All prepare-ahead food for last-minute reheating from New York caterer Bruce Bolton.



page 111
GETAWAY FOODS FROM THE MEDITERRANEAN
Menus and recipes from Naomi Barry for a terrace buffet and a row-away picnic with an Italian flavor.



page 114
AMERICAN SILVER WITH A PAST
Classic silver designs reproduced for today's collectors.



page 113
HERBS FOR A TASTE OF SUMMER
For William McGrail, *above*, and his wife Joie, summer cooking is based on the fragrant herbs they grow in their potted garden. Herbs used lavishly all summer long are put up for winter use too. Sorrel gathered from early summer to fall is wilted in a small amount of butter and frozen to use in winter soups or fish dishes. Basil is picked by the bunch for a pesto sauce that freezes beautifully.

page 94
COOKING FOR A CROWD
Food to make ahead for a king-size party, by Robert L. Green. Green, who gives an annual party for 250 guests, describes his assembly-line technique for making gelatin salads, and shares the recipe for his pumpernickel loaf.





page 120
DRINKS FOR A SUMMER DAY
And the food to go with them, by Doris Tobias.

Your gas range is a conservationist.



You can be, too.

How your gas range saves energy.

Many gas ranges have special energy-saving features. Like an automatic burner that turns the flame down to maintain the temperature you set, oven controls that turn the gas down when your roast is done. And an oven that cleans while it cooks—it doesn't use any extra energy.

If you have one of the new gas ranges with no pilot light, you save even more gas. These are a few of the ways your gas range saves energy.

How you can help it save more.

Don't use a high flame when you don't need it, cook vegetables in a small amount of water, and always cover pots. Don't preheat the oven too long—ten minutes does it for most foods. Set the controls for the temperature you intend to use. It won't heat any faster at a higher setting. If your home has gas, we'll keep it coming. But every bit you save helps America.

Use gas wisely. It's clean energy for today and tomorrow. AGA American Gas Association

Getaway foods from the Mediterranean

Simple summer recipes that food writer Naomi Barry cooks on holiday in Italy

ter many years of packing for ir trips, Gertrude Stein said to ce B. Toklas once, 'Let's just live off the country,' and t's what we do in Porto ole." Below are Naomi's nus and recipes for the get-ay picnic and buffet shown on ge 66.

ERRACE BUFFET

Yoghurt soup*
elery and Gorgonzola salad
una mousse in lemon shells*
Supersize pissaladière*
Carrot strips in bell-pepper holder
Affogato: Vanilla ice cream with espresso coffee sauce

OGHURT SOUP

gredients

ups natural unflavored yoghurt
ucumber, peeled, roughly chopped
hard-boiled egg whites, diced
-½ cup raisins, washed
-½ cup walnut meats, broken t
shly ground black pepper
sh mint leaves, shredded

ethod

it yoghurt in a crock or salad wl and stir until smooth. Add cumber, egg whites, raisins, d walnuts. Season with a nch of salt and freshly ground ack pepper to taste.

ill well for 1 hour or more. At oment of serving, sprinkle lib-ally with the mint. Serves 6.

UNA MOUSSE IN EMON SHELLS

efreshing and unexpected

gredients

moderately large lemons
ounces canned tuna, plus its oil
hard-boiled egg yolks
0 olives, black or green, pitted
handful capers, drained
3 tablespoons olive oil
salt, pepper
hard-boiled egg white

Method

Slice lemons in half lengthwise. Remove pulp with a curved grapefruit knife. Reserve. Scoop shells clean with spoon.

In a blender, place tuna with its oil, hard-boiled egg yolks, 12 olives, capers, the pulp and juice of 1 lemon, olive oil, salt and pepper to taste. Blend until mixture is creamy.

Pile tuna mixture into lemon shells. Top with a slice of hard-boiled egg white and cap with a pitted olive. Chill. Serves 8.

GIANT PISSALADIERE

Made supersized at the suggestion of Robert Carrier. Just how big it is depends upon the size of your oven or the proximity of an acquiescent bakery or pizzeria, which will allow you to shove it into its oven. Amounts vary according to the grandeur of your supersize.

Ingredients

refrigerated biscuit dough, rolled very thin with edges pinched together
onions, thinly sliced
olive oil
tomatoes, peeled and chopped
salt, pepper
basil
green pepper, skinned and sliced
anchovy fillets, washed
black olives, pitted
oregano

Method

Line a large, shallow, rectangular pan with dough.

Cook onions gently in oil until soft and golden. Do not let them fry or brown. Place on top of dough.

Cook tomatoes until 90 percent of their water evaporates. Season with salt, pepper, and basil. (Or use canned Italian tomatoes.) Arrange on top of onions.

Add green-pepper slices to tomato layer. Cover with a lattice of anchovy fillets. Dot each diamond of the crisscross pattern with a black olive.

Tomatoes and onions can be cooked together, but it is more colorful to see all the layers.

Add a pinch of oregano just prior to baking. Bake at 400° until crusty and done.

BOAT PICNIC

Candida's seafood salad*
Stuffed eggs (seasoned with moutarde de Meaux, a whole-grain mustard now sold in gourmet shops)
Tomatoes with mozzarella
Celery sticks, bread sticks
Iced tea
Pears with Parmesan

CANDIDA'S SEAFOOD SALAD

Ingredients

about 1¼ pounds squid, cleaned
about ½ pound shrimp
5-6 tablespoons parsley, chopped
3 tablespoons olive oil
1 tablespoon wine vinegar
2 tablespoons lemon juice
salt, pepper

Method

Cook cleaned squid in boiling water to cover for 20 minutes. Drain. Chop tentacles and slice body into rings.

Cook shrimp in boiling water to cover for 10 minutes. Drain. Remove shells. (Shrimp will lose flavor if shelled before cooking.)

Combine squid and shrimp with parsley, oil, vinegar, lemon juice, and salt and pepper to taste. Chill. Serves 5-6.

ZUCCHINI SILVER DOLLARS

A favorite finger food on the terrace, equally popular on picnics.

Ingredients

3 small zucchini, washed, dried, scraped, and coarsely grated
2 eggs
2 scallions with green tops, chopped, or ½ large onion, grated
½ cup fresh mint leaves, chopped
½ cup parsley, chopped
½ cup Gruyère cheese, grated
½ cup flour
salt and pepper to taste
dash cayenne
1-1½ cups salad oil

Method

Put zucchini in a large bowl. Add eggs, scallions or onion, mint, parsley, and cheese. Add flour a little at a time, mixing continually. Add salt, pepper, cayenne.

Heat oil very hot in a skillet. Drop zucchini mixture by tablespoonfuls, 1 at a time, into the oil. Fry on one side, then turn, fry on other until golden brown. Drain on aborbent paper.

Serve hot as a side dish with meat, poultry, or fish, or as a hot hors d'oeuvre. Rounds should be no larger than a silver dollar. Serves 6 as a side dish.

CHICKEN CURRY WITH CASHEW NUTS

There is an affinity about the food of all countries of the Mediterranean. Associating happily with the cuisines of the Mediterranean are those of India and China. Which is why a Madras chicken curry is quite at home in Porto Ercole.

Ingredients

4 tablespoons vegetable oil
1 2½-3-pound chicken, cut into serving pieces
1 medium onion, finely chopped
3 teaspoons curry powder

Continued on page 122





SAVORY SUMMER PICKUPS THAT DON'T REQUIRE A PLATE

"Since drinks are always standard, the food served with them should be varied," says New York caterer Bruce Bolton, *left,* whose bite-sized delicacies cause a polite stampede among the guests when they appear some time between 6 and 8. "When you're serving drinks, it is important to provide a blotter, too," says Mr. Bolton, who feels nuts and potato chips lack panache. "Substantial food is a compliment to the guest," he says, and likes prepared-ahead hors d'oeuvres that can be assembled in the kitchen in a few minutes and reheated—his crusty mini-tartlets, for example. And they can be eaten standing; all guests need is a napkin—no plate, no sticky fingers.



Spread out for a summer party, Bruce Bolton's cocktail favorites, from top left clockwise, raw mushrooms stuffed with a smoked oyster pureé; savory mini-tartlets with fillings of broccoli-cheese and coriandered tomato—tartlet shells can be made ahead and stored in an airtight tin; filled at the last minute and gently reheated; scallions wrapped with a cheese-and-chive-spread salami slice; tartlets filled with creamed smoked trout, and salmon; cheese blimps; and zucchini flowers. "Serve something sweet at the end of a party," suggests Mr. Bolton, like these fruit cream tarts, 1. 2. Ham and cheese slices. **For recipes, see page 116.**















HOME-GROWN HERBS ADD ZEST TO OUTDOOR EATING

Virtually all our parties in the summer revolve around ings we've grown and that are growing all around us in bs and barrels and huge planters," say William and ie McGrail, *right*, two energetic and gifted gardener- ooks, who live outdoors in summer in what they call gigantic flowerpot." They have reshaped a conven- onal back garden into a checkerboard of separate areas: ick patio, a tiered slatted deck, gazebo, and latticed eck-dining room—all massed with flowers, plants, fruit ees, and herbs tubbed in the traditional European ourtyard manner. With greenhouses for wintering over opical varieties, their garden is a dazzle of color.

"There's an area in our outdoor home that's perfect for any kind of party we might dream of," says Joie McGrail, who sets a Sunday lunch in the gazebo, above, drapes the table with a heavy lace bedspread, and serves a bountiful pasta al pesto, 3, in an antique washbowl, with a leafy garnish of just-plucked basil leaves and a liberal sprinkling of toasted pignolas on top. 4. To begin lunch, prosciutto with figs picked from a handsome garden tree that gives both shade and fruit. For a larger patio party, 5, a buffet offers cold lobster iced in a great copper kettle, served with a fragrant dill sauce. 6. Tubs of herbs at hand just outside the back door provide herbal accents to all summer cooking. And thyme grown between bricks scents air as it's crushed under foot. **Recipes, see page 124.**

American silver with a past

When Paul Revere worked with silver, he forged and hammered it and shaped it by hand. Modern smiths do the same—with those historic designs—to produce classics you can buy today



Hand-forged like the originals after which they were fashioned, a knife and dinner fork, *above*, in the "Fiddle Thread and Shell" pattern from 1800. By James Robinson. **Georgian sterling silver teapot** with ebony handle, *above left*, from an original 1710 design by John Coney. With it, a teaspoon, "Old English Tipt," of extra-heavy silver. Both by Gorham. **Portrait of Paul Revere,** the great Colonial silversmith, by John Singleton Copley, reproduced in enamels hand-painted on the top of a sterling silver tobacco canister. The canister design, dating from the American Revolution, is faithful down to its English hallmarks. At Shreve, Crump & Low, Boston.

SUSAN WOOD





Reflections in a silver tray, *far left*, with pierced handles rolled smooth at the edge for carrying. 24-inch oval "Pointed Antique" tray, adapted by Reed & Barton from an original 1660's tideware design by Paul Revere. **For your 2 pints of ale** (or a bouquet of tulips), a sterling silver tankard, *left*, from an original by Tobias Stoutenburgh in 1725. By James Robinson. **A study of classic shapes,** *below left*, a traditional sterling silver presentation bowl, here filled with eggs. Tiffany's reproduction, 9 inches across, is from an original by Ephraim Brasher. It is dated between 1786 and 1805. It may be seen in the Clearwater Collection at the Metropolitan Museum of Art in New York. **Sterling silver porringer,** *below*, the versatile forerunner of our modern cereal bowl. Adapted from a design by Paul Revere with pierced handle in the traditional American "keyhole" pattern. With it, a silver teaspoon, "Williamsburg Queen Anne." Both by Stieff. The sterling silver spice caster has hinged, finialed lid. The Gorham replica is from a 1730 original by William Jones of Marblehead, Mass.
For additional shopping information, please turn to page 125





Summer pickup food continued from page 112

"Cocktail food gives great scope for creativity," says Bruce Bolton, whose substantial yet bite-sized foods to serve with drinks are shown on page 112. His recipes include a variety of fillings for the mini-tartlets he serves hot, "much more popular than cold ones." At the end of a party, a tiny fruit tart adds a sweet last note. Everything can be prepared ahead of time and requires just last-minute reheating. Serve all food in small quantities, advises Mr. Bolton, one variety at a time: "A large tray quickly gets messy and looks unappetizing."

PATE BRISEE FOR TARTLET SHELLS

Ingredients

1¾ cups flour
1 teaspoon salt
pinch sugar
¼ pound cold sweet butter, cut into small bits
1 tablespoon vegetable shortening, chilled
1 egg
5 tablespoons iced water

Method

Sift flour, salt, and sugar into a bowl. Cut in the butter and shortening until the mixture resembles fine meal.

Beat the egg with the water and add half that liquid to the flour mixture. Reserve the rest.

Mix together quickly and form into a ball. Chill at least ½ hour. Roll out the pâte brisée to a thickness of ⅛ inch. Using a fluted 2¼-inch pastry cutter, cut out rounds of dough and press the pastry in 2-inch tartlet tins. Brush with remaining egg mixture and chill.

Place another tin on top of the dough or press a round of foil to cover pastry, and bake at 400° for 10 minutes. Makes about 20 2-inch tartlet shells. Fill shells with any of the following fillings.

SWEET MINI-TARTLETS

Ingredients

1 tablespoon gelatin softened in ¼ cup water
2 cups heavy cream
sugar
flavorings: choose from liqueurs or vanilla or almond extracts
whole strawberries, blueberries, raspberries
sliced apple, kiwis, peaches
20 2-inch tart shells, baked

Method

Dissolve gelatin in the water in a small saucepan. Cool slightly.

Whip the cream and add the gelatin drop by drop. If flavoring the cream with a liqueur, add no sugar. If not, sweeten to taste, add vanilla or almond extract.

Purée the blueberries, or other fruit, add a little sugar to ½ cup puréed fruit but no water, and simmer in a small saucepan about 2 minutes.

Flavor some of the whipped cream with the fruit purée. Flavor blueberry purée with crème de cassis, or strawberry with Grand Marnier, kirsch, or framboise.

Fill the tartlet shells and top with sliced fruits or berries in different designs. Fills about 20 shells.

BROCCOLI CHEESE TARTLETS

Ingredients

1 12-ounce package frozen chopped broccoli, defrosted and cooked according to package directions
2 eggs
½ cup heavy cream
salt
freshly ground black pepper
1 cup Gruyère, finely grated
20 2-inch tartlet shells, baked

Method

Drain broccoli and press to remove moisture. Place the broccoli in a Cuisinart food processor or blender. Blend for a few seconds, or chop the broccoli very finely with a knife.

In a bowl beat together the eggs and cream. Season with salt and pepper to taste. Stir in the broccoli.

Place 1 teaspoon cheese in each tart shell, then fill with the egg mixture to top of shell. Bake at 400° 12-15 minutes, or until puffed and golden. Makes 20 2-inch tarts. Tartlets can be made ahead and reheated at the last minute.

CORIANDER TOM[illegible] TARTLETS

Ingredients

½ pound ground pork or sausage meat, or ground cooked lamb
¼ cup onion, finely choppe[d]
2 eggs
½ cup heavy cream
½ cup fresh tomato, peeled seeded, and finely choppe
2 tablespoons fresh coriand[er] finely chopped, or 1 teasp[oon] powdered
salt, pepper
20 2-inch tart shells, baked

Method

Sauté pork or sausage or [lamb] and onion in a saucepan [until] meat is cooked through. [Drain] off fat.

Beat together the eggs [and] cream in a bowl. Add tom[atoes], coriander, and salt and pe[pper] to taste. Place 1 teaspoon [of] mixture in each tart shell [and] with egg-cream mixture.

Bake at 400° 12-15 minute[s] until puffed and golden. Ma[kes] 20 tartlets. Can be made ah[ead] and reheated at the last min[ute].

HAM AND CHEESE SLICES

An electric knife is essential [for] preparing and serving th[ese] slices.

Ingredients

2 long (about 10 inches) Fren[ch] or Italian rolls, or 1 baguette cut in half
12 ounces cream cheese, softened
1 tablespoon chives, choppe[d]
4 slices boiled ham, 5 by 4 inches
8 large sweet gherkins, trimmed of ends

Method

Trim ends of rolls. Place rolls [on] end and cut open along [one] side, leaving the other s[ide] hinged. Cut out soft center [to] form a cylinder.

Work the cream cheese to [a] smooth paste and mix in [the] chives. Heavily coat inside [of] rolls with the cheese.

Place ham slices flat on wo[rk]

Continued on page 1[16]

Living off checks

Haitian baskets with blue-and-white cotton liners, from the "dining in" system by Sandra Lipton and Clare Geiman, for Leacock, at Lord & Taylor.



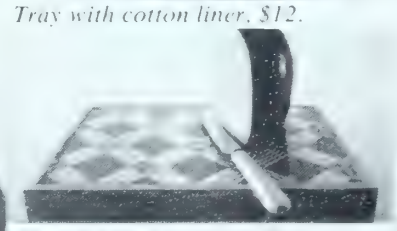
Table setting includes mat, $3.25, napkin, $2.50.



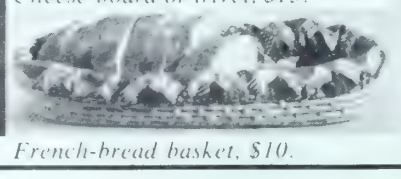
Round bread basket or soufflé, $10.



Tray with cotton liner, $12.



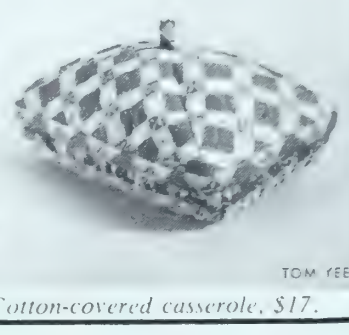
Cheese board or trivet, $13.



French-bread basket, $10.



Wine coaster with liner, $6.



TOM YEE

Cotton-covered casserole, $17.

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Arrange sweet mini-tartlets in a French wire egg-tree to serve at the close of a party

Continued from page 116

ing surface. Coat heavily with cheese. Place 2 gherkins across each slice. Roll up the ham slices to form cylinders and stuff inside the bread tubes. Fit 2 ham cylinders lengthwise in each bread roll. Trim ends if necessary to make a solid mass.

Use long strips of plastic wrap to tightly bind the rolls closed, making sure the seam is entirely closed, too. Refrigerate at least 8 hours or overnight.

To serve, unwrap and slice very thinly with an electric knife. Refrigerate until serving time.

SCALLION FLOWERS

Ingredients

8 ounces cream cheese, whipped
2 tablespoons chives, chopped
25 paper-thin slices salami, 3 inches in diameter
25 scallions, trimmed to about 5 inches long

Method

Combine cream cheese and chives in a small bowl and lightly cover each slice of salami. Place a scallion in the center of each salami slice and roll into a cornette. Refrigerate. Makes 25 "flowers."

OYSTER-STUFFED MUSHROOMS

Ingredients

1 3½-ounce can smoked oysters
25 oil-cured black olives, pitted
¼ cup capers, drained
¼ cup olive oil
2 tablespoons lemon juice
1 tablespoon Dijon mustard
freshly ground black pepper
3 ounces cream cheese, softened
25 medium-sized mushrooms, stems removed, and peeled

Method

Drain and blot dry the smoked oysters and place in the bowl of a Cuisinart food processor or blender. Blend to a paste with the olives, capers, olive oil, lemon juice, mustard, and pepper to taste. Add the cream cheese and continue blending to make a smooth paste.

Fill the mushrooms with the oyster mixture. Keep chilled until ready to serve. Smoked oyster mixture can be refrigerated for several days. Makes 2

ZUCCHINI FLOWERS

Ingredients

5 small zucchini, washed and trimmed
1 teaspoon salt
3 yolks of hard-boiled eggs, sieved
1 teaspoon curry powder
3 ounces cream cheese, softened
pimiento, 2-3 large pieces, cut in small bits or circles

Ingredients for vinaigrette

6 tablespoons oil
1 tablespoon French red wine vinegar
1 teaspoon Dijon mustard
1 teaspoon salt
1 teaspoon lemon juice
pinch sugar

Method

Combine the vinaigrette ingredients in a covered jar and shake well.

Using a long, sharp knife, cut parallel grooves the length of each zucchini. Cut zucchini into ¼-inch slices and marinate in the refrigerator in the vinaigrette for several hours. Drain on paper towels.

Add salt, sieved yolks, and curry powder to a mixing bowl and work in the cream cheese to form a paste. Place the mixture in a pastry bag fitted with a star tube, and force onto the surface of each zucchini slice.

Place a small circle or bit of pimiento in the center of each "flower." Tiny bits of poached green pepper or peeled fresh tomato may also be used. Chill

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TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



SATURDAY



SUNDAY



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The Almond People, California Almond Growers Exchange
P.O. Box 1768, Sacramento, California 95808

Drinks for a summer day

Light, seasonal restoratives and imaginative menus to go with them for lunch or brunch parties

By Doris Tobias

Keep in mind, when serving alcohol early in the day, that spirits and empty stomachs make poor companions. Keep your drinks spirited for those who take pleasure in a first-of-day pickup, but serve the accompanying food along with them.

Here are some ideas for early-in-the-day drinks and light menus.
Citrus scintillator: Fill an Old-fashioned glass halfway with fresh or unsweetened canned grapefruit juice. Add 2 ounces vodka or gin, 4 or 5 cubes of ice, and stir. Place a segment of unpeeled fresh grapefruit over the rims of glasses.

Fresh salmon croquettes, garnished with watercress and cherry tomatoes
Hot croissants and butter
Assorted small Danish pastries

Chilled California Mountain Chablis or Chénin Blanc.

French onion soup, made with good beef stock, onions sautéed in butter, glazed with a bit of sugar, thickened with a touch of flour, and served piping hot in individual pottery bowls topped with grated Emmenthaler cheese
Crusty French loaf and a crock of sweet butter
A seasonal greens salad tossed with oil, vinegar, and pepped up with freshly ground pepper and a bit of Dijon mustard
Homemade apple pie

Frère Jacques. Equal parts of dry and sweet vermouth served over ice with a squirt of fresh lemon juice and a twist of lemon zest.

Cold cream of cauliflower soup
Fresh crabmeat coated with a light aspic, garnished with slices of hard-cooked egg, bright red pimiento strips, and tiny black olives
A mélange of fresh berries

Pisco brandy, a South American favorite, is distilled from Muscat wine in Argentina, Bolivia, Chile, and Peru. After distillation, it's placed in clay containers and drunk young by natives. Pisco brandy is available in liquor stores in the U.S.—clear, grapy, and slightly tart, it's pleasant in mixed drinks.
Prepare individual **Pisco sours.** Combine in a cocktail shaker or jar 2 ounces Pisco brandy, 1½ teaspoons fresh lemon juice, 1 teaspoon very fine granulated sugar, and the white of 1 egg. Shake with lots of ice for several minutes. Pour into a stemmed wine glass. Place a sprig of curly parsley on top.
For a pleasantly tangy **variation of the Bloody Mary,** use 2 ounces of Pisco brandy in place of vodka, plenty of lemon juice, and an extra dash of Worcestershire sauce.
Pisco Punch for 10: Place a large block of ice or dozens of ice cubes in a large punch bowl. Add 1¼ cups Pisco brandy, 1 18-ounce can unsweetened pineapple juice, the juice of 1 lemon and 1 lime, ½ cup superfine sugar. Stir. When ready to serve, add 1 quart of club soda or ginger ale. Pour into punch cups. Add a wedge of fresh pineapple to each.

Fabulous go-withs for Pisco brandy drinks:
Avocado halves stuffed with shrimp or crabmeat bathed in a lime-oil vinaigrette enlivened with hot pepper flakes or several dashes of Tabasco sauce, served on endive leaves, garnished with black olives.
Seviche—delicate pieces of raw fillet of sole—are cut into bite-sized pieces and marinated overnight in lime juice, olive oil, thinly sliced red onion, hot pepper flakes, and a tiny bit of chopped garlic. When ready to serve, seviche may be spooned into Boston lettuce cups and accompanied by crusty rolls.
Fresh country eggs scrambled with cubes of red and green pepper, finely minced onion, and a dash or two of Tabasco sauce.

Sherry—from the pale, bone dry fino and manzanilla, with a bouquet of almonds, to the richly opulent oloroso that lingers lovingly on the palate—makes a wonderfully civilized early-day drink. The two dry sherries are elegant apéritifs—good with seafood. The olorosos, darker, heavier, and creamier, are perfect with, or as, dessert.

With fino or manzanilla sherry, chilled, or on the rocks:
Shrimps and clams in green sauce
Baked eggs
Sweet red peppers and black olives
Almond cake with cream sherry, very slightly chilled

Champagne is always elegant and especially good with brunch. Whether you uncork a '70 Dom Pérignon, a fine California Schramsberg, or a Great Western Brut from New York State, serve it in the preferred tulip or flute-shaped glass to make the bubbles last. Fresh-tasting **Pink champagne** is fast becoming popular too.
As an alternate to champagne, enjoy a French sparkling white wine, or *vin mousseux,* such as Kriter, Sparkling Vouvray, Sparkling Saumur, or a red, sparkling Burgundy. Try one of the sparkling wines from California, such as Beaulieu Sparkling Burgundy.

In any case, serve champagne or sparkling wine through the meal:
Artichoke bottoms sautéed lightly in butter and filled with fresh mint-scented green peas
Hot brioches with fresh country butter
Unhulled strawberries and sweetened whipped heavy cream flavored with a little crème de cassis

White Sangria: In a large ceramic pitcher mix the following: ½-gallon California Mountain Chablis or other dry white wine; 3 tablespoons cognac or brandy; 3 large oranges, sliced, then quartered; 3 large lemons, sliced, then quartered; 2 tablespoons superfine sugar. Add ice cubes and permit to stand until well chilled. Serve in stemmed wineglasses. Add several sections of fruit to each.

Gazpacho
Filet of sole rolled around whole mushroom caps, sauce Mousseline
Halved and skinned plum tomatoes, drizzled with oil and flecked with fresh basil, then run under the broiler for 5 minutes
Individual caramel custards

Chilled California or French Chablis.

Oyster Bercy
Individual Cheddar cheese soufflés
Apricot parfait

Liebfraumilch or California Riesling, well chilled.

German apple pancake
Strawberry jam
Platter of assorted cheeses and biscuits

Sour of your choice: Scotch, rye, bourbon, vodka, gin, tequila.

Chicken crêpes: cubes of cooked chicken combined with a Mornay sauce, and enveloped in thin crêpes, showered with grated Swiss cheese and baked in a moderate oven for 10 minutes
A salad of fresh seasonal greens and hearts of palm, vinaigrette dressing
Homemade chocolate squares ■

Stirring things up

- **Have a do-it-yourself setup:** Fill large glass, pottery, or china pitchers with plenty of fresh orange, pineapple, grapefruit, tomato, and V-8 juices. Set out bowls of peeled and segmented oranges, grapefruits, and tangerines, cherry tomatoes, and a colorful collection of Worcestershire, Tabasco, and red and white horseradish sauces. Offer a plethora of ice cubes. Set out a variety of glasses—highball, squat Old-fashioned, and stemmed all-purpose wines.
- **Chill dry white wines:** Do this either by placing the bottles in the coldest part of the refrigerator (but never the freezer), for half an hour, or use several deep pails—fill them half with ice and half with water and stash white wines for about 20 minutes.

Garnishes and other small touches:

- Bloody Marys and Pisco Bloody Marys: Stick a crisp, peeled raw asparagus in each glass as an edible stirrer.
- Add two slices of ripe peach or nectarine to Old-fashioneds.
- Set out chilled bottles of Malcolm Hereford's Cows—mocha, banana, strawberry—and plenty of ice. Heap fresh strawberries, sliced bananas drizzled with a little lemon, and chocolate bits into individual small bowls. Offer Coca-Cola glasses for these sweet, milk-based drinks and shakers of ground nutmeg and cinnamon to dust on top.
- Keep Italian sweet and French dry vermouths and Campari, the bitter apéritif, ready for vermouth cocktails, straight or mixed (half dry and half sweet), or in an Americano —Campari, sweet vermouth, and club soda.

Malcolm Hereford was an inventive and crusty old hedonist who made his fortune breeding bulls.

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The Spirited New Breed of Drink.

A slice of raw potato under the tail of a fish and one above will keep it from burning while baking

MEDITERRANEAN FOOD
continued from page 111

½ teaspoon fresh ginger, grated
2 cloves garlic, crushed
2 teaspoons green pepper, chopped
½ cup unsweetened coconut, grated
1 teaspoon salt
1 cup yoghurt
1 cup water
⅔ cup cashew nuts
1 tablespoon butter
juice of 1 lime
mint leaves

Method

Heat vegetable oil in a large deep pot and brown the chicken pieces. Remove and set aside. Fry onion until golden in the remaining oil in the pot. Add curry powder, ginger, and garlic. Fry for 2-3 minutes.

Stir in the green pepper, coconut, salt, yoghurt, and water. Add browned chicken parts, cover and simmer until tender.

Sauté cashew nuts in butter.

When chicken is done, stir in nuts, lime juice. Garnish with mint leaves. Serves 6.

LEMON SPONGE PUDDING

This is so easy, I am ashamed to accept the multitude of compliments it provokes—I accept them, nonetheless.

Ingredients

½ cup sugar
2 tablespoons flour
½ teaspoon salt
2 egg yolks, lightly beaten
1 cup milk
2 tablespoons lemon juice
2 teaspoons lemon zest, grated
2 egg whites
whipping cream

Method

Mix sugar, flour, and salt together in a large bowl. Add beaten egg yolks with the milk. Add lemon juice and zest. Beat egg whites stiff. Fold in.

Pour into a greased 1-quart soufflé dish. Place in a pan of hot water. Bake in a 350° oven for 45 minutes. Chill. Serve with whipped cream. Serves 4.

IMAM BAYILDI
(stuffed eggplant)

Ingredients

3 long eggplants, medium large
6 tablespoons olive oil
2 onions, thinly sliced
1 green pepper, julienned
1 clove garlic, minced
1½ teaspoons salt
½ teaspoon sugar
¼ teaspoon oregano
⅛ teaspoon freshly ground black pepper
4 ripe medium-sized tomatoes, peeled, seeded, cut in chunks
2 tablespoons lemon juice
2 tablespoons parsley, chopped
¼ cup pine nuts

Method

Cook the eggplants in a large uncovered pot of rapidly boiling water for 5 minutes. Turn them over from time to time with a wooden spoon, so you don't pierce the skins. If necessary, use 2 pots. If the eggplants are too crowded, they might become bruised when turned. Plunge into cold water to cool quickly.

Split the eggplants in half lengthwise. Cut around the inside of each half, leaving ½-inch shell of flesh around the bottoms and edges. Cut the pulp into small dice and carefully remove, trying not to pierce the skin.

Place the eggplant shells, skin side up, on a dish covered with paper towels. Chill.

Put 3 tablespoons olive oil in a large skillet. Sauté the onions and green peppers until just wilted, about 5 minutes. Add the garlic and diced eggplant.

Cover and cook over low heat for an additional 7 minutes, giving an occasional stir.

Add the salt, sugar, oregano, and pepper. Stir and cook for about 2 minutes more. Remove from heat. Transfer to a large bowl. Gently stir the tomato chunks into the eggplant mixture. Mix in the remaining olive oil, lemon juice, parsley, and pine nuts.

Stuff eggplant shells. Refrigerate until ready to eat. Serves 6 as a first course on lettuce leaf. ■



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PUMPERNICKEL BREAD

"A good trick for bread is to use 1 cup of very hot water with 1 cup evaporated milk, then you don't have to scald."

Ingredients

2 cups milk, scalded, or 1 cup evaporated milk with 1 cup very hot water
1 package yeast, softened in ¼ cup warm water
2 tablespoons butter, melted, or margarine or salad oil
2 teaspoons salt
2 tablespoons sugar
1½ tablespoons caraway seeds
1 cup whole-bran cereal
2 cups rye flour
3 cups whole-wheat flour
1 cup all-purpose flour

Method

Put scalded milk or evaporated milk and hot water in a large mixing bowl. Let cool to lukewarm. Add yeast and water. Stir until dissolved. Add butter, salt, sugar, and caraway seeds. Stir until well blended.

Mix together the bran, rye, and whole-wheat flour. Add to yeast mixture 1 cup at a time, beating until smooth after each addition. Mix in the 6th cup of flour to make a stiff dough.

Sprinkle board with white flour, turn out the dough. Flour your hands; fold the dough toward you with your fingers, then push it firmly away from you with the heel of your hand. At first it looks crude and messy and then suddenly it all comes together, and the dough no longer sticks. Add more flour to the board as it is kneaded in. Knead until dough is smooth and satiny.

Grease a large bowl and add dough. Turn over to grease top. Cover and set in a warm place to rise for about 2 hours. Punch dough down and squeeze out air bubbles. Shape into a smooth ball, then divide into 2 equal parts. Form into loaves, place in 2 greased 5¼-by-9¼-inch pans, or roll into sausage shape and lay on greased cookie sheet. Let rise in a warm place until almost doubled (45 minutes). Bake in 375° oven about 45 minutes or until crusty and done.

Turn loaves out of pans to cool. This is important; if you don't, the bread will sweat and the bottom will be mushy.

Cool and freeze. Makes 2 loaves.

Cooking for a crowd

continued from page 97

Robert L. Green, who gives a huge charity party in his garden every summer (see page 94), shares his secrets for make-ahead, freeze-ahead party food. The recipes come from Mr. Green's book-in-progress, aptly titled *Courage in the Kitchen.*

GELATIN SALAD FORMULA

"When preparing for a large quantity, set up an assembly line. Chop onions, cucumbers, celery, green peppers, olives, and fill a bowl with each. Line up the seasonings: celery, garlic, and onion salt, tarragon, parsley, dill, chives, so you can reach them easily, and add to your basic aspic when appropriate."

Ingredients

1 tablespoon gelatin softened in ¼ cup cold water
¼ cup beef or chicken stock, boiling
1½ cups beef or chicken stock, cold, or 1¼ cups stock and ¼ cup tomato juice
2 tablespoons vinegar or 1½ tablespoons lemon juice
salt to taste
paprika, to taste
dash celery salt
1 tablespoon onion, chopped
1½-2 cups solid ingredients, chopped (choose from tuna, salmon, crabmeat, chicken, turkey, or ham and raw vegetables
parsley, chopped
dill, chopped
chives, chopped
tarragon, chopped

Method

In a saucepan dissolve the gelatin mixture in the boiling stock. Add remaining stock or stock and tomato juice. Add vinegar or lemon juice, salt and paprika to taste, celery salt, and onions. Add meat or fish, raw vegetables, herbs.

Rinse a 1-quart mold and add gelatin mixture. Chill until firm. Serves 5.



Herbs for a taste of summer continued from page 113

William and Joie McGrail, authors of the game and fish cookbook, *The Catch and the Feast* (Weybright & Talley), cook with their own herbs and vegetables most of the year. Here are two of their summer patio parties, plus recipes for dishes made fragrant with a pinch of thyme, a handful of basil, and other herbs that grow profusely all summer long.

SUNDAY LUNCH FOR FOUR

Prosciutto with fresh figs*
Pasta al pesto with roasted pignolas*
Neapolitan bread ring
Chilled white wine
Amaretto di Saronno
Espresso

PROSCIUTTO WITH FRESH FIGS

Ingredients

16 slices prosciutto
fresh fig halves
black pepper

Method

Arrange 4 wafer-thin slices prosciutto on each plate. Garnish with fresh figs and grind a little fresh black pepper over. Serve the prosciutto with chilled white wine and crusty Neapolitan bread. Serves 4.

PASTA AL PESTO

Ingredients

2 cups fresh basil leaves, tightly packed
3 sprigs parsley
3 large cloves garlic, peeled
1½ cups pignola nuts
olive oil
salt
freshly ground black pepper
4 tablespoons butter, softened
4 heaping tablespoons Parmesan cheese, grated
1 pound spaghettini

Method

Combine basil, parsley, garlic, ½ cup pignolas, ½ cup olive oil, salt, and pepper to taste in a blender. Blend until smooth. Scoop out into a bowl, work in 2 tablespoons of the softened butter with a wooden spoon. Fold in Parmesan cheese.

Cook spaghettini in a large kettle of briskly boiling well-salted water until al dente. Taste a strand after a few minutes. Do not overcook. Reserve 2 tablespoons of the cooking water, drain, and heap pasta on a hot serving platter or in a large wooden bowl.

Sauté the remaining pignolas in a little olive oil until golden brown.

Fold the reserved cooking water into the pesto sauce. Spoon pesto over pasta. Add 2 tablespoons of butter and toss until each strand of pasta is well-coated. Serve pasta garnished with the sautéed pignolas. Serves 4 as a main course.

A PATIO PARTY FOR EIGHT

French sorrel soup*
Cold lobster with fresh dill sauce*
Garden green beans with garlic and dill*
Jumbo sesame breadsticks
Chilled white wine
Chilled sugar-crusted strawberries*
Mint tea à la Maroc*

FRENCH SORREL SOUP

Ingredients

4 tablespoons butter
4 cups French sorrel leaves, washed and drained
2 boiled potatoes, peeled
6 cups chicken stock
1 egg
¼ teaspoon nutmeg
salt
freshly ground black pepper
½ cup sour cream

Method

Melt butter in a large skillet and sauté sorrel leaves until well wilted. Let cool slightly. Add to blender with potatoes and blend thoroughly.

Add chicken stock and egg. Blend for a few seconds more.

Add nutmeg, salt, and freshly ground black pepper to taste. Blend in sour cream until smooth and creamy. Chill and serve. Serves 8.

COLD LOBSTER WITH DILL SAUCE

Ingredients

1 quart court bouillon or equal parts of water and wine
6 sprigs dill
8 small live lobsters
2 cups mayonnaise, homemade or good quality commercial
3 tablespoons water
1 tablespoon fresh lemon juice
2 tablespoons scallions with green tops, finely chopped
2 tablespoons chives, finely chopped
2 tablespoons parsley, finely chopped
½ cup dill, finely chopped

Method

Put the court bouillon in a large kettle or fish poacher with a rack, add the dill, and bring to a boil. Add lobsters and steam over high heat 15-20 minutes.

Split lobsters lengthwise, remove sac behind the head and dark vein along the back. With a mallet give claws a smart blow to crack them very slightly to allow any liquid to drain. Drain well, place on a rack, and chill.

Place mayonnaise, water, and lemon juice in a mixing bowl. Beat with a wire whisk until light and fluffy. Add herbs, whisking well to blend. Allow to meld at room temperature for about 30 minutes. Chill in refrigerator for at least 4 hours before serving. Makes about 2¾ cups. Serve with chilled lobsters. Serves 8 generously.

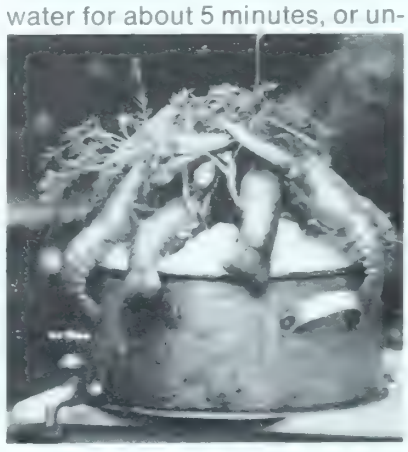
GARDEN GREEN BEANS WITH GARLIC AND DILL

Ingredients

2 pounds green beans, washed and trimmed
½ teaspoon salt
¼ teaspoon pepper
¼ teaspoon dry mustard . .
2 tablespoons olive oil
2 tablespoons lemon juice
8 sprigs fresh dill, chopped
2 cloves garlic, pressed

Method

Blanch beans in boiling salted water for about 5 minutes, or until cooked but still crisp. Rins immediately in cold water. Chi



Cold lobster with dill sauce

In a small bowl combine sa pepper, mustard, oil, lemo juice, dill, and garlic. Beat we with a whisk.

Pour over beans and marina for 1 hour before serving. Ser cool, but not cold. Serves 8.

If making the dressing for futu use, leave out the garlic un just before serving, as its flav becomes too strong in storag

CHILLED SUGAR-CRUSTED STRAWBERRIES

Use the largest berries you ca find.

Ingredients

1 quart large strawberries
1 cup sugar

Method

Wash the strawberries leavin the stems on. Pat them to re move most of the moisture, ther shake them in a paper bag fille with the sugar.

When well coated, place berrie on a wire rack, stems down an not touching. Chill in refriger ator for at least 3 hours.

Serve on a dessert plate, stems down, with fruit knife and fork Serves 8.

MINT TEA Á LA MAROC

If you wish to inject an aura of romance and distinction serve from an antique Russian samovar, equally elegant for drawing room, garden, town, or country.

Ingredients

2 quarts strong, hot tea
sugar
basketful fresh mint

Method

Brew your favorite loose tea slightly stronger than usual, 4-5 minutes. Place 2 lumps of sugar in each crystal mug or Irish-coffee glass. Pack loosely with whole sprigs of fresh mint right up to the top. Place a silver spoon in the glass to prevent cracking when pouring in boiling tea. Fill glass with tea. Stir sugar carefully without disturbing arrangement of mint. Serve at once. Serves 8. ■

hopping
formation

ces approximate.* Consult your interior designer or decorating department. Postage indicated by ( ).*

REAT ESCAPE
3:
ome: Camel color, 1973 mod-
2 et long, by General Motors

tte cushions: back and side,
en "Ribbon Fabric" of cotton,
lvet, suede; seat cushions and
t wallcovering, "Raimi" hand-
linen. All from Nantucket

t curtains: cotton Dutch-wax
By Far Eastern Fabrics.*
: "Gibralter" wool carpet. By
nor Larsen.*
d throw: handwoven cashmere
hair. By Nantucket Looms.
drawer, cabinet fronts: cov-
th cotton batik fabric by Klep-
l Weeks.
own oak table: made by Peter

ss steel walls adjacent to
covered by Zephyr Sheet Metal.
nionway, walls, drawer, cab-
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: from Living Windows.
te sheets: for roof. By Amer-
yanamid.
s: sarong and Dutch-wax pil-
tablespread. Made from fabrics
Eastern.*
r and glasses: from Georg

ting, chairs: from Huffman-

Buddha: from J. Turk Antiques.
E DREAM ROOMS
72-73:
lamps: by Hansen Lamps.
t: by Stark Carpet.*
era" blinds: from Levolor Lo-
n.
74-75:
et: by Rosecore Carpet.*
lamps: by Hansen Lamps.
76-77:
can tile floor: from Country

able suede upholstery, fab-
from Clarence House.*
ps: designed by Dan Hawkins for
dworks.*
iera" brushed aluminum
ls: by Levolor Lorentzen.
EMADE GARDEN PARTY
97:
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ketweave" vinyl wallcovering:
wide, 36" repeat, designed by
rt L. Greene for & Vice Versa.*
table
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placemats, 27" wide, 25¼" repeat,
ned by Mr. Greene for & Vice
.*
ndrops" cotton fabric: blue
white pillows, 48" wide, 7½" re-
At & Vice Versa.*
oka Check" cotton fabric:
windowpane check pillows, 54"
1½" repeat. At & Vice Versa.*
oom
naby Thumper" cotton fab-
tablecloth, 54" wide, 1½" repeat,
ned by Mr. Greene for & Vice
.*
es" cotton fabric: banquette
illow covers, 54" wide, 36" repeat.
ned by Richard Giglio for & Vice
.*

"Vera Cruz" cotton and polyester sheets: designed by Angelo Donghia for Utica Fine Arts by J. P. Stevens.

SUMMER ZEST

Pages 106-107:

1. "Playmate" ice chest: 14½" x 13⅞" x 11" high, 15-quart capacity, holds up to 18 cans plus ice. $15; **one-gallon drink cooler:** 9⅛" x 8⅛" x 10⅛" high, wide-mouth top. $9.68. Both of high-impact plastic. By Igloo.

2. Shell planter: 9" long, 7" high. $10 includes plant and small acrylic stand (not shown). At Jenny B. Goode.

3. Patio thermometer: 10¼" diam., plastic orange dial, lime face, white plastic back. $11. By Taylor Instruments. At W.G. Lemmon.

4. "Jardin Flottant" cotton chintz: 50" wide, 40" repeat. $45 a yd. Imported from France by Old World Weavers.*

5. Two-piece bench: 40" x 36" high, oak with linseed oil finish. By Dahle Products distributed by Ida Stein Assoc.

6. "Mr. Meat Smoker" double grill: 35" high, uses steam-smoke vapor for cooking, bottom rack holds live coals, middle rack holds water, single or double grilling racks available; rib rack, hickory chips available as accessories. $64.95 for double grill, $49.95 for single. By Smoker Products. At Burdine's.

7. "American Beauty" vinyl-coated wallpaper: 22" wide, 25½" repeat. $13.50 a roll. From the Hobe Erwin Editions by Jones and Erwin.*

8. Satin cat pillow: 10" high, 14" at base, designed and painted by Jan Feenstra, made to order in colors and sitting, standing positions. $30. At Jenny B. Goode.

9. "Rex" folding beech table: 24" x 23" x 20¼" high, also available in white lacquered or natural finish. $48. By Otto Gerdau. At Abraham & Straus.

10. Bamboo settee: 43" x 19½" x 34½" high, cane seat, parchment finish. $430. From The Four Corners Collection by Thomasville Furniture.

11. "Parish Magnolia" cotton chintz: 54" wide, 35" repeat, in lacquer red, $13 a yd. By Schumacher.*

12. Hanging bird planters: $15 each. At Bloomingdale's.

13. Aluminum chair and ottoman: electrostatically painted frames available in 13 colors; 5 fabric colors. $100. By Keller Casual. At Porch & Patio.

14. Dining or lounging chair: ⅞" tubular aluminum welded frame with polyester finish, alternating 1" and 2" vinyl straps make seat, shown in putty, available in 14 colors. $208 each. Designed by Don Colby for Brown Jordan. At Lord & Taylor.

15. Double-pouch bag: 20" x 15" high, cotton voile, polyester filled. $65. Five Corners Shop at Henri Bendel.

16. Tortoise-shell tray and glasses: all plastic, tray 12½" x 18", $12; highball and Old-fashioned glasses, $12 each, a set of six. At Saks Fifth Avenue.

17. "Sequoia Sunrise" redwood chaise: 80" x 25½" x 22" high, wood stained and sealed, Super-Tuff washable polyester cord fabric mildew and stain resistant. $160. By Samsonite.

18. "Rose Ribbon" cotton sateen fabric: 48" wide, 24" repeat, Scotchgard finish. By Cohama Decorative Fabrics. At Lord & Taylor.

19. High-backed chaise: 24" x 75" x 38½" high, white baked-on finish, 4-position adjustable chair. $75. By Telescope Folding Furniture.

20. Woven oak basket: 8" x 14" long, fold-down handles. $6.50. By W. Atlee Burpee Co.

21. "Fruit Basket" and "Barrel Jar" glass containers: $3.99 and $5.39 each. By Anchor Hocking.

22. Aluminum chair and ottoman: available in single (shown), double, teardrop or deluxe arms in 13 frame colors and 5 fabric colors. By Keller Casual.

23. Quilted exercise mat: 36" x 65" long, 2 handles, cotton voile, polyester filled. $80. At Henri Bendel.

24. One-quart thermos bottle: $6.99; **"Thermo-Jar"** with freezer lid makes a small icebox out of a jar. 6 oz., $1.45; 10 oz., $1.75. By Aladdin.

25. "Rex" folding beech chair: 28¼" overall height, in white lacquered or natural finish. Imported by Otto Gerdau. $49. At Abraham & Straus.

26. Picnic tote bag: 45" diam., plastic forks, knives, spoons, and cotton napkins for 4, cutting board included. $50. At Saks Fifth Avenue.

27. "Palais Royal" cotton chintz: 54" wide, 29" repeat, shown in celadon. $21 a yd. By Brunschwig & Fils.*

28. Rattan cocktail table: 54" diam., 15½" high, ½"-thick glass top, chrome bands at feet and X under table. $790. Write Thayer Coggin for nearest store.

29. Nesting rectangular and corner tables: rectangular, 27½" x 15½" x 16½" high—53½" high 4 tables stacked. $300; corner, 30" x 13½" x 10" high—56¾" high 6 tables stacked. $275. By Roe Kasian. At Bloomingdale's.

30. Terra-cotta pitcher: yellow-glazed lead-free interior, holds 1½ quarts. $19. By Wellfleet Pottery.

31. "Pronto" Land Camera: uses a 10-bulb flash bar, weighs 1 lb., produces SX-70 color pictures. $66. By Polaroid.

32. Aluminum camping cookware: 20-piece set for 6; 9" and 10" fry pans with coated Teflon II interiors, 10-cup coffeepot, 2-, 4-, and 10-qt. covered kettles, 6 plastic cups and compartmented plates, aluminum eating utensils. Set fits into 10-qt. kettle with 10" fry pan to cover. $24. By Mirro Aluminum.

33. Rattan square cocktail table: 38" sq., 15" high, glass top. $230. By DIA—Design Institute America. At W & J Sloane.

34. "Pageboy II" UHF and VHF pager: operates in conjunction with a professional paging service (see Yellow Pages under Paging & Signaling Service). Each pager has a 7-digit number by which you may be reached by telephone. Pager fits into a shirt pocket, operates on batteries, variable volume, tone, or beep alert system, optional vibrator alert system for silent paging. $255 or lease by the month from telephone company, approx. $9. By Motorola.

35. Planter's rattan chair: 33¼" x 55" x 32" high, natural finish. $380. Designed by Hall Bradley for Calif-Asia.

36. Portable gas barbecue: folds up like a briefcase with a 1-lb. disposable gas cylinder that provides heat for 2 hours; folding scissors stand available, $19.95; barbecue, $79.90; gas cylinder, $1.25 each. By Charmglow. At Abraham & Straus.

37. Folding chaise: epoxy-coated steel frame, 24½" x 50" x 39½" high, steel springs, mildew-resistant cotton fabric. $200. From the "Concorde" group by Scandinavian Outdoor Living.

38. Buffet: 72" x 21" x 32" high, split rattan on mahogany plywood in a herringbone pattern, natural finish. $966. By DIA—Design Institute America. At W & J Sloane.

39. Citronella candles: hen-shaped, $4; 4" diam. round, $8; in Mexican terra-cotta bases. At Henri Bendel.

40. Plastic planter and tray: planter, $32.50; tray, $35. Both by B&L Designs. At Bloomingdale's.

Continued on next page

A woman's laxative should be as gentle as she is.



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Correctol
The woman's gentle laxative.

Good Housekeeping

Shopping information

continued from preceding page

41. Bamboo console table: 38½" x [illegible] brass-finish, smoked [illegible] by Ingo Maurer.

42. Miniature 5" pop-up portable black and white TV: with built-in [illegible] by Panasonic.

43. Slat-topped dining table: 60" x [illegible] pine with weatherproof finish. From the "Marina" group by Scandinavian Outdoor Living. $160.

44. Quilted floor pillow: 36" sq., smaller sizes available. cotton voile, casing only. $50. At Henri Bendel.

45. Teak and chrome electric clock: 14" diameter. $99.50. By Peter Pepper Products.

46. Poplar lattice cocktail table: [illegible] x 17" high, beveled glass inserts in top. $175. By Bassett Furniture Industries.

47. 3-piece clam steamer: 19½-quart capacity, easy-to-clean enamel on steel, with instructions, recipe booklet. Graniteware by General Housewares.

48. Automatic air-conditioner timer: 3¾" x 4" with 5' cord. 22¾ hrs. on maximum; 30 mins. on minimum, no special wiring necessary, 125 and 250 volt models. $14.95. By Intermatic Inc.

SILVER WITH A PAST

Pages 114-115:

"Fiddle Thread and Shell" sterling silver flatware: $270 per 5-piece setting. At James Robinson.

"Angela" dinner plate: $5.50 each; $9.95 per 4-piece setting. At The Pottery Barn.

Georgian sterling silver teapot: 2-pint capacity, after 1710 original by John Coney in the Metropolitan Museum of Art, New York. $600; "Old English Tipt" sterling teaspoon, $31, $183 per 5-piece setting. Teapot and flatware by Gorham. "Wedgwood White" teacup and saucer, $35 per 5-piece setting. By Wedgwood. At Altman's.

Sterling silver cigarette canister: $1950 (85) each in a limited edition of 25 pieces. At Shreve, Crump & Low.

"Pointed Antique" sterling silver tray: 24½" long x 17" wide, ¼"-thick edge. Design after a flatware pattern by Paul Revere in the Metropolitan Museum of Art, New York. $1650. By Reed & Barton.

Two-pint sterling silver tankard: after 1725 original by Tobias Stoutenburgh. $850. By James Robinson.

Sterling presentation bowl: 8" wide, 4" high, after an original by Ephraim Brasher. $265. By Tiffany & Co.

Sterling silver porringer: in a limited edition of 750 pieces, after an original by Paul Revere. $500 each; "Williamsburg Queen Anne" sterling teaspoon, $28.50 each, $210 per 6-piece setting. By Stieff. **Spice caster:** after a 1730 original by William Jones. $100 each. By Gorham.

Building Facts

Materials and equipment in house on pages 100-105

ARCHITECTS: Robert A. M. Stern and John S. Hagmann

INTERIOR DESIGNERS: Robert A. M. Stern and John S. Hagmann

CONTRACTORS: Franco Brothers

SIZE OF HOUSE: 2,500 square feet

SIZE OF LOT: 11.5 acres

STRUCTURE

Foundation: Continuous perim[eter] foundation of concrete block with [slab] forced slab over basement areas.

Framing: Combination steel [beam] wood stud frame.

EXTERIOR OF HOUSE

Exterior walls: Machine-cut [cedar] shingles by Bestwood Co.

Exterior finish: #88 bleaching [oil] by Samuel Cabot Inc. and paint on [trim] by Benjamin Moore.

Roofs: Machine-cut cedar shingl[es] Bestwood Co.

Insulation: In ceiling 6-inch foil [batts] and in walls 3½-inch foil face co[batts] by 4 mil poly-vapor barrier by Ow[ens] Corning Fiberglas Corp.

Windows: Fixed frame with [awning] and double insulating glass by Gen[eral] Contractor; Arcadia multish[ade] glazed pocket doors in main room Northrop Architectural Syst[ems] curved eave greenhouse in bedroom Lord & Burnham.

Skylights: Polished "pinstripe" [glass] by ASG Industries, Inc.

Doors: 1¾-inch solid core wood d[oors] by Weyerhauser Co.; aluminum fr[ame] glass doors by PPG Industries.

Garage doors: Manually oper[ated] overhead doors folding on track Overhead Door Corp.

INTERIOR OF HOUSE

Walls and ceilings: In major roo[ms] beaded pine wainscot board by gen[eral] contractor and gypsum wallboard U.S. Gypsum Co.; in kitchen, be[aded] pine wainscot board; in bath, vinyl wallpaper over gypsum board.

Floors: In major rooms, brick pa[ving] by Alwine Co. and strip oak by We[ber]hauser; in kitchen, brick paving Alwine Co.; in baths, ceramic til[e] American Olean.

Lighting fixtures: Recessed d[own]lights by Edison Price, Inc.; st[rip] lights by Wiremold; surface cano[pies] by Harry Gitlin; "Diskos" wall li[ghts] and mirror lights by Louis Pauls[en] living-room floor lamp and dining-ta[ble] pendant by Artemide; table lamps George Kovacs; dimmers by Lutron

Fireplace: Firebrick.

Hardware: Brushed chrome brass a[nd] chromed brass by General Lock [and] Schlage Lock Co. and Colonial Bro[nze] Co.

Music System: Custom designed Thalia Hi-Fi Audio using AM-F[M] tuner by McIntosh Laboratory, t[ape] deck by Tandberg, record changer United Audio Inc.; indoor speakers J.B. Lansing and Bard outdoor spea[k]ers by Bozak Manufacturing.

Kitchen and bathroom cabine[ts] and countertops: Custom made F[or]mica-surfaced plywood cabinets w[ith] Formica countertops.

Plumbing fixtures: In kitchen, si[nk] by Elkay Mfg. Co.; in guest bath, wa[sh] basin by Richard Ginori; in powd[er] room, wash basin by Kohler Co.; [and] other plumbing fixtures by America[n] Standard Inc.

MECHANICAL EQUIPMENT AND APPLIANCES

Appliances: Dishwasher and fo[od] waste disposer by KitchenAid Div., H[o]bart Mfg. Co.; "Thermatronic" micr[o]wave oven by Thermador Div., Norr[is] Industries; electric cooktop by Cornin[g] Glass Works with grille by Jenn-A[ir] Corp; exhaust fan by Broan Mfg. Co Inc., refrigerator by Sub-Zero Freez[er] Co., Inc.; laundry washer and dryer b[y] Westinghouse Electric Corp.

Water heater: 100-gallon tank [by] Bock Corp.

Heating and Cooling System: Ele[c]trically powered forced warm and co[ol] air by Climatrol with Honeywell con[-]trols; electric cable in floor by Easy Heat-Wirekraft.

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Dr. Louis F. Castaldo, M.D.

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ncredibly, on this fantastic new Health Watcher Weight- s Plan your hunger — often the problem with those 00 calorie starvation diets — actually disappears in as 24 hours. You feel great — and in an incredibly few - you start to look great!

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nuch can I lose? The most amazing part is that you lose ost weight in the first few days — from 2 to 5 pounds in st 24 hours — up to 10 pounds in just one weekend. So if just 5 or 10 pounds heavier than your ideal, you can bly achieve in 100 hours or less what might take you 2 to ks or more on conventional "low calorie" or "low carbo- hydrate" diets that may leave you hungry, nervous and constantly famished! So on the Health Watcher Plan, you can lose as much as you need to — fast! It's up to you!

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Will it affect my sex life? You bet it will — for the better! As you begin to shed all that extra weight, your energy level starts to increase. Not to mention the fact that you'll feel more desirable, and look it too!

Is the Weight-Loss-By-The-Hour Plan medically approved? Before beginning any weight loss program, says Dr. Louis F. Castaldo, M.D., you should consult your physician. But he continues **"I do not hesitate to recommend Health Watcher's Weight-Loss-By-The-Hour Plan as the safest, healthiest way to lose pounds in the shortest period of time.** Especially this is true for those frustrated people who have had little or no success with other methods of dieting. This amazing regimen, properly followed, may well be the beginning of a whole new life style!"

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After you've received all this, you may follow and use this Plan for 14 days without obligation. If then you're not pleased, tickled, proud and delighted in every way, if you wish, you may return just the unused Health Watcher tablets and get a full refund of the purchase price. You may keep all the rest of the material in any case, as a gift!

But don't delay — mail the coupon at once! The sooner you start to follow and benefit from this amazing program, the sooner you'll have the trimmer, slimmer figure you've always wanted. Mail your order today!



Dr. Castaldo has been a practicing physician for over 30 years. A graduate of the University of Maryland, he received his medical degree at Tufts University, then interned and was a resident at Stamford and Bridgeport Hospitals in Connecticut and Bellevue Hospital in New York.

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Would you guess that Marie Glantz, President of Health Watcher USA and author of this plan, and a nationally known nutritionist and lecturer in health and weight loss, is a grandmother 3 times over? Or winner of numerous golf championships? And has more energy and pep than many people half her age? She follows her own advice — keeps her figure trim and slim, just as yours can be!

canisters or caches!

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8324 Hinged-lid Canisters (at left) Set of 3—½, 1 and 3 lbs. 3¾-8½" high. **1 Set $6.98**

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4634 Low Box (right foreground) Removable lid. 8½x6x2¾" high. **$2.98**

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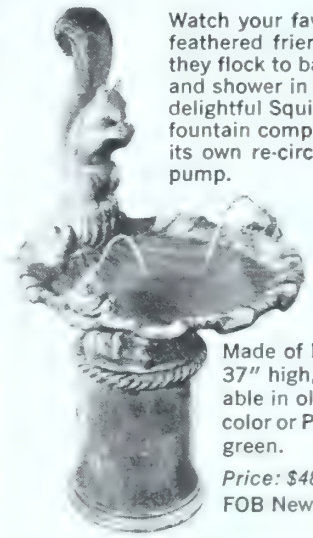
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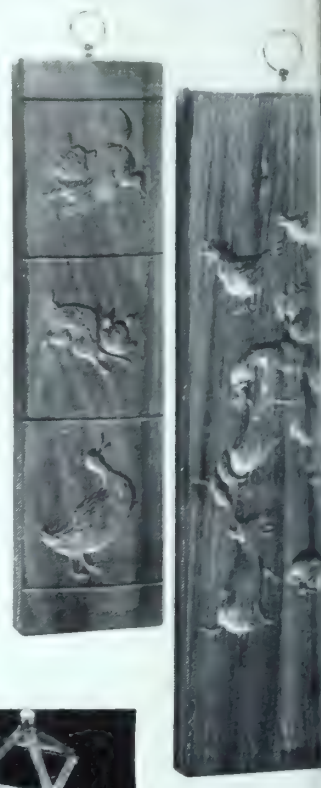


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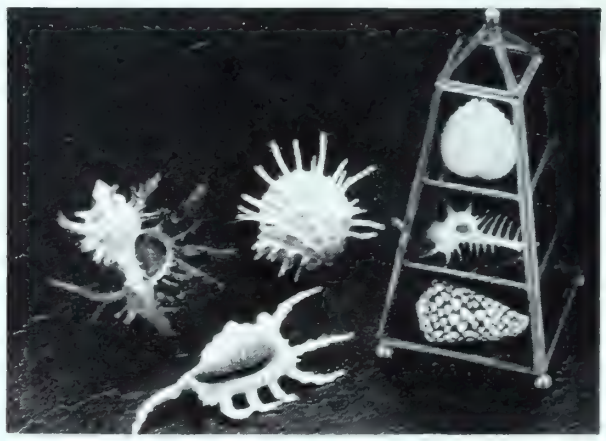
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When not turning out sugar-coated farm creatures and happy little boy, these placques make charming wall decoration. Solid cherry in buckwheat honey finish. Both sides are carved. 13½" h. by 3½" w. $13.50; 16¾" h. by 5½" w. $15.50. One of each $28 Ppd. Send $2 for 100-page catalogue. Carl Forslund, HG6, 122 E. Fulton St., Grand Rapids, MI 49502.



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WICKER WONDERLAND



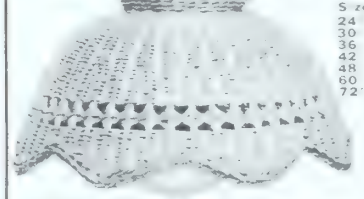
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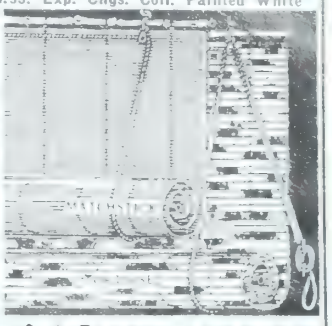


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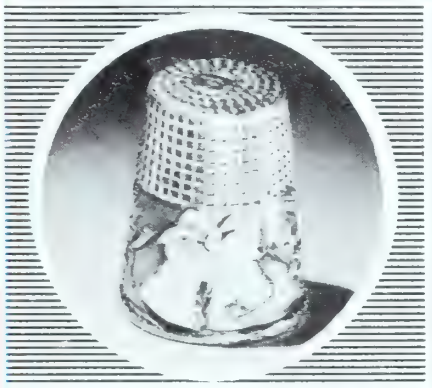


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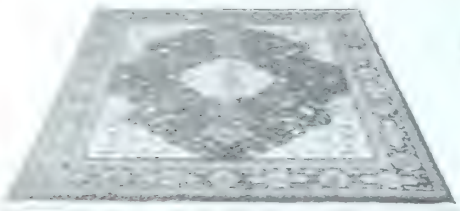


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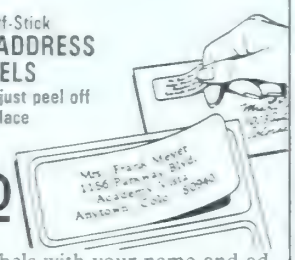
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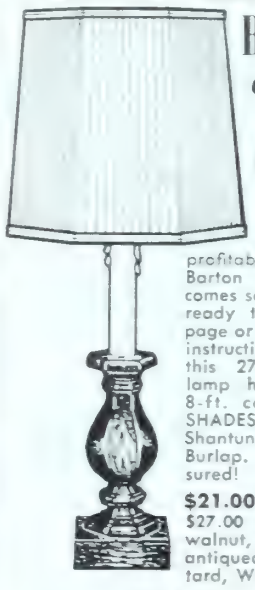


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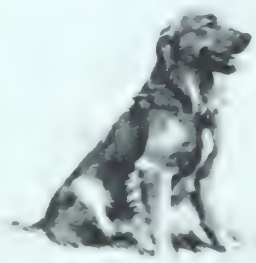
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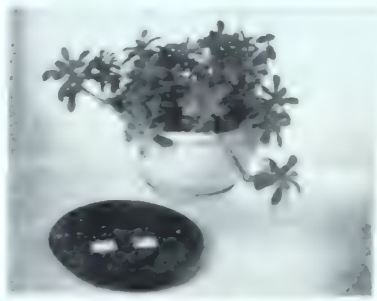
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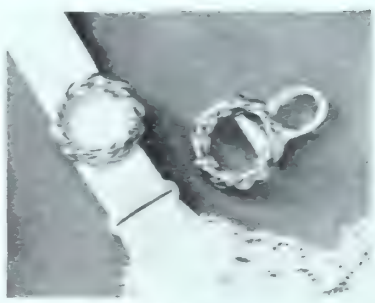
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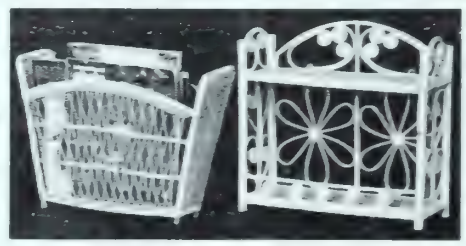
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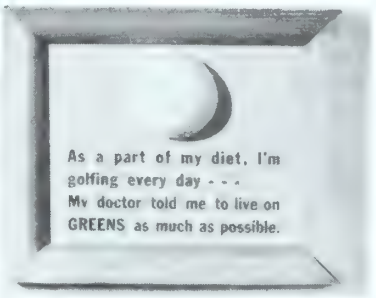
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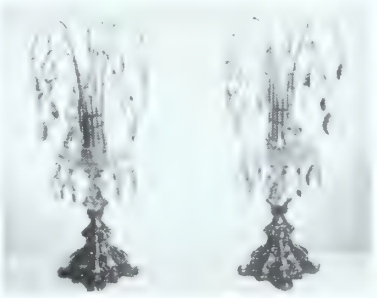
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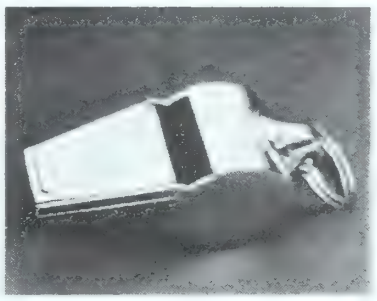
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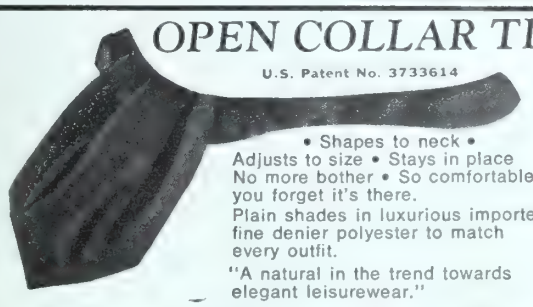
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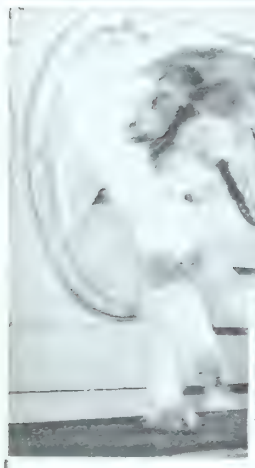


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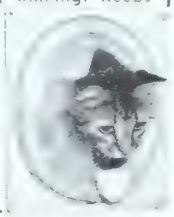


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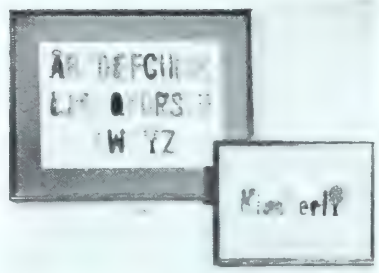
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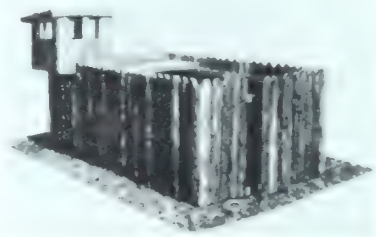
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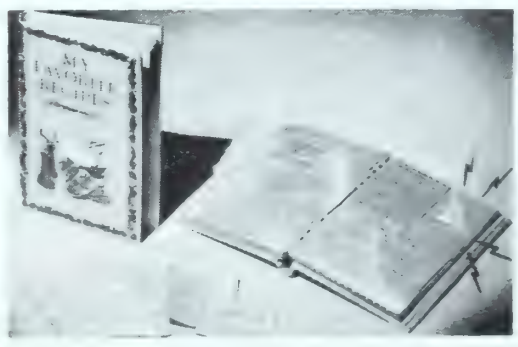
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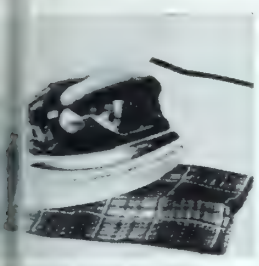
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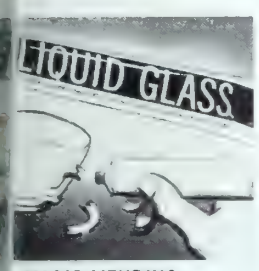
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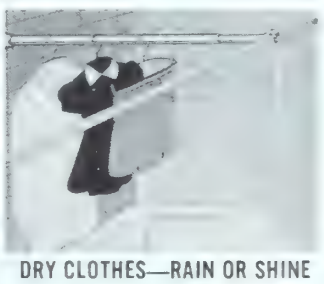
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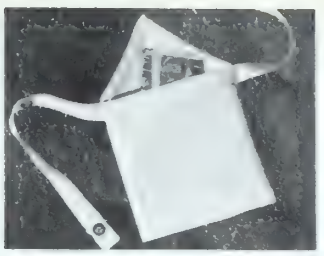
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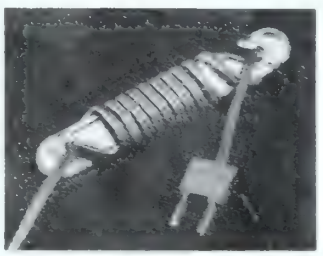
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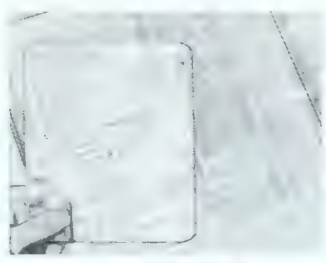
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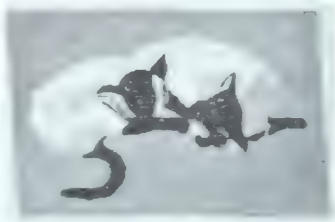
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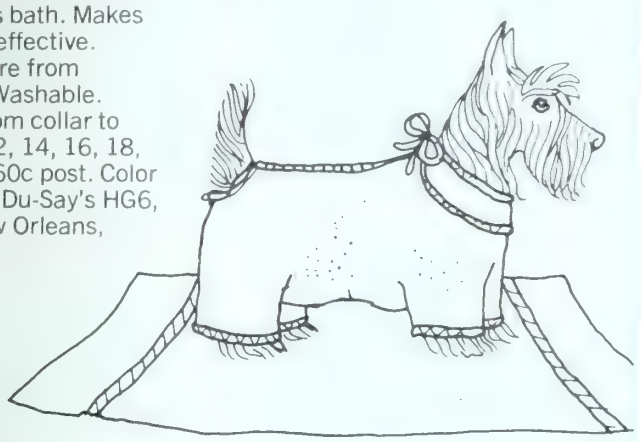


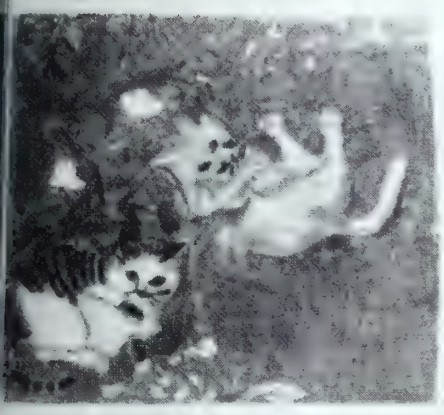
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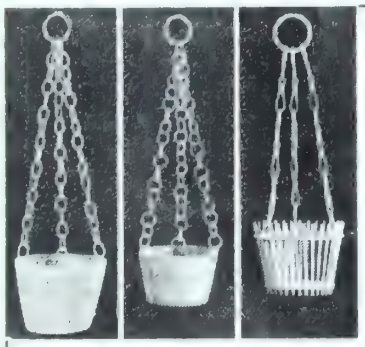
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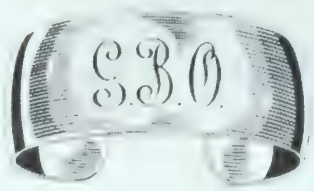
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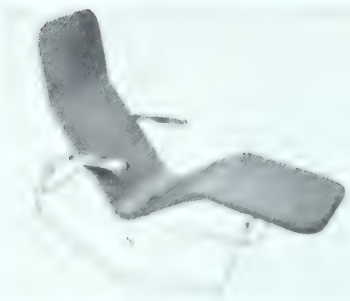
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Enchanting English lavender in packets shaped and stitched to follow cottage-printed fabric. Ribbon-topped to tie anywhere. Each about 2½-3". Gift boxed. Set of three $4.98; two sets $9.50. Add 50c post. Lillian Vernon, G6E, 510 So. Fulton Ave., Mt. Vernon, NY 10550.

SHOPPING AROUND

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Babies born this year deserve the bicentennial blanket for their patriotic birth date: red and blue plush velour numerals on white edged in red satin ribbon. Machine washable, blanket is 40" by 45". $19.95 plus $1.50 post. Blankety Blankets, HG6, 438-H3, Mamaroneck, NY 10543.

FOR THE BRIDE



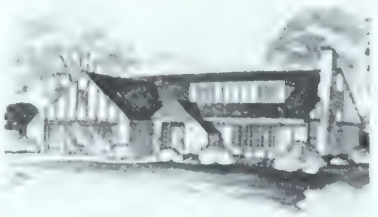
"A Lifetime of Happiness" and wedding bells are engraved on a sterling silver thimble. Can be personalized (50c per letter or number; about 3 weeks). S, M, L. Gift boxed. $11.95 ppd. Catalogue 50c. The Sewing Corner, HGE66, 150-11 14th Ave., Whitestone, NY 11357.

CONVERSATION PIECE



Charming antique cradle phone adds an unusual decorator note to any room. Black phone rests on rare Danish brass base, and comes complete with buzzer and plug-in cord ready for instant use. $49.95 plus $2 post. Grand Com, Inc., HG6, 324 Fifth Ave., New York, NY 10001.

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Wicks water plants while you're away. One end goes into soil, the other into water; the wicks slowly feed the moisture for as long as eight weeks! No rot or mildew. Set of four, $2.98 plus 45c post. Anthony Enterprises, HG6, 556 Mission St., San Francisco, CA 94105.

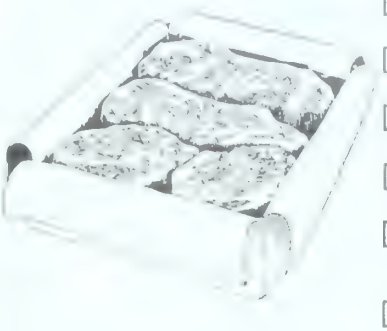
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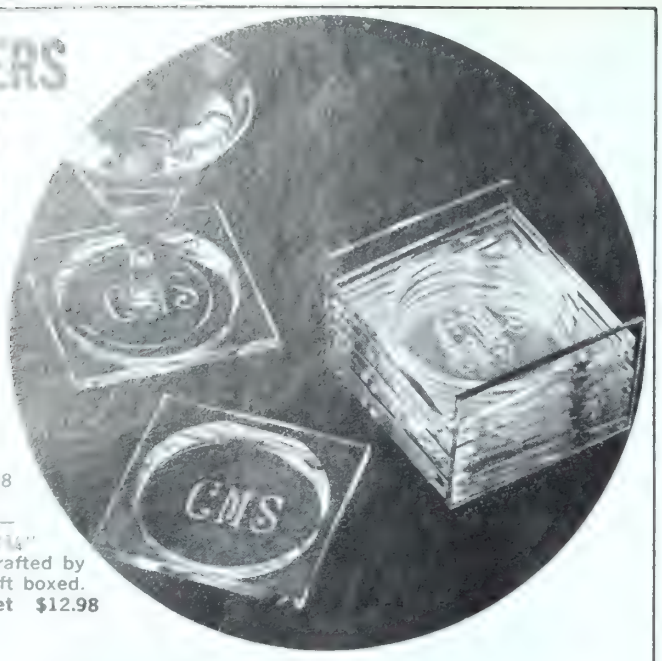
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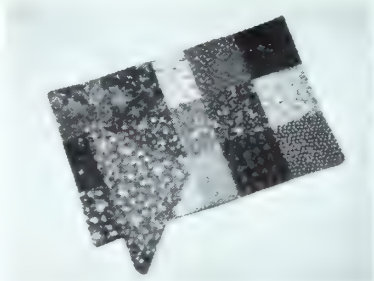
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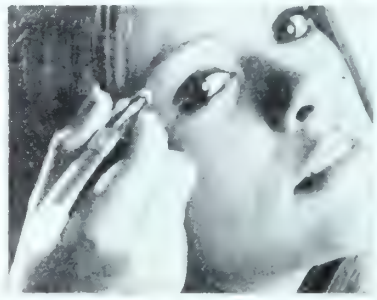
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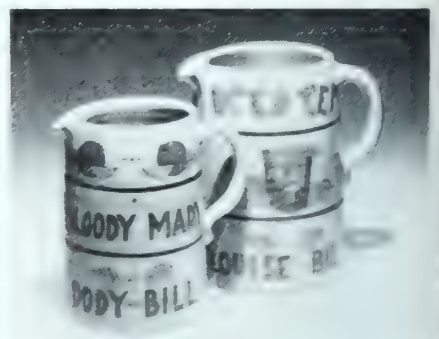
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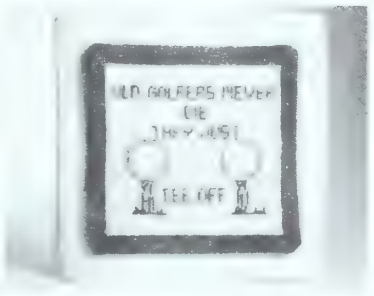
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Spreads, canopies, quilted shams in washable unbleached natural muslin are right in Bicentennial year. Twin spread, $35; full, $40; twin canopy, $24; full, $26; shams, $12 ea. Add $1.75 post. Free curtain booklet. Rovens Connecticut Curtains, HG6, Gateway Center, Wilton, CT 06897.



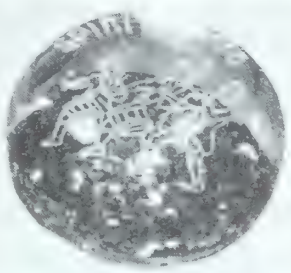
WITTY CRAFT

Needlepoint fun with puns. "Old Golfer's Never Die They Just Tee Off." Hand-painted #14 monocanvas, finished 7½" by 7½". Yellow ground, green border. Kit complete, Paternayan yarn. $22.50 plus $1 post. Catalogue, $2.50. Magic Needle, 44 Green Bay Rd., Winnetka, IL 60093.



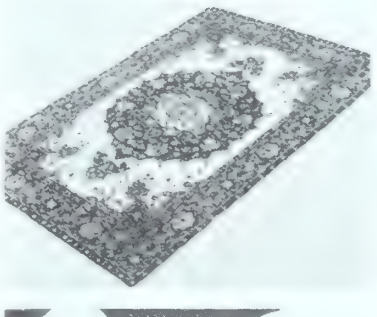
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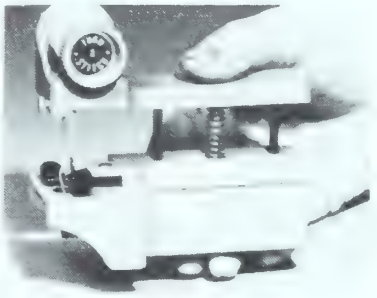
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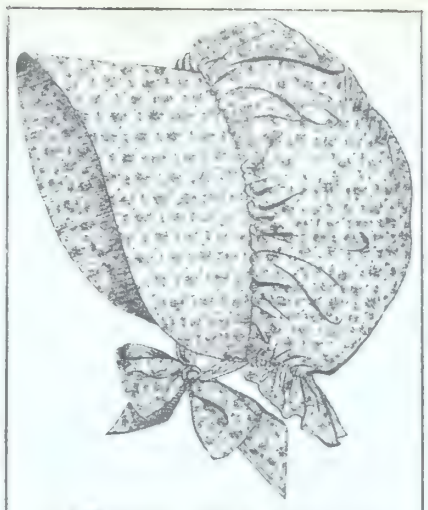
Antique Kirman pattern with background in gold, green, red, blue or ivory. 3′ x 5′, $24.95; 4′ x 6′, $34.95; 6′ x 9′, $64.95; 9′ x 12′, $119.95. Runners: 2′ x 8′, $29.95; 2′ x 11′, $39.95. Ppd. Catalogue, $1. Peerless Imported Rugs, GE66, 3028 N. Lincoln Ave., Chicago, IL 60657.



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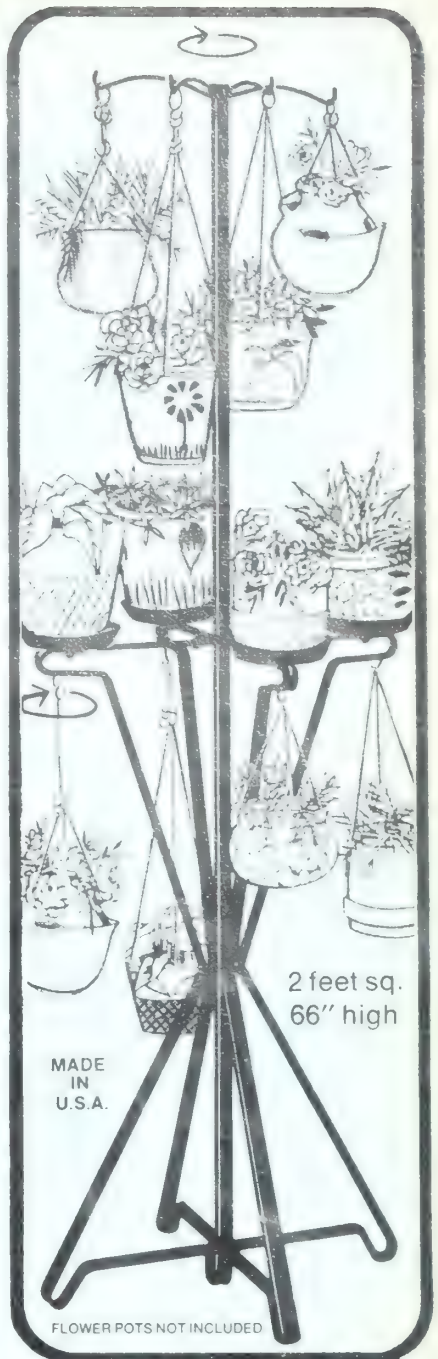
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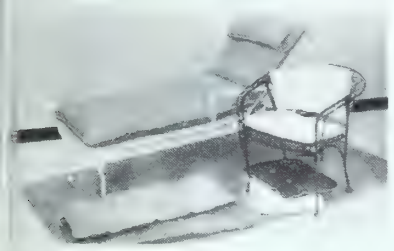
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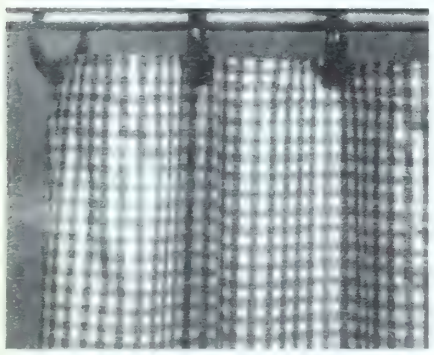
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"OLD MANOR HOUSE CURTAIN BOOKLET" WITH ACTUAL FABRIC SAMPLES, 50¢

Md. res. add 4%. Satisfaction Guaranteed

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SHEET SETS (2 straight sheets, 2 cases)

Double Set	$23.98	Queen Set	$27.95
Twin Set	22.98	King Set	32.50
Round 84" Set	48.50	Round 96" Set	54.95

3-letter monogram on 2 cases—$2.50

For fitted bottom sheet, add $2.00 to double or twin price; $2.50 to queen; $3.00 to king price. Round bottom sheets are fitted. Send check or m.o. 50% deposit on C.O.D.'s.

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Used for good luck in Iran, these vibrant blue beads are formed from crushed quartz, baked with a cobalt glaze and combined with a gold-tone choker and ear hoops for stunning jewelry. From our catalog of international gifts. Choker 5¼" dia., earrings 1½" dia., specify pierced or screw type. Set $6.50 ppd.

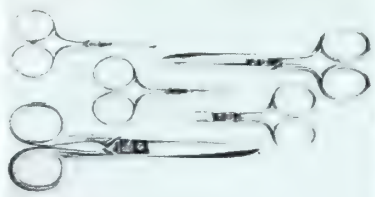
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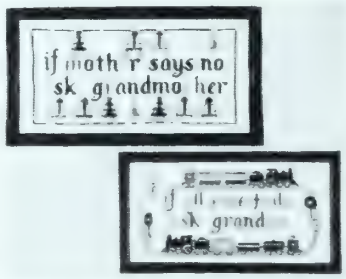
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SHOPPING AROUND



FIVE SCISSOR SET

Precision-made scissors, sharp nickel blades. Includes 6" all-purpose; 5" sewing; 3½" manicure; 3½" embroidery and 3½" grooming. Case with thread, needles, threader. All, $3.98 plus 50c post. American Consumer, Dept. SEW-20, Caroline Rd., Philadelphia, PA 19176.



GRANDPARENT'S DELIGHT

Belgian linen stamped for cross-stitching in bright colors. Wood frame 8½" x 16", maple or mahogany finish. Grandmother's or Grandfather's kit, $3.95 each; also "Grandchildren are God's Reward for Growing Old" kit, $3.95. Add 50c post. Victoria Gifts, 12H Water St., Bryn Mawr, PA 19010.



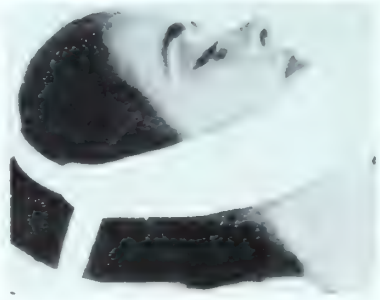
ELEVATING RECLINER

Powered recliner with elevating seat operates by push buttons. Adjusts to angle most comfortable for you; another switch raises you to your feet. Padded foot rest raises automatically as chair reclines. Free brochure. Burke Inc., HG6, Box 1064, Mission, KS 66202.



SERENE GRACE

Seagull sculpture in gleaming white ceramic with high glaze. Imaginative complement to any setting, perfect gift for any home. "Flight" has non-scratch felted bottom, is about 16" by 11". $14 ppd. Delbar Creations, Dept. HG-14, 16 Laurel Rd., East Northport, NY 11731.



STILL OF THE NIGHT

Blissful quiet maintains when the anti-snore mask goes on. The mask with adjustable plastic bands breaks the snoring habit. It re-educates jaw muscles. Washable nylon. $4.98 plus 50c post. Anthony Enterprises, HG6, 556 Mission St., San Francisco, CA 94105.



NOTHING IS IMPOSSIBLE

A California school teacher took this non-faked picture of her clever kitty. It worked wonders as a potty-training inspiration for her toddlers! Now it's a big happy poster & funny bone tickler for young & old. 2 x 3 feet black & white, $2 (+ 56¢ postage) anywhere in the U.S.A.

WRETCHED MESS® NEWS

Rt. HG-28, W. Yellowstone, Montana 59758.

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SUPERB COMFORT

Directa lounge chair in chrome steel or white epoxy finish in wide choice of all-weather and indoor fabrics. (Shown) $59 plus UPS coll. (average 2.50). Series includes chaise lounge, desk chair, table, ottoman. Brochure 25c. Karema USA Inc., HG6, Montgomery, VT 05471.



BLOW-UP

An inflatable hanger is a help for drip-dry laundering. Blow it up to plumpness so it holds garment loosely with air space inside. Floral print vinyl with swivel top. Fold flat to store. $1 plus 25c post. Anthony Enterprises, HG6, 556 Mission St., San Francisco, CA 94105.



EASY FOOTING

Huaraches woven of supple leather thongs in never repeated patterns with leather soles. Natural beige only. Send size or foot outline. All sizes for men, women, children. $10.95 pr. ppd. Men's size larger than 10 add $1. Old Mexico Shop, HG6, Patio 2, Santa Fe, NM 87501.



HARDY, HANDSOME

Ideal for dining, kitchen, study or living room. Twin oak pedestal with maple butcher block top. 60″ by 30″, $201.25; 60″ by 36″, $217.50; 72″ by 36″, $237. Exp. Coll. Catalogue, 50c. Write to Butcher Block & More, HG6, 1600 So. Clinton, Chicago, IL 60616.



FRENCH SPOKEN HERE

T-shirt really says "I'm tired" but more expressively: "Je suis fatiqué." Fine cotton knit has been twice stitched to keep its shape. Hand washable. Beige with brown words. S(8-10), M(12-14), L(16-18). $8.98 plus 50c post. Lillian Vernon, G6E, 510 So. Fulton Ave., Mt. Vernon, NY 10550.



GOURMET CHILI?

From deep-in-the-heart of Texas comes this authentic TEX-MEX style Chili. Spicy, but not too hot! We make it from US Choice beef and our secret combination of tomatoes, onions and twelve piquant spices and herbs. All natural with no preservatives and no cereal fillers like commercial chili. This is the finest and most delicious chili money can buy and we guarantee you'll love it or your money back for unused cans. Six — 15 oz. cans Chili With Beans — $12, Without Beans — $16

TEX-MEX CHEESE DIP

Spicy "Chile con Queso" Cheese Dip made with jalapeno peppers, onions, tomatoes and cheese. Sensational dip with corn chips and over tacos or tostadas! Six—8 oz. cans Tex-Mex Cheese Dip—$6

SAMPLER—Two cans each as above Chili With Beans and Tex-Mex Cheese Dip—$6. Prices postpaid. Send check or money order to: RIO GRANDE FOODS, Route 4, Dept 87, Tilden, Texas 78072

BICENTENNIAL

RED, WHITE AND BLUE CANDLE



Enjoy this handmade candle in layers of Red, White, and blue. Looking at it makes you want to sing "God Bless America." Each layer emits a different fragrance—Bayberry, Vanilla, and Strawberry. These Patriotic candles measure 3″x3″. Send yourself some Americana or buy some for another fellow American at only **$3.00** each.

Please send_____Bicentennial candles at $3.00 each plus 50¢ postage. Add 15¢ sales tax in Texas.

NAME_____

ADDRESS_____

CITY/STATE_____ **ZIP**_____

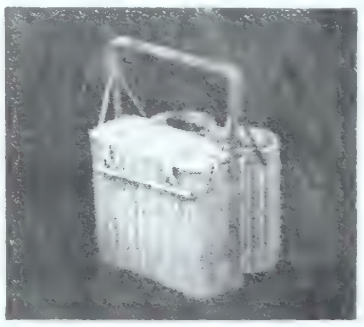
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(214) 744-0734

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Here's a romantic update of the traditional handwoven wicker picnic basket. Designed for easy access to all your picnic treats. It has a large storage compartment and two separate thermos or bottle holders. An oversize handle makes it easy to carry and four small feet keep it up off the ground. Order No. 2502. Please add $1.90 postage and handling. Virginia Residents add 4% sales tax.

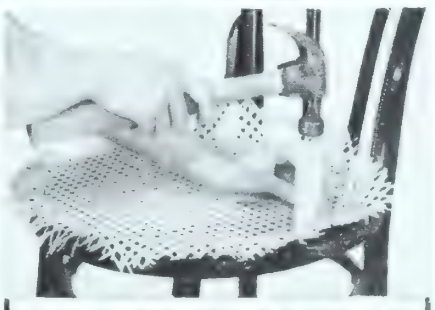
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Norfolk, Virginia 23510





CREATIVE CANING

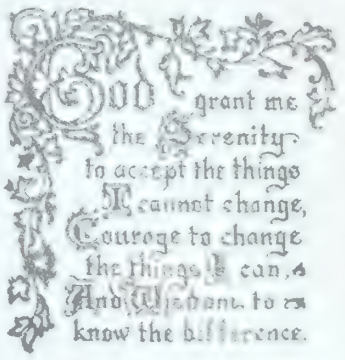
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Save money—do it yourself—with natural cane for *grooved* chair seats, screens, stereo speakers, door panels, headboards, lampshades, room dividers. Decorative cane kits include easy instructions and necessary materials. Cane in 3 sizes: **12″x12″ $6.75; 18″ x18″ $10.25; 24″x24″ $14.75;** ppd. (Cal. residents add 6% tax). State size, and send check/m.o. to:

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P.O. Box 1121,
2615 El Camino
San Mateo, Calif. 94403

Send 25¢ for CATALOGUE. **Larger sheets of cane, hand-caning kit, and other cane materials available.**

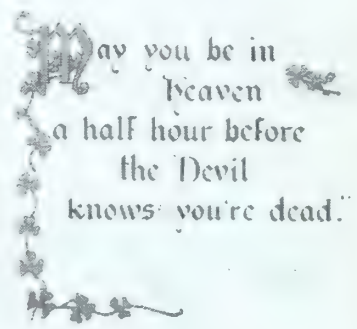
CERAMIC TILES



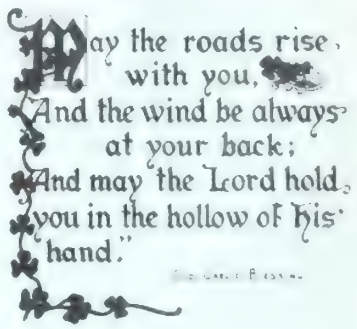
SERENITY PRAYER



CLOCK OF LIFE



IRISH TOAST



GAELIC ROAD



An Irishman is never drunk as long as he can hold on to one blade of grass and not fall off the face of the earth.

IRISH TIPPLER

Colorful Ceramic Tiles used as wall plaques or trivets. Cork base with hanger, 6 x 6″.

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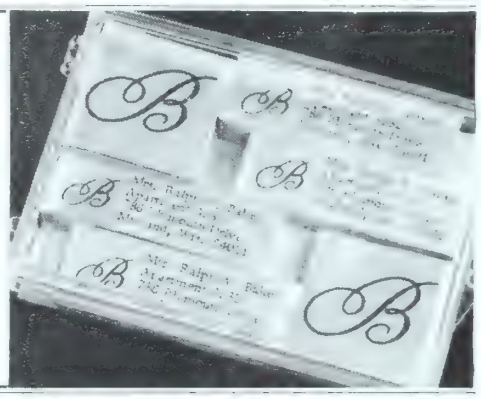
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NEW CEILING STRIP FOR HANGING PLANTS ANY WHERE, INSIDE OR OUT. ALLOWS YOU TO MOVE, ADD OR REARRANGE PLANTS QUICKLY AND EASILY.

32" length holds 10 plants, 48" holds 13 plants, supports 120 pounds. Install 2 or more for unlimited lengths. Natural brushed aluminum (may be painted) or white satin finish. Hardware and easy mounting instructions included, all postage paid!! Lengths to 8' available on request.

32" Aluminum $12.95 ppd 48" Aluminum $14.95 ppd
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ORDER 2 OR MORE AND TAKE A 10% DISCOUNT

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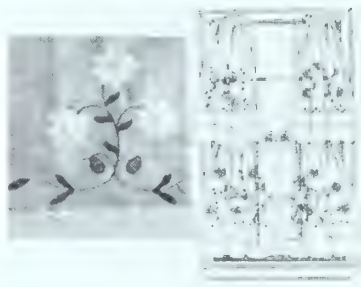
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BLEUETTE, INC.
505 Fifth Ave., Dept. 666
New York, N. Y. 10017

SHOPPING AROUND



TAKE IT EASY

Inviting lounge chair, handmade of natural willow, is breezily comfortable. Footrest retreats beneath seat. Proportioned for relaxation. 40" wide; 36" long closed, 57" extended. $99.95 exp. coll. 25c for catalogue. Fran's Basket House, HG6, Route 10, Succasunna, NJ 07876.



SPRING FRESHNESS

Yellow and white daisies with green leaves are embroidered on white. Fabric is a blend of permanent-press polyester and rayon. 66" w. pair. 24", 30" or 36" long $15; valance 11" by 70", $8. Add $2 post. Free catalogue. Country Curtains, HG61, Stockbridge, MA 01262.



REEL-Y HANDY

This very practical key holder does away with fumbling and groping. Reel clips inside purse: unreels keys, automatically rewinds into case. Clip to your bag, pocket or belt. $2.98 plus 45c post. Order from Anthony Enterprises, HG6, 556 Mission St., San Francisco, CA 94105.



ROMAN ROYALTY

Authentic reproduction of an ancient eagle sundial. Raised Roman numerals, in lettering (I count none but sunny hours), goldtone. 9" dia. Aluminum, antique green weather-resistant finish. $6.98 plus 50c post. Holiday Gifts, Inc., Dept. 306-D, Wheat Ridge, CO 80033.



FRENCH ACCENT

"Coquette" phone has a flirty look, intriguing in ivory with gold trim. Comes ready to use with dial, cord, bell and plug. $69.95 plus $2 post. Catalogue in full color $1 (credited to your order). The Great Phone Company, HG-6, 5404 Northfield Rd., Cleveland, OH 44137.



HANG-UP BRACKET

Wise old owl of open grillwork sits like a sentry over plant hanging on swing-out arm. At a touch, he swivels to face sun. Solid black cast iron, for use indoors or outside. 5¼" by 2". $1 plus 50c post. Cadlyn's, HG6, 2077 New York Ave., Huntington Sta., NY 11746.



SPARKLING SPRAY MIST

Crystal chandeliers, sconces and candelabra come bright and clear after a spray shower of silicone mist from an easy-to-handle 7 oz. can. No need to wipe; just let dry naturally. $3.98 plus 65c post. Anthony Enterprises, HG6, 556 Mission St., San Francisco, CA 94105

PISTO-LAMP

Hand-crafted derringer replica, hand-blued finish. Non-firing. 7″ walnut base. Overall 17″ h. Old-fashioned tin shade, green-enameled with reflective white inside. With bulb. $37.50 ppd. Color catalogue $2. The Muller Company, HG6, Dogwood Hollow, Miller Place, NY 11764.



HERE'S "JUDY"

Sandal with wafer-thin cushion platform 1¾″ heel. Blue to royal ombre, bone to brown, multi-pastels, all black, white, navy or brown kid leather. AAAA to EE, 2½ to 10, $28.95. 10½ to 12, $29.95. Add $1 post. Free catalogue. Solby Bayes, HG6, 45 Winter St., Boston, MA 02108.



LEAF OF LIFE

No wonder the Yogis of India believe these leaves hold the secret of life! Wherever a leaf falls, a new plant starts to grow. Pot size from one to six feet. Blossoms with fragrant pink and lime flowers. Two, $1; six, $2.50. Add 25c post. Roberta's, HA-30, Box 630, Shelbyville, IN 46176.



MINI SCUTTLE

Decorative small-scale replica of old-fashioned coal scuttle, once kept alongside the stove. 5½″ long by 4″ tall. Finished in gleaming copper. Serves as planter, vase, caddy for candy or nuts. $4.98 plus 50c post. Wretched Mess, Dept. HG6, W. Yellowstone, MT 59758.



SUMMERTIME NAPKINS

Paper napkins printed for summer guests in packs of 75. Printed with "Keep on Camping with" the (family name, two first names of one complete name). Please print. 9½″ cocktail, $3.49; 12½″ luncheon, $3.79. Ppd. Miles Kimball, 100 Bond St. Oshkosh, WI 54901.



the clingy grinder

FROM THE SILVER JUBILEE COLLECTION OF

LILLIAN VERNON

I found this in Italy, and instantly said "Fabulous!" It's basically a classic grinder—and that old-fashioned design really can't be improved. BUT see its marvelous modern features, like that incredible suction base. Press the lever for a vise-like grip on any smooth surface—it simply can't be budged until you release it! The Italians are superb at these precision-crafted kitchen aids, especially with their use of rugged polypropylene that's so easy to clean, and rustproof. I search the world over for things like this—unique ideas at really attractive prices.



SUCTION-BASE GRINDER of thick, tough polypropylene, with coarse and fine metal discs for any grinding or grating, food pusher to save fingers.

Two extra attachments — one fills sausage or pasta tubes, one makes fluted pastry. 7½″ high, avocado green.

8619 Cling-base Grinder $9.98

1951 SILVER JUBILEE 1976

Add 95¢ post. & hdlg. NY res. add taxes. Satisfaction guaranteed. Your order places you top-of-the-list for our next exciting catalog of 100 color-packed pages.

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Make every occasion a memorable one! Select the gift to delight all—from mothers and sweethearts to the man who has everything.

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PICASSO IN NEEDLEPOINT

HANDS WITH FLOWERS, Picasso's famous expression of love and friendship, for you to work in needlepoint. Bright blue, yellow, green and white flowers, white hands, set against a rich orange background. Kit contains 7x9″ screen printed design on 9x11″ 10 mesh canvas, tapestry yarn, needle and instructions.

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LOW COST FULL COLOR POSTERS

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14″x17″ ..... only $4.50
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BLACK & WHITE BLOWUPS TOO!

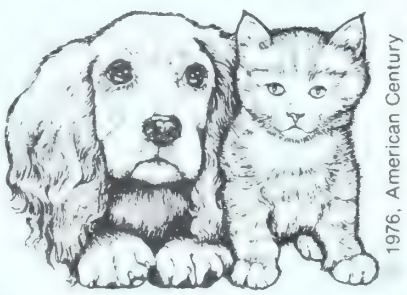
2 ft. x 3 ft.	$3.50	Laminated Posters up to 2 ft. x 3 ft. $3.00 addt'l.
1 ft. x 1½ ft.	$2.00	
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For every color poster ordered, add $2.00 and get a black & white same size. Black and White Duplicates 50% off. Add 50c each item, handling. For prompt delivery put name & address on back of photo. Send check, cash or M.O. N.Y. residents add appropriate sales tax. If you send slide or negative, add $1.00 for each size. Shipped U.P.S. $1.50 per item.

Congers Color Labs

Dept. HG-66, Congers, N.Y. 10920

PET ODORS & STAINS Removed Forever

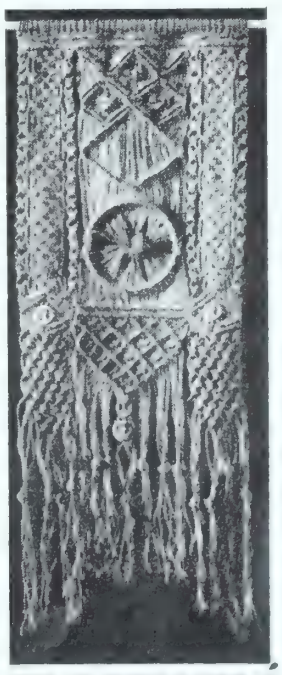


1976, American Century

RESCUE CARPETS FROM PET ACCIDENTS

New! Scientific chemicals remove the **strongest odors & ugliest stains** caused by pet accidents. Safe for carpets, upholstery, litter boxes, etc. RESCUE KIT contains two 8-oz. sprays (16 ozs). Specify "A" kit for stains; "B" kit for odors; or "A" &"B" mixed kit. **Money-back guarantee.** Send ck or M.O. 1 kit **$6.50** + $1 post. **Save $2:** Order 2 kits for **$12.99** (and we pay post.)

American Century
135 So. La Brea, Dept. 1066
Box 36232, Los Angeles, Calif. 90036



macramé wall hanging

Complete this dramatically beautiful 48″x18″ wall hanging using only 3 simple knots. Kit contains jute cording, dowel, hoop, stoneware beads, and easy step by step instructions. Only $14.95 postpaid. Send check or money order payable to Tumbleweed. Dept. HG6, Box 80358, Los Angeles, Ca. 90080.

STAINED GLASS MINIATURE



Charming stained glass decorative piece will brighten a mantel, delight a window, adorn a table. A gift that says something forever. Freestanding in vibrant colors. Each panel is 5″ by 7″.

$7.00 add 50c postg. & hdlg. Md. res. add 4%

Full color stained glass catalog $1.

The Unicorn Gallery

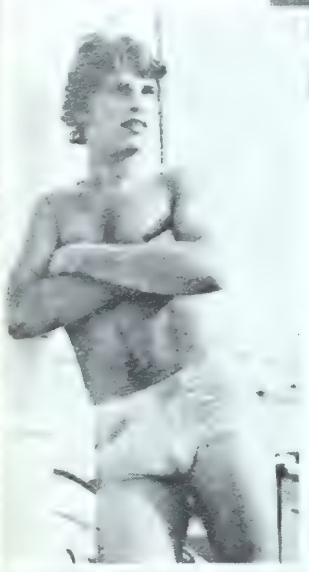
15111 New Hampshire Ave. G66
Colesville, Maryland 20904

AH MEN
Originals

Royal Feast



TIE DYE BOXER in screen printed Antron® Lycra,® has lo-rise boxer styling, front pockets, and fake fly. A new look for Spring. (Blue only)
S-M-L-XL $10.95



ORANGES ROBE — Authentic orange crate labels printed on nylon tricot make this new swim/lounge robe a California grown original. The shorty robe has ¾ sleeves, drop shoulder, patch pockets, and matching sash. (Orange and blue print on white only) One size fits all. **$19.95**

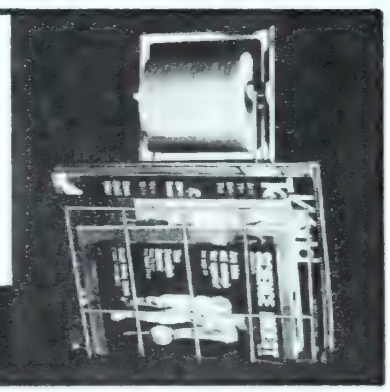
ORANGES SWIM — Lo-rise boxer styling is in orange crate label print of 100% nylon tricot. It has elastic waist and is fully lined. Pick this "juicy" new Ah Men exclusive for your wardrobe. (Orange print only) S-M-L-XL **$9.95**
Set (Oranges Robe & Swim suit) **$28.00**

Postage & handling $1.00

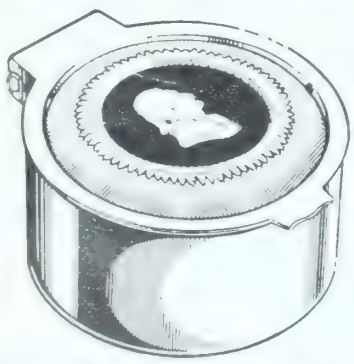
Send $1.00 for color catalog.

AH MEN
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Hollywood, Calif. 90069

Magazine Rack by Grayline
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6955-6—Magazine Rack .... ***Ppd., $2.59***
Write For New Free Gift Catalog!



Miles Kimball
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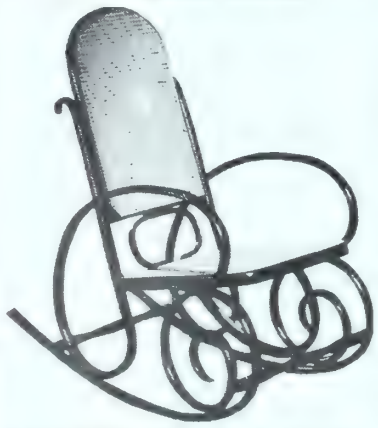


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To commemorate the Bicentenary of American Independence Wedgwood and the Churchill Mint have combined their talents to produce this solid silver box mounted with a three-colour jasper portrait cameo of George Washington. Issued in a limited edition of 500, each box is serially numbered with corresponding certificate, and measures 1¾″ in diameter.

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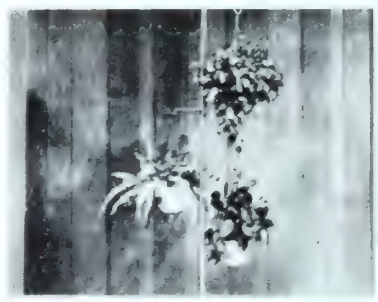
HAVE A LOOK

Handy magnifying mirror offers a good look wherever you need it. A large all-rubber suction cup holds mirror firmly to any smooth and clean surface. 3½″ dia. Convenient for traveling. $3.98 plus 70c post. Anthony Enterprises, HG6, 556 Mission St., San Francisco, CA 94105.



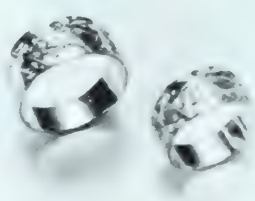
NEEDLEPOINT TO WORK

Groucho Marx typically in black and white is a delight to stitch in Persian wool yarns on #13 mono canvas. Fun to frame, 7″ by 8″; companions are Charlie Chaplin and Marilyn Monroe, 8″ by 8″ $6.95 plus 60c post. The World of Stitch 'n Knit, HG66, Box 709, Framingham, MA 01701.



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Give your hanging plants room and light on space-saving pole that holds three. Adjusts by spring tension to fit average ceilings, windows or counters. Chrome-like finish. $7.88 plus $1.25 post. Madison House Gifts, Dept. 11822, 4500 N.W. 135th St., Miami, FL 33059.



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MIDLAND MOOR, HG-66 Box 4086, Kirtland, OH 44094

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IVORY TREASURE



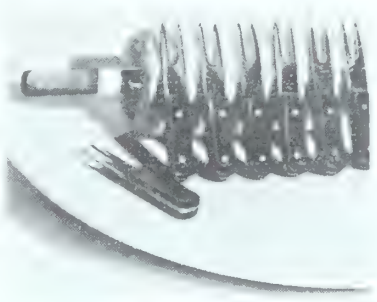
The ancient art of scrimshaw, still carried on by a handful of skilled artisans, on this genuine ivory thimble. Handmade, tiered and etched with a whaling scene. 1" high. A rare collectible. $12.50; without etching $9. Ppd. Ferry House, G6, Briarcliff Manor, NY 10510.

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Is your pool robbing you of time? Meyco safety pool cover takes two minutes to put on or remove. Keeps out dirt, leaves; children and pets are safe when you're away. Discourages algae. Custom made, any size. Write to Meyco, HG6, 225 Park Ave., Hicksville, NY 11801.

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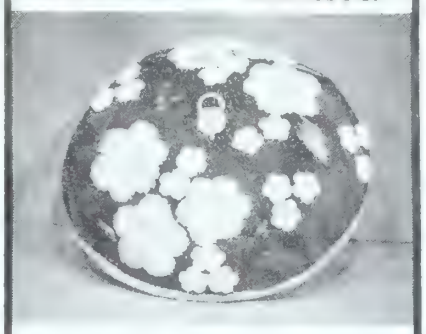
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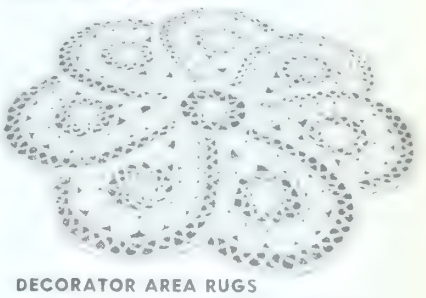
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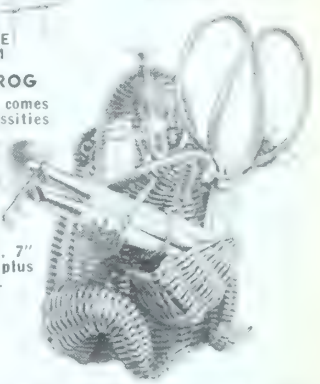


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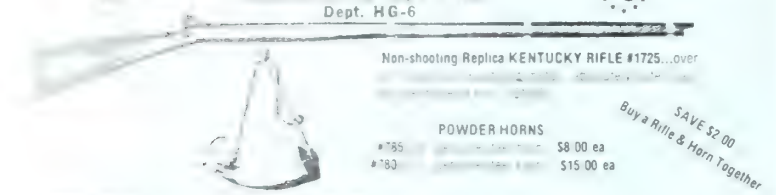
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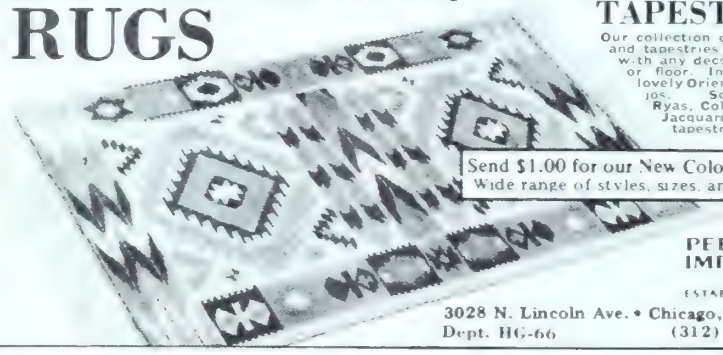


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Full Line Color Catalog $2.00

ORIENTAL and NAVAJO RUGS

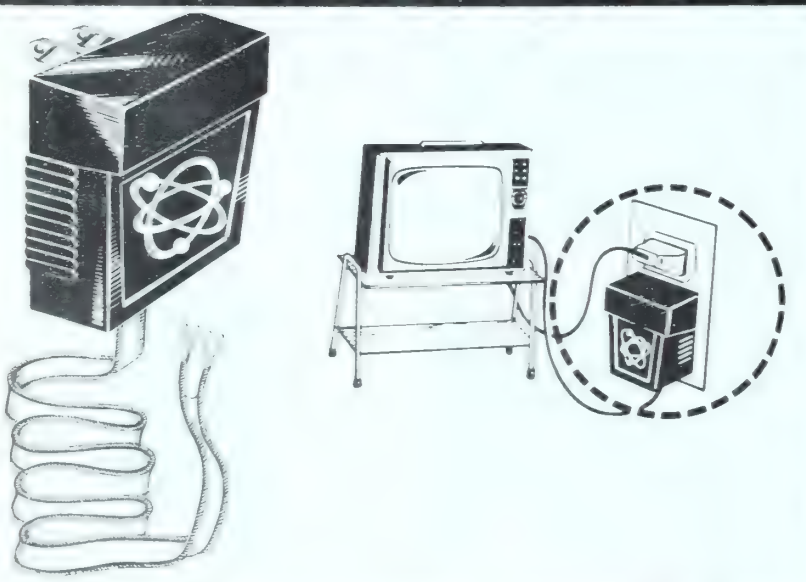
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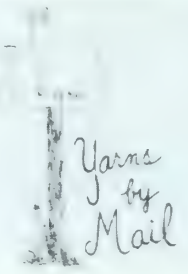
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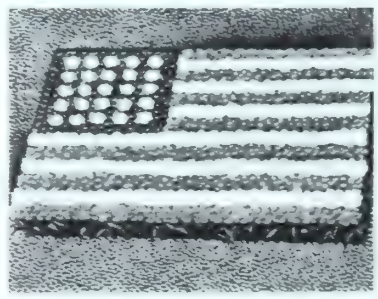
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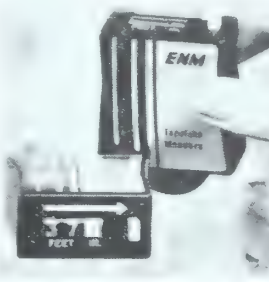
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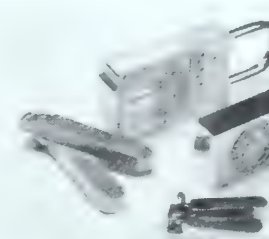
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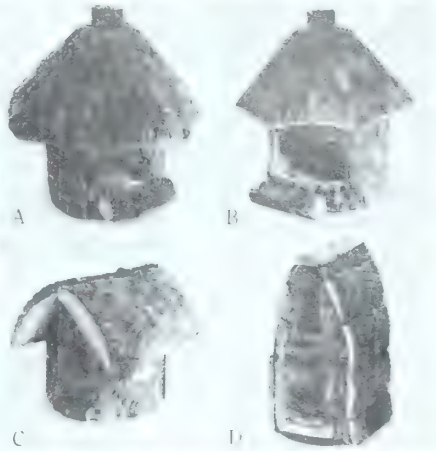
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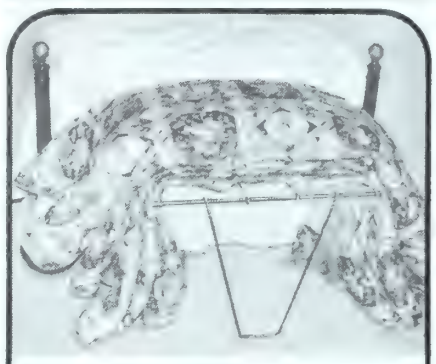


Chic Travel Mates

Lounging at home or away. This chic pair sets the mood. Robe and Gown have elasticized empire waists above soft flowing skirts with insets of silken fagotting framing a deep V neck. Robe hooks and ties with self drawstring cords with pearl-like button front. 100% Nylon Tricot. Non-cling, machine wash & dry. Tiny Checks in **Aqua, Lilac** or **Rose** with **White.** Sizes S,M,L.

$22 Satisf. Guar. Plus $1 post.

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Bedspread caddy saves effort

Easier bed-making without nightly tugging heavy spread. Just pull hidden caddy from between mattress and spring. Legs drop into position. Lay spread onto caddy, accordion fashion . . . ready for quick, easy, morning make-up. Brown metal caddy glides back out of sight by day. Ideal for Hollywood beds or low footboards. For double, king or queen-sized beds, get two. Satisfaction or money back.

7.83 or 2 for 14.83. Add 1.40 shpg.

GARRETT'S
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Shows Actual Size

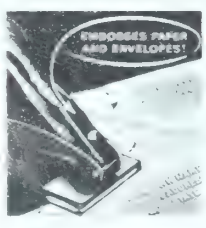
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SEND NO MONEY NOW! Pay for labels *after* they arrive and prove satisfactory.

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Converts plain paper & envelopes into personalized stationery, with your name and address (limit: three 21-character lines) in elegant raised letters. **Each $9.95 + $1.00** postage & hdlg. **Two for $20.00 postfree.** 4-wk. delivery. *Satisfaction guaranteed!*

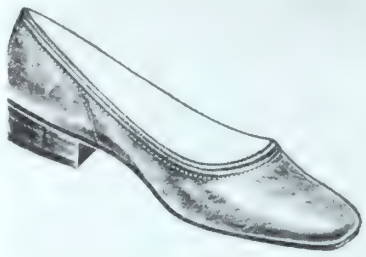
THE WRITEWELL CO.
894 Transit Bldg. — Boston, Mass. 02115

SHOPPING AROUND



EMBROIDERY PROJECT

Hand-screened drawing adapted from Botticelli ready to embroider on beige cotton for 14″ sq. pillow. Pre-cut fabrics; French style back, brown or navy print (specify) polyester lining, yarn, needle incl. $4.95 plus 50c post. Phoebe, HG-66, 135 Soundview Dr., Lake Success, NY 11020.



SHERRY

Smart blending of comfort and style. Uppers of soft leather with padded insoles, ⅝″ heels. Choice of white, camel, navy, red or black. Sizes 4 through 12 in N, M, W. $12.95; over-10 sizes, $1 extra. Add $1.25 post. Sofwear Shoes, HG6, 1711 Main, Houston, TX 77002.



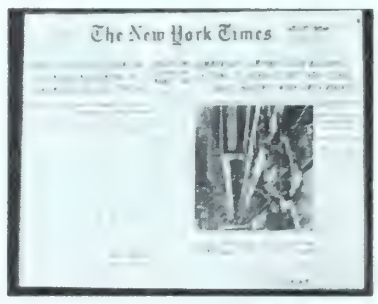
TO HAVE AND TO FOLD

Space saving table made in Europe. Solid beechwood with oiled walnut veneer. Closed, 9″ by 30″; one side up, 37″ by 30″; fully opened, 65″ by 30″, it seats eight. 30″ h. $59.95. Exp. coll. Assembled. Danish catalogue, 50c. Genada Imports, HG6, Box 204, Teaneck, NJ 07666.



FOR BOAT OR DEN

Artist's custom caricature of your captain with bold name on sketch-decorated sign. Mounted on woodgrain plaque. 10″ by 15″. Send a clear photo (returned), name, color of hair and eyes. Allow 4-5 weeks. $18.95 ppd. Bruce Bolind, HG6, Bolind Bldg., Boulder, CO 80302.



READ ALL ABOUT IT!

Facsimile of New York Times front pages from 1851 to the present is available. Great birthday or wedding anniversary gift to learn what happened in the world the day you were born or married. $3.95 each ppd. Thrift Gift Center, HG6, 1 E. 42nd St., New York, NY 10017.



CURVE COMFORT

Caressingly soft nylon stretch lace makes a bra to wear for natural ease and control. It's ideal for sleeping as well as daytime activities. Snap front. White; A-B or C-D. $4.98 plus 60c post. Anthony Enterprises, HG6, 556 Mission St., San Francisco, CA 94105.



STOP STOOPING—Amazing, new Pi Peer® Shoulder Brace (patented) corrects posture instantly, comfortably. Provides even, distributed support for sagging shoulders. No fitting. Made of ventilated-for-comfort 3-ply material. Arm bands softly padded. Lightweight, cool. Can't be detected under light clothing. Give measurement around chest. For men, women. $6.95 + 75c postage. Piper Brace. Dept. HG-66SH, 811 Wyandotte, Kansas City, Mo. 64105.

SIBERIAN TIGER CUB



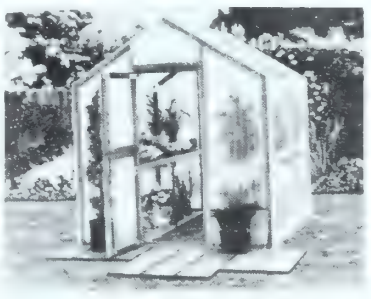
Color lithograph of Tara, a rare tiger cub in 16″ by 20″ size to frame and hang in a child's room, den or family room. Natural tiger colors on satiny matte finish paper for all to admire. $2.98 plus 50c post. Swart Originals. Dept. AP-70, 1950 Waldorf, Grand Rapids, MI 49525.

BLANKET CONTROL



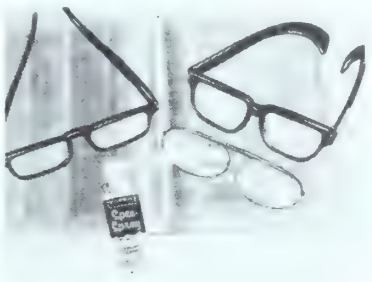
Electric blanket control guard of metal clips to bed where most convenient to reach when reclining. Clips bend easily by hand to adjust to bed rail. Excess cord can be wound around holder. $2.98 plus 45c post. Anthony Enterprises, HG6, 556 Mission St., San Francisco, CA 94105.

GARDENER'S CHOICE



Full-size fiberglass and redwood greenhouse assembles easily. Has a Dutch door, large screened vents, and generous headroom. All bolted construction for strength, portability. Prices start at $88.95. Free brochure. McGregor Greenhouses, Box 36-DD6, Santa Cruz, CA 95063.

READ WITHOUT STRAIN



Magnifying glasses enlarge print on a printed page so it is legible without squinting. Three styles available: full, half frame, clip-on. Specify age, sex in order. $5.98 with can of lens cleaner. Add 60c post. Dorsay Products, HG6, 240 Kinderkamack Rd., Oradell, NJ 07649.

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Nothing looks so fresh as unbleached natural muslin curtains. 68″ w. a pair. 24″ length, $6.50; 30″, $7; 36″ $7.50; 45″, $8.50. Valance, 54″ by 9″, $4.75. Add $1.75 post. per pair. Free booklet. Rovens Connecticut Curtains, HG6, Gateway Center, Wilton, CT 06897.

SEAGRASS BASKETS



Tightly woven and fully lined in natural strawcloth. Flower designs sewn in varied colors. All handcrafted in Philippines for plant-pot beauty. 5½″, 7, 8″ top dia. by 5, 6¼, 7″ h. set $7.98 plus 75c post. Lillian Vernon. G6E, 510 So. Fulton Ave., Mt. Vernon, NY 10550.



BICENTENNIAL THIMBLES

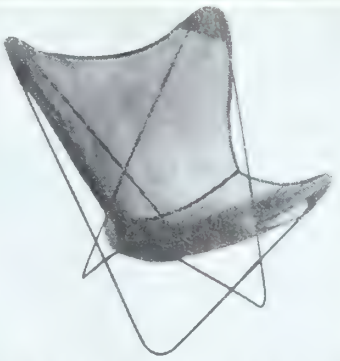


Left to Right:

American Eagle. In hand cast pewter. 3160. $5.95ppd
Betsy Ross. Enamel overlay on Sterling Silver. 3403. $15.95
Liberty Bell. Magnificent replica in pewter. 3967. $5.95ppd.
Molly Pitcher. Minted in hallmarked Sterling Silver. 3406. $27.50ppd.

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It's our new cool-as-a-breeze, durable butterfly cover in 100% vinyl-clad **nylon.** It won't fade, mildew or stretch. Its open weave will give a cool seat in brightest sun. Triple stitched; reinforced pockets. Cerulean blue, tangerine, poppy yellow, grass green or wheat. **$17.95.** Tuft **canvas** covers: 18-oz. welterweight duck in black, white, lemon, tangerine, olive, sky blue, royal, marigold or spring green. **$16.95.** Postage. $1.50 for 1st cover; 50¢ ea. add'l. Send check, BA or MC.

catalog subs. $1., free with order

THE Patio 550 powell dept hg66 san francisco ca. 94108

JUST OFF THE PRESS!

***NEW!* 1976 Doll House Furniture Catalog**

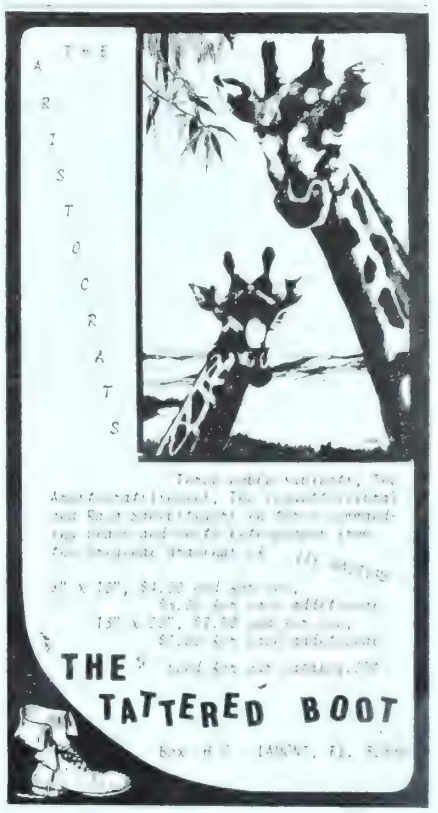


Here's a brand-new "must-see" catalog for collectors of all ages. Contains 16 Pages of individual dollhouse furniture pieces and complete room settings. Also offers dollhouses from $40 to $60. Each furniture piece is completely assembled and available in fine furniture finishes. Supplies are limited — send for yours today.

send **75¢** to

Dollhouse Furniture Catalog
Nickerson Farms — Dept. 676HG
4135 S. 89th
Omaha, NE
68127

Nickerson Farms



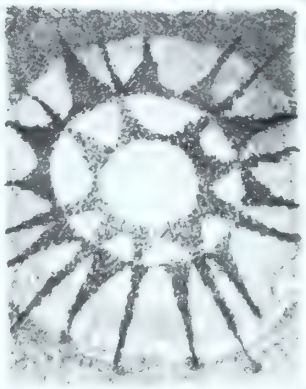
EMBROIDERIES



GULLS BEFORE THE MAST. Two sparkling white seagulls with gold and cocoa accents. Easy to embroider square rigger on huge 27 x 37″ oatmeal linen sky. #4350. $52.95 + $1.50 post. Send $1 for color embroidery catalog of exquisite Swedish designs.

SKÖN EMBROIDERIES 55 Lambert Lane New Rochelle, N.Y. 10804 Dept. GE6

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SKÖN RUG CRAFT 53 Lambert Lane New Rochelle, N.Y. 10804 Dept. HG6

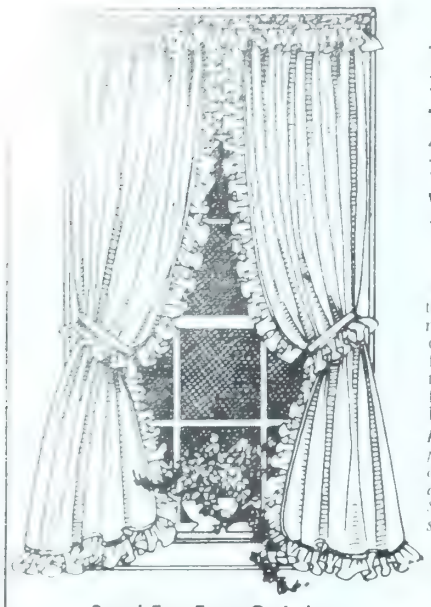
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Natural or White



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72", 81", 90"	11.00 pr.	12.50 pr.
VALANCE		
10" x 80"	3.00 ea.	3.50 ea.

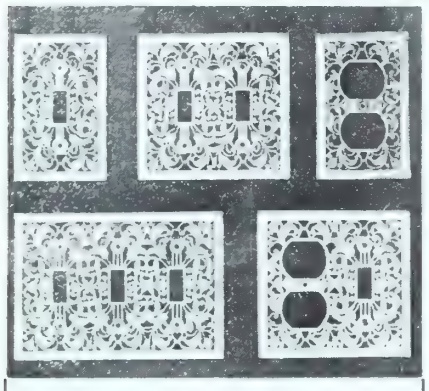
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GOLDEN FILIGREE SWITCHPLATES

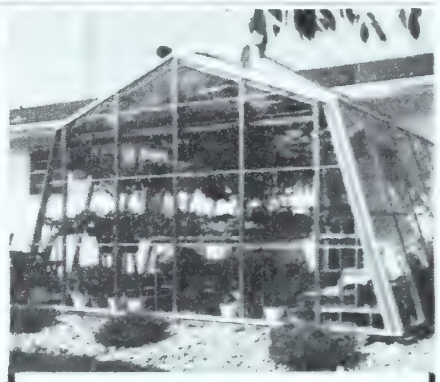
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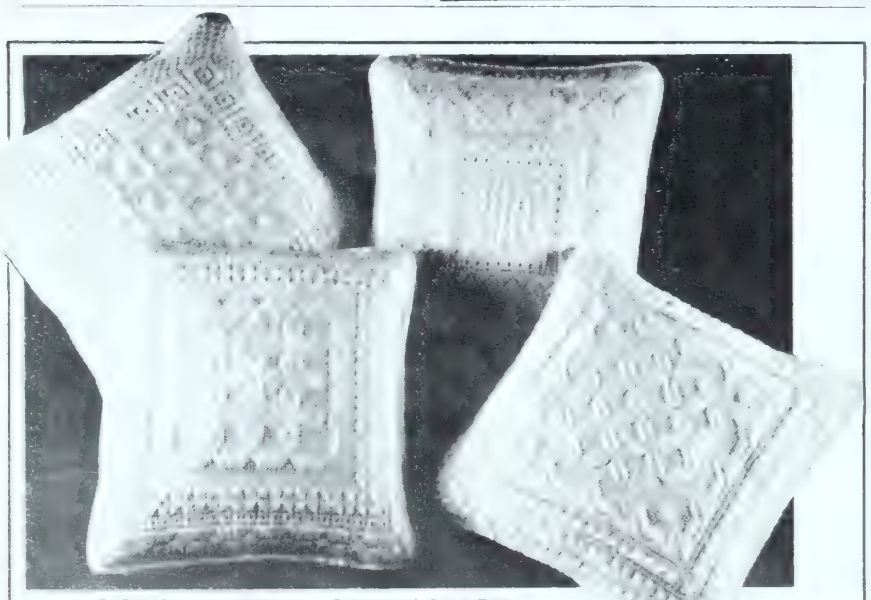


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Kit contains taped 12-guage mono canvas, natural unbleached Paternayan Persian wool, steel needles, fully illustrated instructions.

(two $29.95; all four only $52.50 postpaid if sent to one address.)

ella projansky's needleworks, inc. Dept. HG6
p.o. box 423 — white plains, n.y. 10602

SHOPPING AROUND



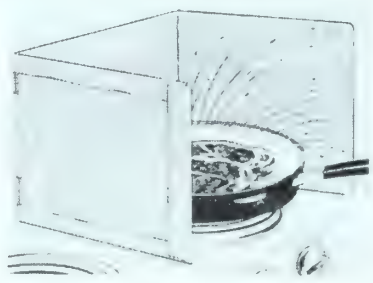
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Full color series incl. approx. 12" by 17" printed #18 mono canvas, color matched 100% Persian wool, needle, instructions. Mallard Duck (illus.) owls, woodpeckers, flickers, ibis, pelican, pigeons. Ea. $19.95 plus 75c post. Copylab Needlecraft, HG 2, 380 Madison Ave., NY, NY 10017.



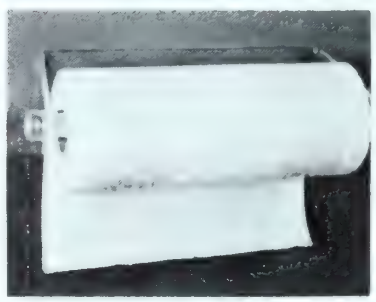
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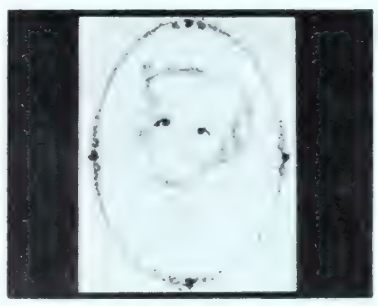
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Armchair with bamboo turnings on legs, open arms, back. 39" h., 26" w., 23" d. Antiqued walnut, fruitwood, mahogany. Lacquer $10 more. $236.95 in our fabric; 225.95 in yours. Exp. coll. Catalogue, $1. Bryan Robeson, Dept. HG-162, Rte. 10, Box 793, Hickory, NC 28601.



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Send color or b/w photo to be rendered on canvas by artist. Kit: color directions, wool (or embroidery). 10" by 14" $24.95; 14" by 18" $34.95; 18" by 22" $39.95; extra subjects $15. Add $2 post. Needlepoint Portraits Ltd., Studio A4, 20 Nassau St., Princeton, NJ 08540.



twin oaky rope hammock.

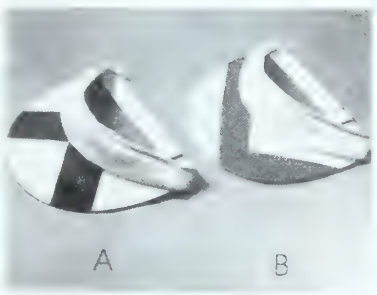
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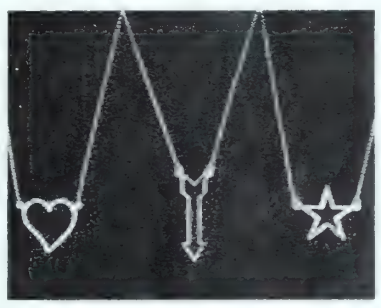
Specially scented training mat attracts pet and makes housebreaking easy. Mat eliminates need for newspapers. 18" plastic holder plus two months mat supply. $4.98; six months, $6.98; pole, 75c plus $1.10 post. G&G Research, HG6, Box 12274, Dallas, TX 75225.

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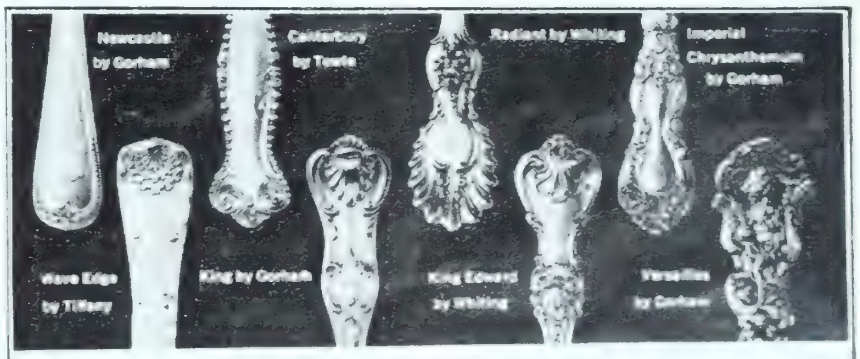
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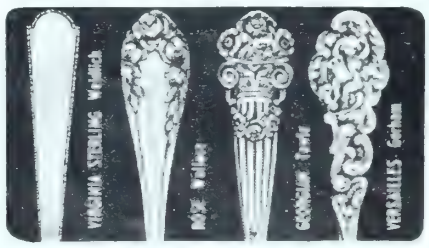
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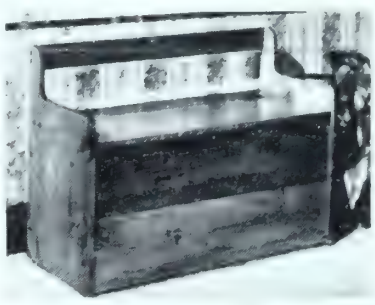
DECORATING PLANS

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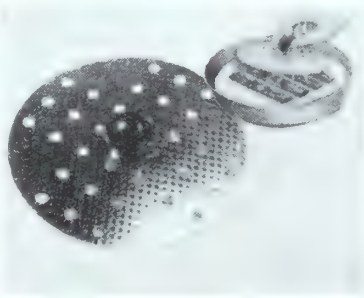
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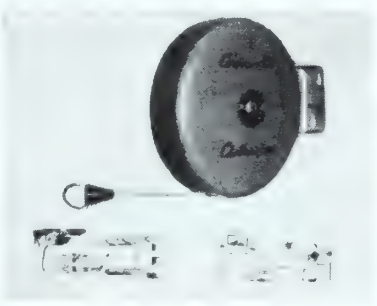
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Now you can have crunchy bacon —minus the curls. Bacon press keeps bacon flat while conducting heat for evenly-cooked crispy meat. Fits any round pan 7″ or larger. For draining grease, too. $1.49 plus 30c post. Anthony Enterprises, HG6, 556 Mission St., San Francisco, CA 94105.



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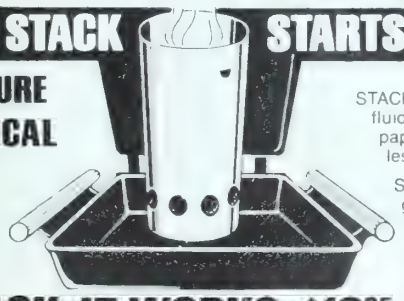
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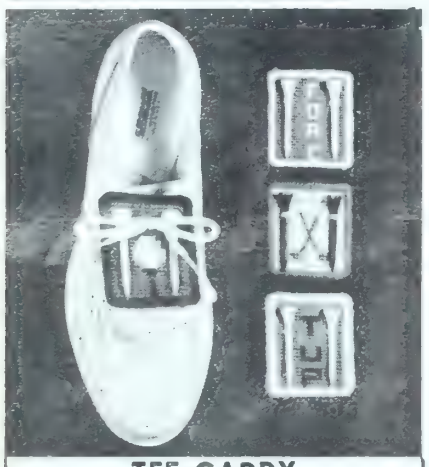
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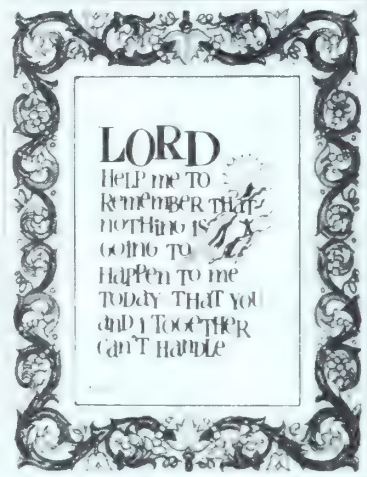
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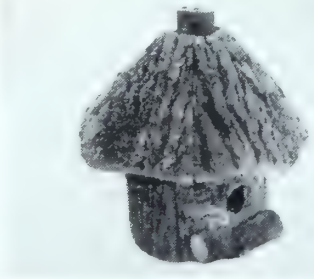
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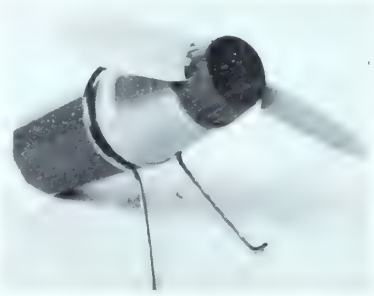
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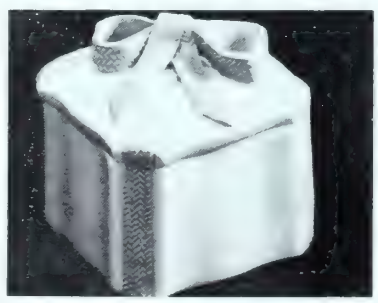
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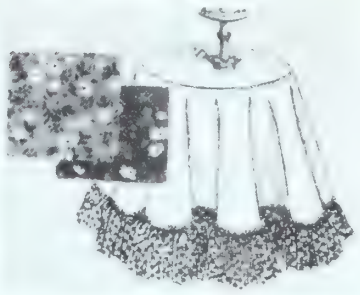
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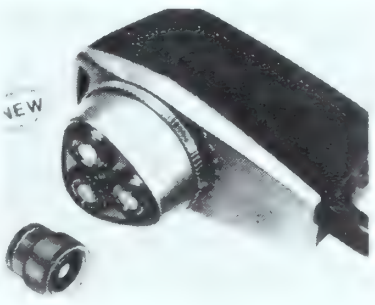
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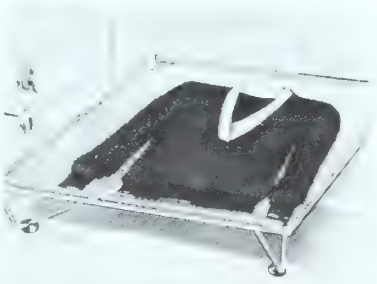
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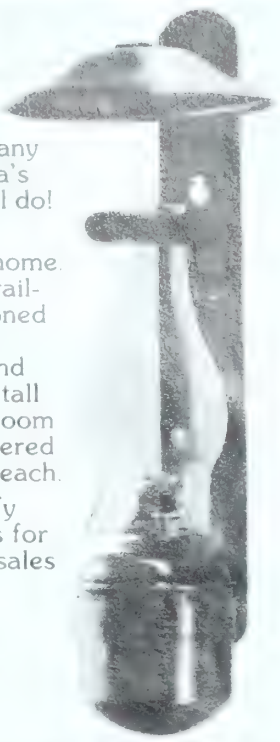
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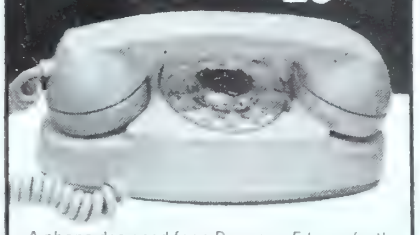
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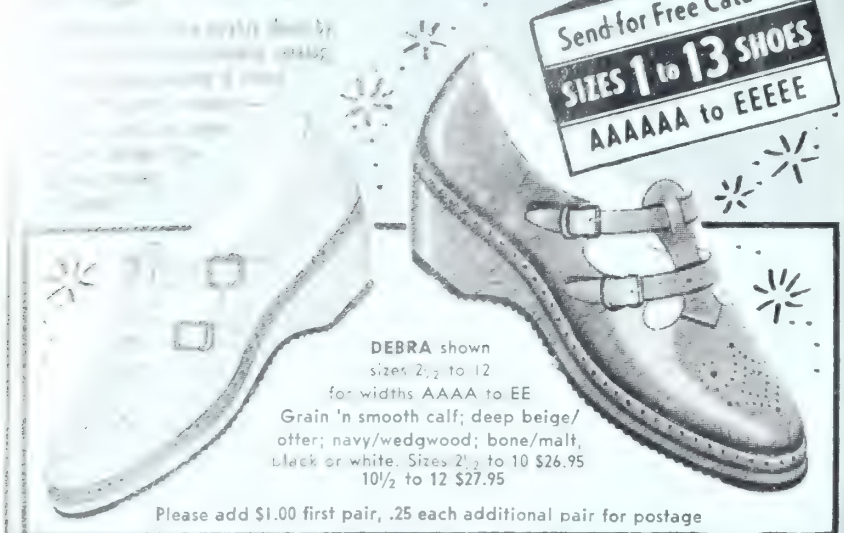
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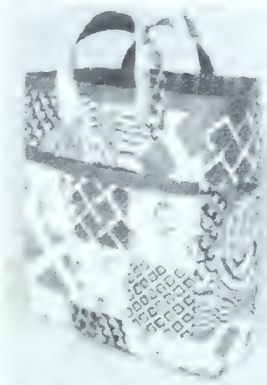
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THE MOLLY BAG

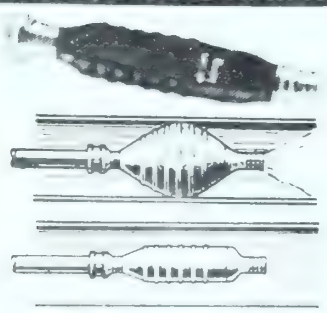
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Washable poly/cotton pinafore and bonnet for young miss; off-white with blossoms in bright pastels. Hand-painted name, rick rack trim in red, aqua, royal, orange, lilac. Sizes 3, 4, 5, 6, 6x. Pinafore, $19; bonnet, $8; both, $25. Ppd. Postique, HG6, 216 W. 89th St., NY, NY 10024.



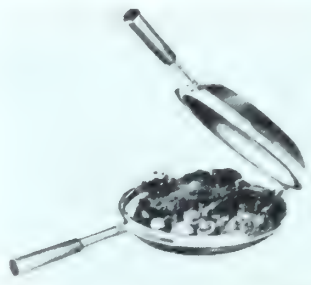
ART IN THE ROUND

Charming "Balloon Girl" plate in a beautiful blend of unusual colors. It's a first issue and a first-time plate design with the distinctive style of artist Margaret Keane. 8" diameter. A lovely gift. $24.50 ppd. Trein's, HG6, 201 W. 1st, Dixon, IL 61021.



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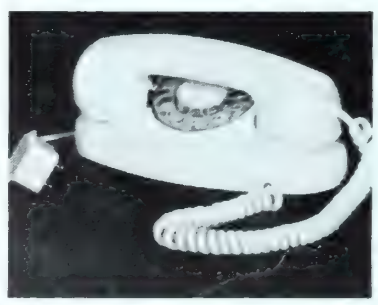
VOLCANIC ROCK PAN

Composition pan of volcanic rock requires no oils or water to cook delicious dishes that are naturally tender. Pan cleans in plain water. $9.98 plus $1 post. Free recipe booklet. American Consumer, Dept. LS-111, Caroline Rd., Philadelphia, PA 19176.



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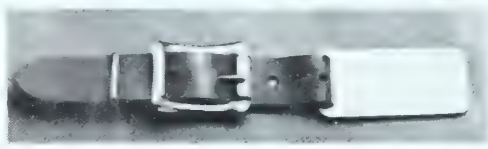
A wicker basket, needlepointed monogram. Kit includes 10½" x 6" x 5½" basket, wool, instructions, canvas, monogram chart, velvet ribbon in rose, blue, red, black, green or gold. Open basket, $4.95; lidded $6.95. Add 60c post. Victoria Gifts, 12H Water St., Bryn Mawr, PA 19010.



PRETTY PRISCILLA

The trim extra phone is factory rebuilt and fitted with standard cord and plug. In pastels of pink, beige, turquoise or white (please give a second choice in order, $19.95 plus $2 post. Add $10 if buzzer is needed. Grand Com, Inc., HG6, 324 5th Ave., New York, NY 10001.

The Bag Tag



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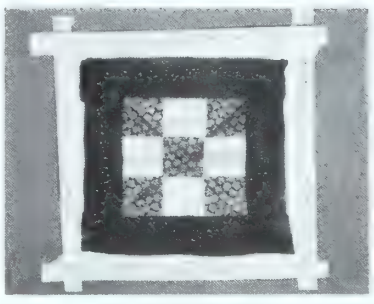
STORAGE SUSAN

For leftovers in refrigerator, dry foods in cabinet. Five 16-oz. containers show what's inside. Shaped finger-grip sides. 10½″ dia. by 4″ h. Clear and multihue plastic. From Italy. $7.98 plus 75c post. Lillian Vernon, G6E, 510 So. Fulton Ave., Mt. Vernon, NY 10550.



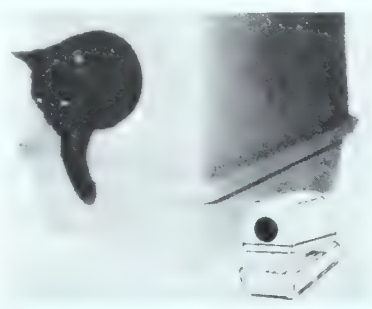
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Lap frame of "The Quilt Lady" is used in the quilt-as-you-go technique. Quilt a block at a time, faster than on old floor-standing frame. Adjustable 5½″ to 22½″. For stitchery of all kinds. $7.50 ppd. Contemporary Quilts, HG-21, 3466 Summer Ave., Memphis, TN 38122.



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If you love snipping recipes, coupons, ads and *Shopping Around*, clipit paper cutter speeds the job. Neater and safer than scissors. Order now for your school children. $1.29 plus 20c post. from Anthony Enterprises, HG6, 556 Mission St., San Francisco, CA 94105.

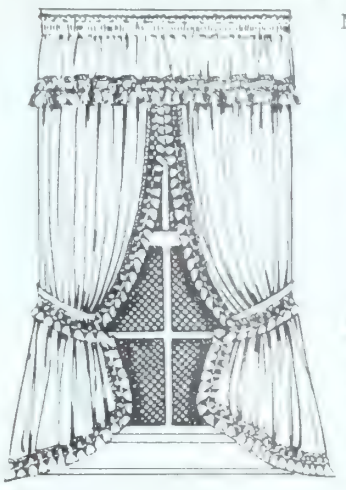


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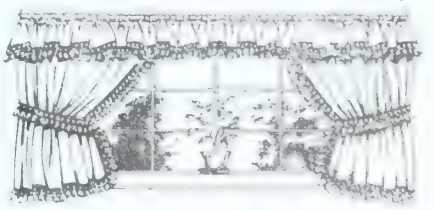


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SUPERIOR QUALITY—VALUE PRICED!

2″ BRUSH FRINGE. Extra-wide 90″ to the pair.



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TIERS: 24″, 30″, 36″, 40″ long	8.00 pr.
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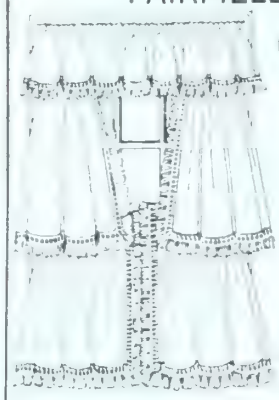
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LENGTH	PRICE
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54"	9.00
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Tie-Backs Included

Valance, 70" x 12" $3.25

Muslin curtains white or natural with extra-plush matching 2" brush fringe, 76" wide.

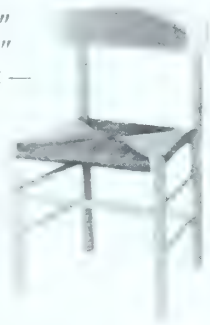
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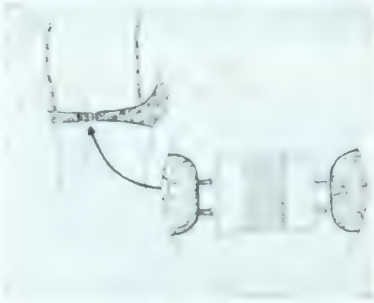
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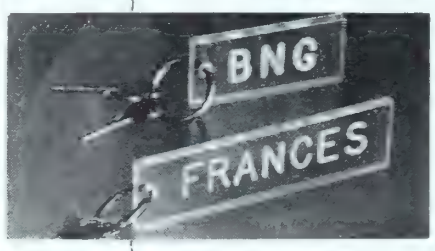
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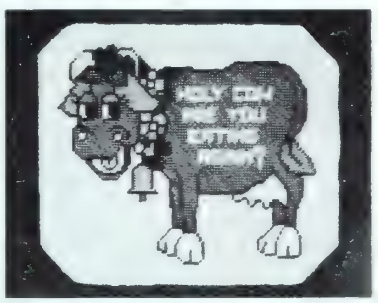
Plexiglas shelf with four rubber cups that stick to any nonporous surface, holds everything needed for shower, shaving. 4″ by 12″. A convenient addition to the medicine cabinet. $11.95 plus $1.50 post. Venetian House, Dept. 26, 1221 N. Venetian Way, Miami, FL 33139.

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Westport, CT 06880

Please rush 28-inch T-MATO CAGES as checked below.

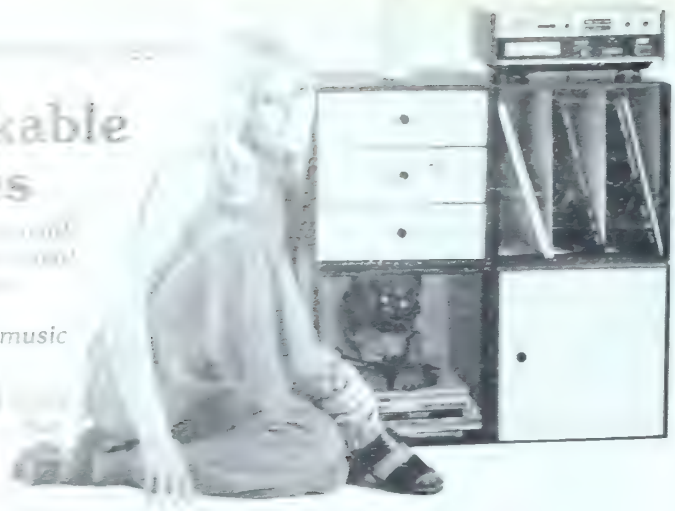
- ☐ 3 T-MATO CAGES $5.95 plus 80¢ PP & HDLG
- ☐ 6 T-MATO CAGES $10.00 plus $1.50 PP & HDLG
- ☐ 12 T-MATO CAGES $19.00 plus $1.70 PP & HDLG

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Stackable Cubes

Design a music

12.95

...new look at possibilities! Neatway's versatile 13" storage cubes are as decorative as they are functional! Set includes: open cube, partitioned cube (turn it one way for shelves, the other for dividers—perfect for holding record albums), 3-drawer cube, and cube with door. Steel innerframe and interlocking screw-posts make 'em sturdy and stackable. Choose Black/White (=621) or Walnut Woodgrain (=622). Great for dens, kids' rooms, dorms, bedroom or office. Easy assembly. Send check or money order (no C.O.D.'s, please). Minn. resi-... Neatway Products Co., ... MINNEAPOLIS, MN ...



Convenient Shopping bag on wheels

Takes the weight out of shopping. Just roll this spacious leather-look vinyl bag with ease on long wearing caster-type wheels. 12 x 7½ x 22" high, plus handles. Durable to hold lots of groceries, laundry, shopping or whatever. A real back saver for $11.95. Add $1.00 postage.

Quality Gifts Catalog . . 25¢

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EASY GOING LOAFERS

"MANDY"—Great companions for all the sporty clothes you wear in-and-outdoors. Make them a part of your life! You'll love the incredible comfort of the glove soft leather uppers, cushioned insoles and low heels. Colors: White, Bone, Camel, Black or Gold. Price: $13.95. Sizes: 4 through 12, Narrow, Medium or Wide widths. No half sizes over 10. $1.00 extra per pair for sizes over 10. Add 90¢ postage for each pair you order. Refund if not delighted. Free catalog.
SOFWEAR SHOES, Dept. MA, 1711 Main, Houston, Texas 77002.



A STAND OF A 1000 USES

A ... glass or brass and glass stand that can be used for a flower tier, curio ... stand, etc.

- Fully chrome or brass plated steel tubing
- Safety tempered glass
- Made in U.S.A.

CHOOSE FROM FOUR SIZES

CHROME & GLASS

15" stand $15.88 ea. 36" stand $21.88 ea.
24" stand $18.88 ea. 48" stand $24.88 ea.

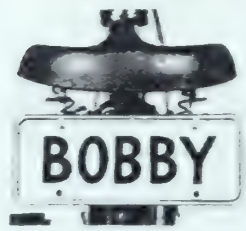
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CENIT CO., INC.
BOX 41
KEEGO HARBOR,
MICHIGAN 48033



Watch your cuttings root while dangling in the decorative HANGING ROOTER. Just fill rooter with water and insert cuttings from your favorite plants. Hang anywhere and enjoy beautiful root formations in just a few days. $1.98 each or $4.95 for three. Add 45¢ post. Leed Ltd., 9078 E. Nassau Ave., Denver, Colo. 80237.

SHOPPING AROUND



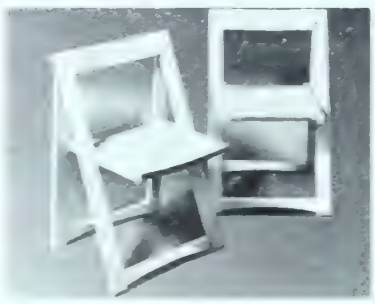
NAME PLATE

Identify that bike, trike or wagon with a small fry license plate. Heavy steel in baked enamel colors. Specify name or nickname up to eight letters 7" by 2⅜". Great gift idea. $1 ea. plus 50c post. Best Values, HG6, 160 Amherst St., East Orange, NJ 07019.



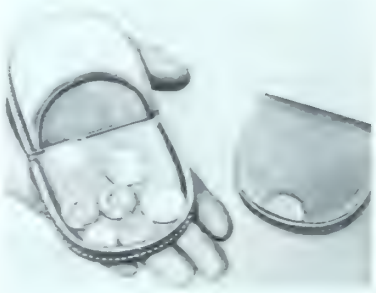
MYSTICAL AMULETS

Distinctive necklace has four sterling silver charms spaced two inches apart on 15" heavy sterling chain. The pendants are miniature mummy, scarab, pyramid and falcon. $32.95 plus 50c post. Free brochure. Value Marketing Co., HG5, P.O. Box 1366, Pleasant Beach, NJ 08742.



COMPACT COMFORT

Good-looking sturdy seating in butcher block chairs that fold flat to store in a small space. Wood seat, natural only 4 for $60; cane seat, in natural or walnut finish. 4 for $76. Exp. coll. New catalogue $1. J & D Brauner, Inc., HG6, 1331 So. Michigan Ave., Chicago, IL 60605.



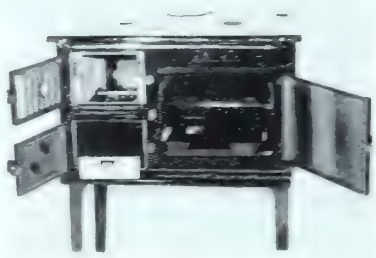
THE CONTINENTAL

Tray purse opens and closes in palm of your hand. Select and count change easily. Two compartments: one can hold bills or tickets and the other coins. Tan pigskin. 3" by 3". $2.98 plus 30c post. Order #700. Anthony Enterprises, HG6, 556 Mission St., San Francisco, CA 94105.



DON'T GET UP

Everything at hand in acetate satin bedpocket. Blue, black, bronze, gold, mint, hot or pastel pink, avocado, tangerine, red, orchid, white, silver. 10¼" by 18¼". $4.50 ppd. One letter monogram, $1. Scintilla Satin Shop, Dept. G, 4802 No. Broadway, Chicago, IL 60640.



NORWEGIAN COOKSTOVE

New taste appeal with "Jotul". Cast iron, black enamel finish. Only 1½' d. by 2' w. Adjustable damper for cooking and baking. Oven has enameled baking sheet, steel roasting tin. Burns coal, wood. Send for catalogue $1. Kristia Associates, HG6, 343 Forest Ave., Portland, ME 04104.

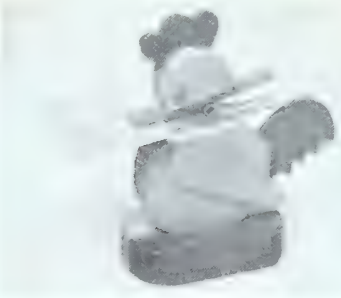


CAPE STYLE

Charming ruffled curtains are straight from Cape Cod. Crisp drip-dry polyester-and-cotton muslin. "The Chatham" comes in white or natural color; in 45", 54" and 63" lengths. $11 plus $1.75 post. Curtain Call "Curtains of Cape Cod," Dept. HG6, Box 902, Dennis, MA 02638.

SHOPPING AROUND

READY RECIPES



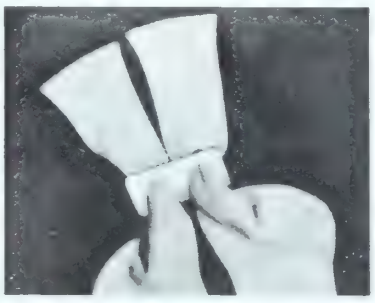
Wooden rooster clip is one of four bright clip-on creatures hand-made by homebound blind craftsmen. The others are duck, whale and mouse. Perfect holders for memos or a recipe. $5.95 each ppd. The Unicorn Gallery, G66, 15111 N.H. Ave., Colesville, MD 20904.

DREAM ENSEMBLE



Natural or white 65% polyester -35% cotton. Dust ruffle: 14". 18" or 22" drop; twin, double $15; queen $17; king $20. Canopy: twin, double $18; Coverlet twin, double $29.50; queen, king $45. Post $1.75. Free catalogue. Colonial Maid Curtains, HG6, Lawn Tr. Mamaroneck, NY 10543.

SOCK SORTING BEGONE!



Now we just slip socks into this firm holder, then into washer *and* dryer and back in drawer. Red, green, blue and yellow—a different color for each member of the family. 32 (eight of each color), $5 ppd. C. A. Gordon, HG6, 18 Church St., Paterson, NJ 07505.

MS LIBERTY, '76



What more appropriate necklace to wear in this Bicentennial year than a pewter finish 24" chain with the Liberty Bell suspended? Bell is 2¼" h. by 2" w. Fun wear for a liberated gal or one who wants to be. $3.95 ppd. L.F. Designs, Dept. RS-10D, 380 Madison Ave., NY, NY 10017.

VERY PERSONAL



A sterling silver monogrammed pendant with artistic, deeply cut initials to wear yourself or to give. About 1¼" diameter. Indicate first, last (underline) and middle initials. $6 plus $1 post. Write to Heraldica Imports, HG6, 21 W. 46th St., Rm. 1004, New York, NY 10036.

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LOVE FLOWER

Hawaiian Plumeria Plant

Guaranteed To Grow!

The heaven scent plumeria blossom is a favorite for the Hawaiian lei, a garland of flowers given in the Islands as a symbol of love and affection. You receive a plant six to eight inches in height with instructions for planting and care. Illustrated instructions for love flower lei making are included free with each order. Love flower choice of colors: yellow, pink or red.

$1.75 for one (add 50¢ air postage)
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FREE!
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• Hawaiian ti plant •
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love flower lei

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MOUNTAIN CRAFTED HANDMADE

Quilts

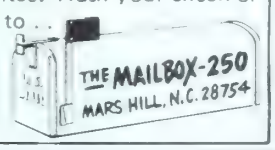
Will fit twin or double bed $69.95
plus $3.50 for postage & handling

N. C. residents add 4% sales tax.



Individual Patchwork and Quilted Designs of Multi-colors. No two alike. Money Back Guarantee. Rush your check or money order to . .

Allow 4 Weeks For Delivery

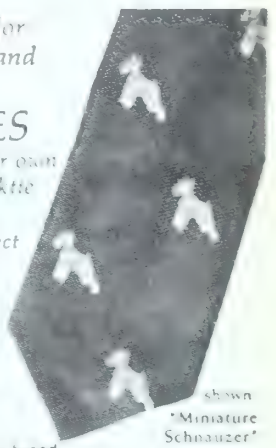


A great gift for Father, Son, and Friends . . .

DOG TIES

Give them their own breed on a necktie

Over 60 breeds available. Perfect reproductions, authentically woven in Switzerland. Exclusively ours. $12.50



shown "Miniature Schnauzer"

☐ Please send my breed
My breed is _____
☐ Navy ☐ Brown ☐ Green ☐ Burgundy
Add $1.50 for delivery
N.Y. State add applicable tax

David • Barrato

MAJOR CREDIT CARDS ACCEPTED

KITTI-POTTI

YOUR CAT WILL LOVE IT, AND SO WILL YOU!





Now Comes In 2 Sizes

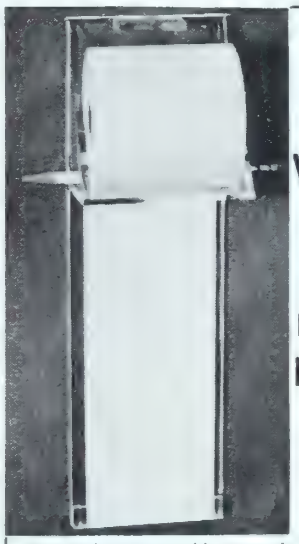


This easy to use, non-breakable molded plastic litter enclosure stops litter spills, confines odors, hides wastes, and comes in blue, brown, beige, avocado, yellow, and white. 7" dia. hole for easy entry.

22"Lx16"Wx18"H—$18.95 ppd. for cats weighing 12 lbs. or over

20"Lx14"Wx17"H—$16.95 ppd. for cats weighing less than 12 lbs.

Haugen Products, Inc. Dept. HG, 709 W. Huron, Box 1986, Ann Arbor, Mi 48106



WRITE ON! lucite memo holder

Keeps tabs on everything . . . just jot it down on this smart clear lucite set-up! Tear off the paper when you have finished with it. Functional U-shape holds a generous roll of tape, has a lucite bar for pen or pencil. Hang it in kitchen, den, near the office phone. An unusual gift for those who have everything (and isn't that just about everybody!)

(paper roll included)
Money back guarantee.
N.Y. res. add sales tax.

$9.95 ppd.

Beverly Trading Co. HG-6.
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SHAKERS

Parmesan cheese, cinnamon & sugar, powdered sugar, powdered cleanser, etc. Beautifully designed and handcrafted stoneware by American craftsmen.

10-12 oz. capacity. Specify light or dark glaze.

$5.00 each plus 70¢ postage.

STONEWARE POTTERY
Box 437, Geneva, Florida 32732



Priscilla Telephone

Only $19.95

Available in pink, beige, white, blue or [illegible] please give several choices of color).

if buzzer is needed add $10.00

SEND 50¢ FOR CATALOG

GRAND COM INC Dept. HG6-6
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It's a million dollar feeling for $35



Go ahead, smile. You are about to fall in love.

Angelina is the shoe you have wanted ever since you became a woman. (The shoe we have looked for ever since we became a shoe company.) The search is ended.

Angelina is here, and you have never ever experienced this sensation of comfort.

An upper of butter-soft, hand rubbed kidskin. A flexible leather sole. A lining of silken foam. Superbly handmade and exclusively imported by Maxwell, who makes this promise: Fall instantly in love with Angelina, or you will be reunited with your money. Sizes 4 to 12, widths AAAA to E. In Midnight Navy or White with tassel (as shown); in Tan or Black with braid. $35, postpaid.

Maxwell Shoe Company

Send ___ pair(s) of **Angelina**:

___ Width ___ Color ___

☐ Check is enclosed.

☐ Charge my ☐ Mastercharge ☐ BankAmericard

Card # ___

Exp. date ___

AAAA 6-12
AAA 6-12
AA 5½-12
A 5-12
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C 4-10½
D 5-10½
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Guarantee. If these are not the most comfortable shoes you have ever put on, you may return them at once for a full refund.

HG-676

the Georgetown Collection



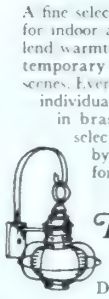
A rare gift idea. We have selected 28 of the world's finest hand made cigars for this special collection. Included are Royal Jamaica, Punch, Bances, Casa Buena and Suerdieck, among others. Give the gift in good taste . . . the Georgetown Collection. $20 post paid. Send check or money order. Gift boxed, with card.

Georgetown
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DISTINCTIVE CUSTOM LIGHTING

A fine selection of over 50 classic designs for indoor and outdoor lighting that will lend warmth and charm to both the contemporary and traditional decorating scenes. Every light is of the highest quality, individually cut, assembled and fitted in brass, copper or pewter. Your selection will be owned with pride by future generations. Send $1.00 for 48 page catalog.



HERITAGE LANTERNS
Dept.HG-66, Sea Meadows Lane
Yarmouth, Maine 04096

REMEMBER WHEN?



Cast-iron toy cars and trucks made from early designs. Toys roll on cast-iron wheels. They make great conversation pieces and gifts for home, office and any boy, no matter what his age.

Six-inches long, these nostalgic toys are painted black. Choose from the following:

Sedan (as shown), Coupe, Touring Car, Truck

$7.95 each

Add 75¢ per order (one toy or more) for postage and handling

BUCK CREEK TRADERS
Box 489, Antlers, OK 74523

Conversation Console

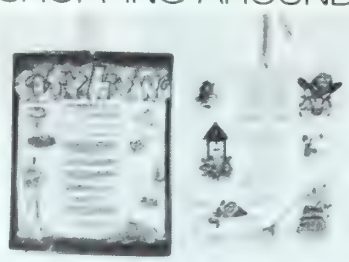


Telephone Stand — functional and attractive. Smart vertical design harmoniously blends with most decors. Also, suitable for a smoking stand, towel stand, magazines or displaying, etc. Overall size 18Wx10½Dx25"H, heavy clear glass top 14 x 10". Available in cold finished iron with Koch brass plate (B) or Contemporary nickel plate (N). Order GTX-25 ..... $34.95. Specify finish, (B) or (N).

Shipped prepaid upon receipt of check

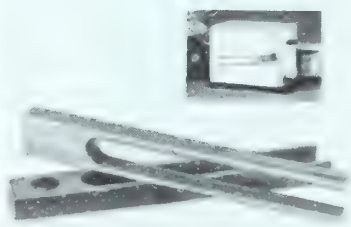
St. Nicholas Boutiques
SANTA CLAUS, INDIANA 47579

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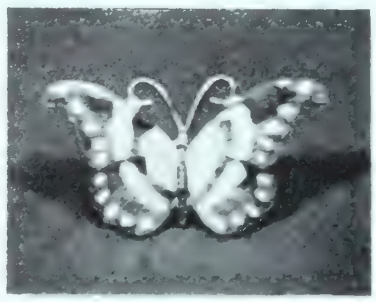
GUIDE FOR GUESTS

Laminated guide for country or city house guests (specify). 8" by 10" covers breakfast, bedmaking, plumbing, what to do for entertainment and all things guests ask about. $4.50 each plus 50c post. also in crewel kit. Maid's Day-Off, HG6, Box 101, Redding, CT 06875.



MAGNETIC TONGS

Toast pops out of the toaster every time with neat walnut tongs that have a built-in magnet to make sure the toast never jams inside toaster. Magnet keeps tongs handy on toaster or any metal surface. $1.95 ppd. Discovery House, TG6, 25 Sylvan Rd. South, Westport, CT 06880.



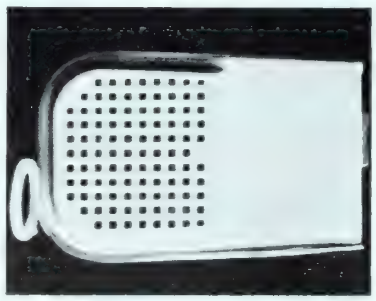
IRIDESCENT ORIGINAL

Butterfly pin imported from the Orient is handmade and no two are alike. Enamel on brass, the colors range from beige to blues, greens and purple. Approximately 2½" wide. $6.50 plus 50c post. Livingstone Evans Enterprises, HG6, Box 64276, Los Angeles, CA 90064.



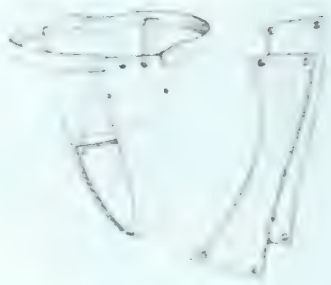
STRETCH SAUNA SUIT

Zip into a uniquely designed sauna exercise suit and go about chores or relaxing and excess body moisture is shed. For men and women. One size fits all. $9.98 plus $1 post. Anthony Enterprises, HG6, 556 Mission St., San Francisco, CA 94105.



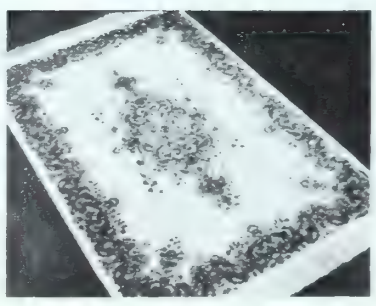
BODYGUARD

Carry a personal alarm system. Triggers instantly with high intensity sound to scare off assailants and summon help. Safe, legal. Has a handy flashlight. Eveready penlite batteries included. $9.95 ppd. Witt Enterprises, HG6, Box 2526 E. Love St., Las Vegas, NV 89121.



FEMALE-DRI

Stops wet garments and bedding. Keep-Dri lining holds reusable snap-in pads. Moisture passes from body, kept out by lining. Narrow elastic belt (waist size), holder, two pads. Plain envelope. $7.95 plus 75c post. Piper Brace, HG-66FD, 811 Wyandotte, Kansas City, MO 64105.



ORIENTAL RUGS

Treasured old patterns, authentic reproductions. Decorative; through-to-the-back construction. Red, ivory, navy, moss green ground. 3′ by 5′, $14.95; 4′ by 6′, $24.95; 6′ by 9′, $49.95; 9′ by 12′, $89.95. Ppd. International Rug Co., HG6, 360 Amsterdam Ave., New York, NY 10024.

SHOPPING AROUND

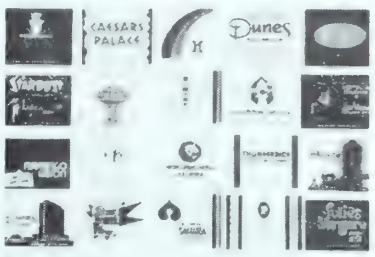
REVERSIBLE

Skillfully crafted 12″ wrought iron floor stand with two coats of flat black paint. Decorative way to show plants. Holds your 5″ to 10″ plastic or clay pots. Instructions for easy assembly. $5.19 plus $1 post. Brochure 25c. Planters Pride, HG766, Box 322, Gastonia, NC 28052.



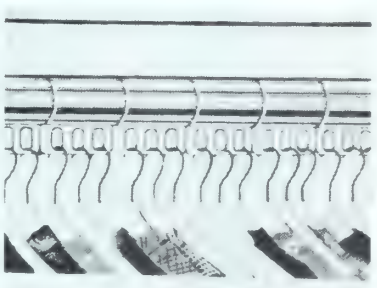
MATCH GAME

For unusual souvenirs, display and gift ideas, parties. Fifty books of matches from at least 25 different landmark casinos and hotels of Las Vegas. More than could be compiled by many visits. 50 books $3.95 ppd. Justin's, HG6, 861 Lady Marline, Las Vegas, NV 89119.



SPACE RACE

Crushed clothes and tangled hangers are a thing of the past: brass-plated steel hanger spaces snap onto closet rod to hold hangers separately. Set of 6 spaces 36 hangers evenly. $2.98 plus 70c post. Anthony Enterprises, HG6, 556 Mission St., San Francisco, CA 94105.



PRECIOUS PENDANT

Lovely delicate letters, each with four diamonds, suspended on a 15″ chain. All crafted in 14k white gold. One initial $45; two $75; three $105; matching tie tack with one initial $40. Ppd. Phyllis, HG66, 272-60 Grand Central Parkway, Floral Park, NY 11005.



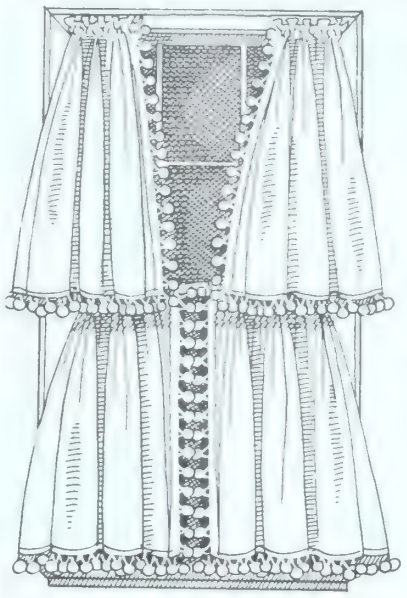
DELICIOUS FUN

Grow your own mushroom supply the easy way with a mushroom kit. There's nothing to plant, simply water kit and get crop in 30 days. Repeat crops every six weeks. (# N7983) $3.99; two $6.99. Add 65c post. each. Greenland Studios, 11825 Greenland Bldg., Miami, FL 33059.



COUNTRY CURTAINS

Ball Fringe on Cotton Muslin or Permanent Press – Natural or White



TIERS	COTTON MUSLIN	PERMANENT PRESS
20″, 25″	6.00 pr.	6.50 pr.
30″, 36″, 40″ ...	6.50 pr.	7.00 pr.
TIEBACKS		
45″, 54″, 63″ ...	8.50 pr.	9.00 pr.
72″, 81″, 90″ ...	10.50 pr.	11.00 pr.
VALANCE		
10″ x 80″	2.75 ea.	3.00 ea.

All pairs are 90″ wide.

For years Country Curtains have gaily graced the bright, clean windows of charming colonial homes. Country Curtains add warmth to every room . . . Country Curtains retain their fresh crispness and are a credit to your thriftiness . . . Country Curtains are a lifetime friend and supply their own sunshine . . . New England at its very best.

Please specify cotton muslin or permanent press, in off-white or white. Please enclose check or money order. Sorry, no COD's. Postage and handling; for orders under $10 add $1.10, over $10 add $2. Mass. res. add 5% sales tax. Satisfaction guaranteed.

SEND FOR FREE CATALOG

COUNTRY CURTAINS
At The Red Lion Inn
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A family with self-appointed authorities needs an irrefutable reference. My family picked four: a Bible, Atlas, unabridged dictionary, and encyclopedia. The first three, plus part of the encyclopedia, are kept in a stand just like this one, made of cherry with distressed finish, on casters so we can bring it to the light. It is 24″ wide, 17″ deep, 32″ high. Wt. 38 pounds. No C.O.D.

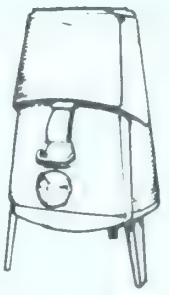
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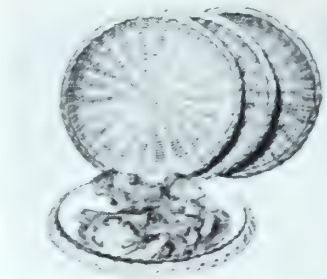


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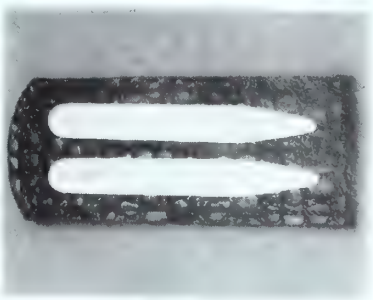
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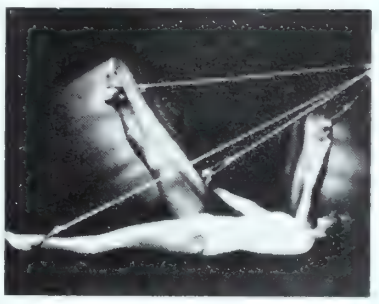
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Gardener's notes

June jottings

Getting ready for summer: a helpful hoe, the charm of hardy daylilies, and words of caution about cuttings from abroad

By James Fanni

A blooming wonder

Daylilies are universal. In China and Japan the flower buds are cooked as a vegetable. In Europe and the U.S. the plants have escaped from cultivation and are almost considered weeds. Their botanical name is *Hemerocallis,* and they are usually listed as such in plant catalogues. The two most common species are the sweet-scented lemon lily, *Hemerocallis flava,* and the orange daylily. *H. fulva.* These have been hybridized for generations, and some of the newer varieties are a far cry from their parents, in colors ranging from mahogany-brown to pale pink. All have the hardiness of their ancestors, though, and can survive drought, damp, and crowding as few other plants can. Different varieties flower at different times, and although the individual flowers don't last very long —hence the name, lily-of-a-day— each flower stem produces a succession of bloom that may go on for weeks. Some of the modern hybrids do not spread as rampantly as their ancestors, but, once established, they are there to stay. Unexcelled as groundcover plants, on hot, dry banks, daylilies put down tight masses of roots that help prevent erosion and choke out any weed seedlings that may appear.

A tree for Ben Franklin



In his own time, Benjamin Franklin seems to have been all things to all men. So it was only to be expected that his fellow scientists, the botanists, would name a plant for him. John and William Bartram, while exploring the southern part of the country just before the American Revolution, found a tree that they thought worthy and named it, accordingly, *Franklinia.* The plants that the Bartrams took home with them grew and thrived, and other plant hunters visited the grove of wild trees in Georgia. They must have been an enthusiastic bunch of collectors, because all of the original trees soon disappeared and Franklinia has never again been found growing wild. However, as a cultivated tree it is still with us, and it is still worth growing. Franklinia is hardy as far north as the middle of New England, and has cup-shaped—almost cup-sized—white flowers in late summer, actually overlapping the bright fall coloring in the leaves. It is a sparsely branched tree with smooth gray bark. Its upturning stems look wonderful against a masonry background.



Franklinia flowers in late summer, when leaves take on fall coloring

Humdinger of a hoe



In keeping with the tradition buil up over 200 years, the Ames Com pany continues to improve its lin of garden tools. Latest in the lon succession is the Ames Actio Hoe, a scuffle hoe with a yok mounting that makes sure th blade always goes where the use wants it to go. The working par of the blade is Teflon-coated an the handle is hardwood. The Ac tion Hoe, about $6.50, at hardwar and garden shops.

Plant-lifters, beware

It's natural enough when you see an exceptionally beautiful or interesting plant to want to grow it yourself. A great many gardeners, in fact, never travel without a supply of plastic bags for carrying home cuttings of desirable plants. This is all very well when you're traveling within the borders of your own country, but resist the temptation to bring home plants from foreign countries. The U.S. Customs Service takes a dim view of anyone who tries to bring live plants—or parts of them—into the country. This is really done for the protection of all of us, to prevent infestations of foreign pests to which our native plants are not immune. If you find a particularly desirable plant in a foreign country, ask a local nurseryman or florist to have it sent to you. In this way, the plant will get proper health clearance and will probably be a better plant, anyway, than one you might bring home. Dry seeds are generally exempt from customs restrictions, but if you do bring some in, declare them anyway, just to be sure.

ıe Bikecentennial

ıtinued from page 92

erest. Each group will have a der who will organize the day's vel and help with bike repairs. will not be a guide who does cooking and cleaning up—each oup is to be a democratic organiion, with members pitching in. Arrangements can also be made r families with very young chilen to travel accompanied by a n, with a parent from each famtaking turns driving and supersing the children in the van. In is capacity, Bikecentennial '76 ıly operates as a matchmaker for milies of similar interests. All es are urged to join Bikecentenal '76 with the following stipulaons:

Age 20 or under must have legal release signed by parent or legal guardian.

Age 17 or under, three personal references from individuals who are not related to them, in addition to above.

Age 15 or under must ride with a parent or assigned guardian.

Trips will start on May 16 and ill depart through the summer ntil August 23; length ranges rom 12 days for a 400-mile secion of the trail to 82 days for the ull coast-to-coast trip of 4,250 niles. Inexperienced bike tourists re urged to start with the short rips and to use one of the four hort trips that provide an equipnent shuttle from point to point. Most trips will cover 50 to 65 miles a day; riders should get in shape by riding 15 miles a day for several weeks before joining a tour.

With the help of federal and state agencies, Bikecentennial '76 has put together detailed regional maps and guidebooks for the cross-country route. Maps, which are made to fit in map-pockets of bike bags, include route directions, distances, locations of tourist services. The guidebooks describe local points of interest, terrain, and history. Until September these publications will be available to Bikecentennial '76 participants only. After that, they will be available generally for individuals and families planning independent trips. Other Bikecentennial '76 publications include several 25-cent brochures on how to choose equipment, techniques of bicycle touring, transporting your bicycle, and planning a bicycle trip. A *Bicycle Tourists' Cookbook* and *A Resource Directory for Bicycle Tourists* are also available for $1 each.

Future plans for Bikecentennial '76 include opening north-south trails along the Atlantic and Pacific Coasts, a Great Parks route linking Jasper and Banff in Canada with the U.S., extending through Glacier, Yellowstone, and the Grand Tetons, and the Rocky Mountains National Park. Another trail would follow the Mississippi River from its source in Minnesota to the Louisiana Delta.

Bikecentennial '76 also hopes to become a clearing house for information on bicycle touring and a distributor of slide-tape programs, movies, and speakers on bicycle safety and use.

If bike touring is part of your plans this summer, Bikecentennial '76, P.O. Box 1034, Missoula, Mont. 59801, can be a useful source of information and ideas for trip planning. It has 5,000 member/enthusiasts now and hopes to expand its work as numbers increase. Start cycling! ■

Breaking routine

continued from page 60

do it one way or another—though often it is difficult for family or friends to understand it. Wanting to be a new person can be threatening. Also in our culture there is an underlying feeling of guilt attached to escape—we feel we shouldn't do such things when we are grown-up; though in fact none of us is ever really grown-up. We are always in the process of growing.

"The adolescent goes through a similar kind of growth crisis. He can often afford to take longer-term escapes than the adult; he can have what Erikson calls a 'moratorium,' taking off and traveling, for instance. He needs also to get away from the demanding requirements of daily life to a place where he can try things out for himself.

"So if we take three people at different ages, all making a journey to the South Sea Islands: For the adolescent, it might be a voyage of self-experimentation; for the 25-35-year-old, it might be a tension-reducer, a refresher; and for the 45-year-old, it might be an attempt to try out another part of him or herself. All these escapes are useful at different times, but the most important is the one that provides you with a way to discover other parts of yourself, a sure route to psychological growth and greater happiness." ■

Correction

In the March issue we regret two errors in the article *To Versailles with Love*, starting on page 54. The Grand Trianon was built for Mme de Maintenon and Louis XIV, the Sun King, not for Mme de Pompadour and Louis XV. The present château of The Petit Trianon was built for Louis XV, not for Louis XVI. It was given to Marie Antoinette by the latter.

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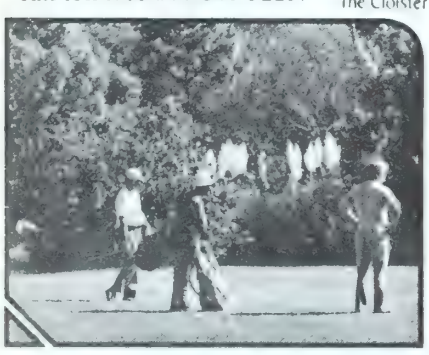
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Dear diary

continued from page 98

Dr. Progoff realistically. "There is no need to feel you must be a literary genius to start. Things have come out at journal workshops in ghettos that were very expressive but not in correct grammar."

People come from all backgrounds to sign up for journal workshops. Susan McCall has been keeping a journal since 1969, when she attended a seminar. Since then she has gone back to the university, got a bachelor's degree in psychology and comparative religion, progressed her career from a clerk to an accounting manager, quadrupled her salary, and taken up sculpting in her spare time. Many new friends have come into her life. Her search for a fuller existence led her through the church, Zen, Yoga, and reality therapy—"typical experiences and you can learn from them all," says Dr. Progoff—until she found the Journal Method and it stuck. She goes to a refresher workshop once a year. One of the most illuminating points about keeping the journal, she agrees, is to work out the phases of your life in the Period Log—you discover them from jotting down the Stepping Stones. We all have phases. Everybody's life swings in a rhythm, but many people don't bother to analyze the beat. "The journal is a tool through which you find your direction," says Miss McCall. Dag Hammarskjöld, says Dr. Progoff, talked about "markings" in life. "He used a mountain climbing metaphor. A climber leaves 'markings' to show his route. Often the 'markings' reveal that he has had to go down to go up. Yet every mark is a point of progress. You could say the same about life's Stepping Stones."

Dr. Progoff has noted the journal is specially helpful in times of anxiety. "Anxiety generally means you've got too much happening, too much to fit in, in other words, a conflict. The journal writing helps you understand such phases are normal; we all go through them; they generally mark a period of growth and transition into something new."

The Progoff book *At a Journal Workshop* (Dialogue House Library, $12.50), describes precisely how you set about creating your own journal. If you want to experience the Progoff method personally, you can go to a two-day journal workshop ($90 per person, now being held across the country. More information about schedules and an introductory packet including textbook and cassette from Dialogue House, 45 West 10th Street, New York, N.Y. 10011). Nobody is pressed into "sharing" or "opening up" at these sessions. People have been known to stay silent the whole two days. Nobody bothers them. The fundamental point about the Progoff system is that it is private, personal, and secret. A welcome change from letting it all hang out. And doctors are praising it. Dr. Howard Delaney, Professor of philosophy Loyola University, finds the new approach "an outstanding accomplishment." Dr. Elmer Green of the Menninger Foundation calls it "a way for every person to move ahead." Certainly as a system for self-discovery it couldn't be less of a hassle. All you need is paper and pen/pencil. ■

Your bad back

continued from page 99

tone becomes increasingly important." It's easy to follow his advice. Take five minutes before you go out on the tennis court that fine June morning and spend it doing exercises that prepare you and limber you up. See his effective detensing, preparatory exercises on the next page.

After the game, take a hot shower or preferably a bath and soak. And, if you're really fortunate, have a massage. It can be especially helpful the first few times you work out. After the muscles are accustomed to the movement you can eliminate it. But the half-hour soak is always a good idea. Should you find that there is stiffness the next day, take a hot bath before and after work and one more before going to bed. However, if the stiffness in the low back is so great that walking and moving are downright disagreeable, go to bed. Bed rest is essential, as it literally takes the load off your back. If lying on your back is uncomfortable, a ¾-inch-thick piece of plywood under the mattress can help make it firmer. Or roll pillows and place them under your knees to help press the small of your back flat. You may find that lying on your side with the knees slightly bent is the most comfortable. Don't lie on your stomach, however. That natural curve at the base of the spine will curve inward even more and increase the pain. Once you're up and about wear low-heeled shoes for a while.

Some people find that cold treatments work better for them than heat. Dr. Finneson's recipe for ice-lollipops: Fill an empty orange-juice tin with water and when it's partially frozen insert a Popsicle stick or tongue depressor. The lollipop slips out of the can when warm water is run over it. The ice is applied directly to the skin until it has been numbed, then applied 5 seconds more. The effect is a topical anesthetic which relieves pain and lasts. Dr. Finneson suggests that as a rule, for low-back pain, try heat first, then cold. One should work. An aspirin or two can also relieve the pain as will

he new aspirin substitutes like Tylenol or Datril.

One more word about exercising. *Do not* exercise during a period of acute low-back pain. "Working it out" is a myth and can result in further muscle spasm. Always check with your doctor, physiotherapist, or orthopedist before embarking on an exercise if you know that your bad back involves more than passing stiffness. And watch your weight. That lithe, supple spine is affected by the amount it carries, so keep an eye on the scale.

Do the warmup before every physically exerting activity:

1. **a.** *Lie flat on back on floor with legs extended.*
   b. *Raise arms slowly above head while inhaling slowly.*
   c. *Allow arms to return to sides while exhaling slowly.*
   d. *Relax entire body.*
   e. *Repeat 10 times.*
2. **a.** *Inhale slowly while tightening all body muscles (clench fists tightly to sides, squeeze legs together, tighten buttocks, etc.).*
   b. *Exhale and relax all muscles, close eyes.*
   c. *Repeat 10 times.* ■

Tennis family

continued from page 88

Mark the most competitive and serious player of the family, plays about two hours a day after school at the Oceanside Country Club, where he is the number one player. And for an hour after dinner most nights, his father rallies with him to give him a workout on particular strokes. (His best stroke, and Jonathan's, is the Jimmy Connors-style two-handed backhand.) Jonathan also plays after school, and both boys get in several hours of tennis a day on weekends—including doubles with the whole family.

Meanwhile, the trophy collection on the piano continues to grow. And it may keep on growing for a long time . . . Matthew just asked if he could have his own racket. ■

Eight top riders

continued from page 90

In a setting so conducive to friendly competition in the ring and cooperation in the barns, the de Leyers have all mastered their sport.

Harry Jr. got his colors (a colored wool collar signifying a member in good standing) at the Smithtown Hunt when he was 7 years old—the youngest member ever to receive them. The five oldest have won at Madison Square Garden, and father Harry has twice won the American triple crown for jumping (high-scorer for the American Horseshow Association and the Professional Horsemen's Association, and champion of the Madison Square Garden horse show). At a Long Island show last summer, all six children were competing; Harry Jr. won first in an intermediate jumper class, Harry Sr. second, André, fifth, and John was champion junior jumper of the show.

Says Harry laconically, with a flash of cornflower blue eyes, "I didn't push them. The thing is to make happy riders." ■

New at stores

continued from page 32

tans easily; Normal Protection Tinted, if you like some color the first day at the beach; High Protection for the fair-skinned and sun-sensitive—helpful for children; After Sun, a luxurious, non-greasy moisturizer that keeps skin soothed and lubricated. Each $5 in 4-ounce plastic bottle with twist-off cap. By *Helena Rubinstein* . . . New spray-on hair conditioner that works overnight from *René Furterer* is scalp treatment you can shampoo out or leave on. Spray *Nuit Capillaire* on your hair; it doesn't feel greasy or slick on your pillowcase. Great for salt-water dry hair. $9.50 at Bloomingdale's; Pierre-Michel Salon, 6 W. 57th St., New York, 10019. . . . A new, quick, and very effective 15-minute facial from *Germaine Monteil* makes a great summer refresher. **Regime Cleansing Facial** looks light and creamy, has a fresh, tangy tangerine scent, and contains natural clay for a deep-cleaning, skin-smoothing mask. It's rinsed off with water after it has turned transparent. Follow up with a gentle patting of Regime Wake-up Toning Gel. The Cleansing Facial, 4¾ ounces for $12.50 . . . A stick that goes on your cheek colorless and ends up giving you a natural-looking blush: **Nature's Blush**—your cheek's natural warmth causes the color to come through. $2.75, by *Coty* . . . If you've overdone the sun, **Medicated Noxzema Sunburn Spray** in 5- and 9-ounce cans, reduces sting, burn, and dryness; it's fine for children, too. At drugstores and supermarkets . . . This spring *Revlon* will have a new collection of makeups and cleansing products for black skin. Introduced in 1975, "The Polished Ambers" had everything good skin needs to look its best, from oil-balancing soap to lip lighteners worn under lip colors. New additions are the colors added to **Super Lustrous Lip Gloss**—deep rich shades that look marvelous on tanned skin, such as Chocolate Gloss, Sienna Gloss, Plum and Cherry Gloss. $1.95 each. ■

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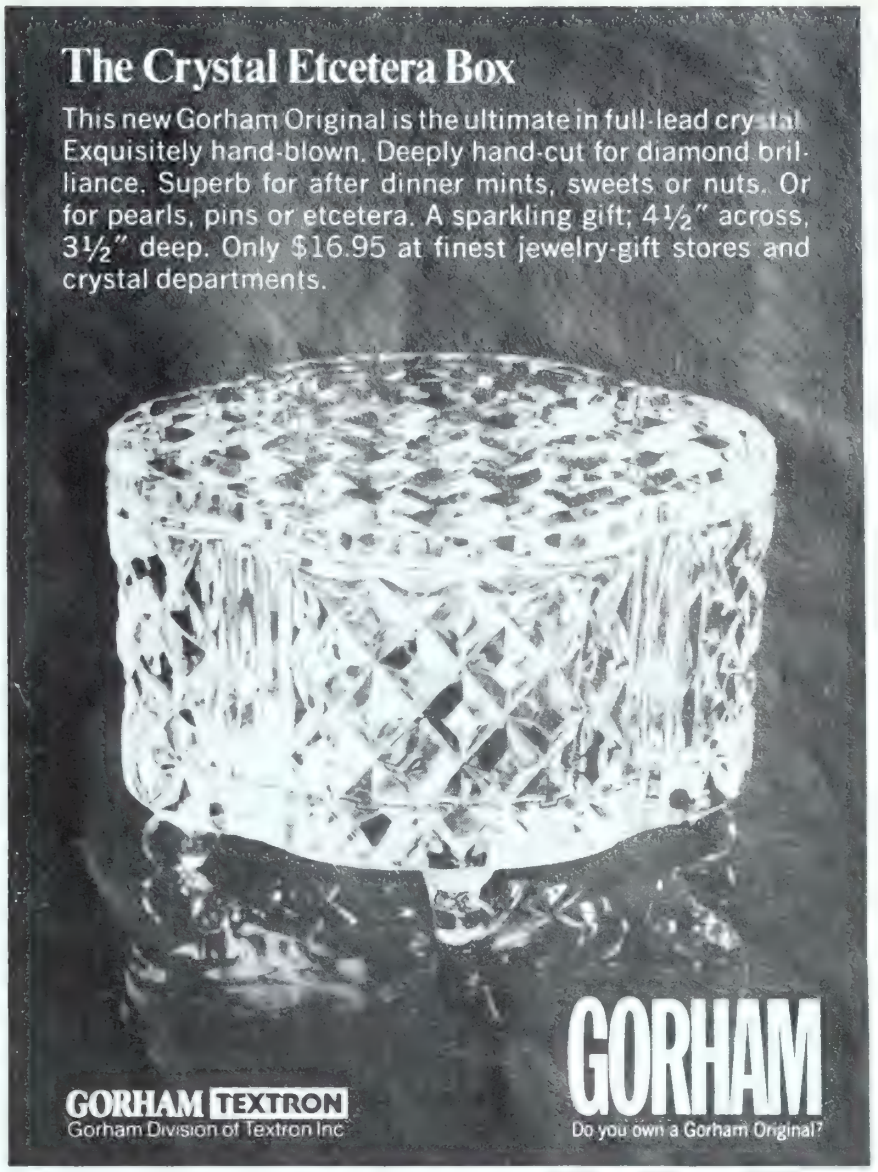
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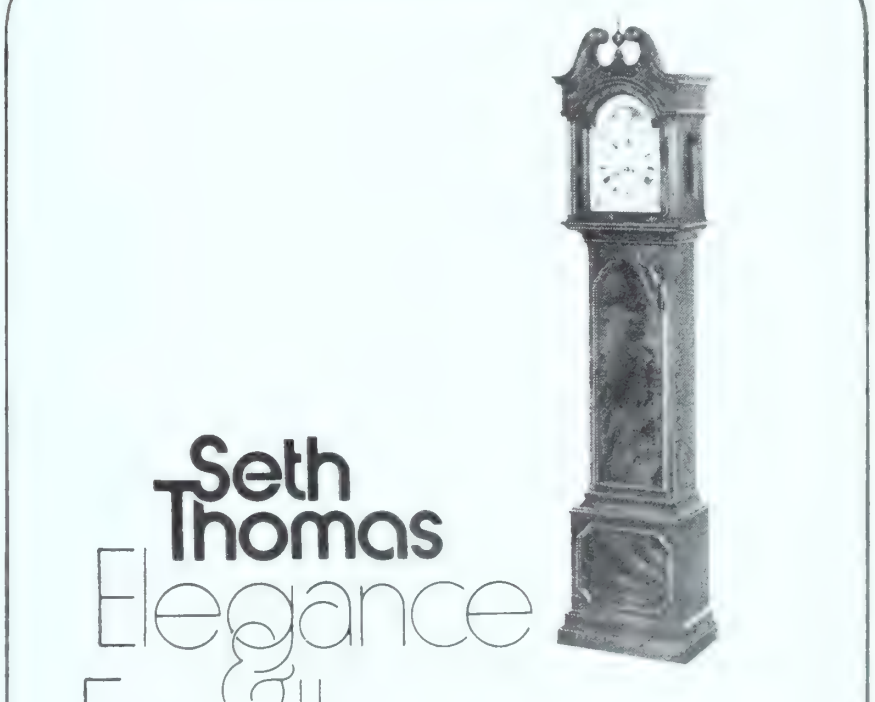
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Carpetland, USA
Midwest
Sherwin Williams
Edina, Mn.
Don Johnson Carpets
Prior Lake, Mn.
A & B Carpet
Beloit, Wi.
Baldwin Carpets
Omaha, Ne.
Jerrys Floor Store
Spring Lake Park, Mn.
Mid-Continent Interiors
St. Paul, Mn.
Tollefsons Furniture
Minot, N.D.
Menards Carpetland
Midwest
Carpets, Inc
Sioux City, Ia.
Rich's Modern Floor Store
Billings, Mt.
Conlin Furniture City
North Dakota
Plumbs, Inc.
Bettendorf, Ia.
Smulekoffs
Cedar Rapids, Ia.
Ace Floors
Appleton, Wi.

WEST COAST

Macy's
California
Millers Interiors
Lynnwood, Wa.
Peninsula Floors
San Carlo, Ca.
Guanella's
Santa Rosa, Ca
Cinderella Carpet
Salinas, Ca.
California Custom
Dublin, Ca.
A & P Floor
Sacramento, Ca.
Floorcraft Carpet
Portland, Or.
Lerner Tambor
San Francisco, Ca
E. C. Miller Company
Des Moines, Wa
Sunset Sales
Spokane, Wa.
Carpet City
Portland, Or.
Ron Chevalier
Edmonds, Wa.
Newells
Sacramento, Ca
A & A Key Builder
Sacramento, Ca.
Groepel Floor
Rohnert Park, Ca
Dennys Carpets
Concord, Ca.
Rubensteins
Eugene, Or.
Hanes, Inc.
Redding, Ca.
Contract Carpet
Stockton, Ca
Floor Specialties
Boise, Id.
Trends of Hawaii
Honolulu, Hi.
Monterey Cty.
Carpet & Linoleum
Salinas, Ca
Johnson Lowell
Modesto, Ca.
Conklins
N. California
Carpet Barn
Las Vegas, Nv.
Western Wholesale
Salt Lake City, Ut
Carpeteria
California
Aladdin Interiors
Bakersfield, Ca
Banner Carpets
California
Artistic Carpets
Long Beach, Ca.
Sids Carpet Barn
National City, Ca.
Carpet Town
Hollywood, Ca.
Franey Floor
Visalia, Ca.
Edwards Floor Covering
Glendale, Ca
Mikes Carpet
Costa Mesa, Ca
Bargains on Carpet
Glendale, Ca.
Contract Carpet
Sherman Oaks, Ca.
Culver Carpet
Culver City, Ca
Westwood Carpet
Beverly Hills, Ca.
Aetna Floor Covering
Los Angeles, Ca.
Bi-Rite Carpet
Culver City, Ca.
Fashions Floors
Tucson, Az.
M. D. Pruitts Carpet
Phoenix, Az.
Jost Floor Covering
Bakersfield, Ca.
L.A.J., Inc.
Los Angeles, Ca.
A.D.J. Floors, Inc.
Santa Ana, Ca.
Horizon Corp
Tucson, Az.
Sherwood Lumber
Portersville, Ca.
Phillips Floor
Santa Ana, Ca.
Holiday Carpet
Los Angeles, Ca.
A & M Carpet
Fresno, Ca.

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